

Human Care

FEBRUARY—2010

Iowa District West, LCMS

CELL PHONE HAZARDS—BEWARE (from *Better Health*)

I'm sure many of you have heard that cell phone use can cook your brain or cook an egg (neither of which are true), but cell phone hazards do exist that could cause injury or even death. It all has to do with our driving habits and road safety. Don't forget that when you're driving down the road, you are in a 2,000-3,500 lb. projectile, with other such projectiles coming at you from all directions. On the highway, potential accidents can occur in a split second. Lives can be altered in a "twinkling of an eye."

Researchers at Carnegie Melon University studied the brain waves of drivers using cell phones. The researchers found that just listening to a phone conversation reduced the amount of brain activity that is devoted to driving by 37%. It's no wonder, then, that a study by the Insurance Institute for Highway Safety found that drivers using cell phones – even "hands free" phones—were FOUR times more likely to have an accident involving an injury.

Researchers from the Transport Research Laboratory report that texting while driving is more dangerous than driving under the influence of alcohol or marijuana. Driver reaction time slowed 35% when they were writing or reading text messages while driving. In comparison, reaction time slowed by 21% for those smoking marijuana and 12% for those at the legal limit of alcohol. The study also found that steering control worsened 91% for those texting compared with 35% for marijuana smokers.

I know that in our culture today, phones play such a large role in communicating with one another, even to the point of taking precedence over the person we have physically in our presence at the time (I personally feel that the person standing before me is more important than an intruding phone call), and that also translates into our traveling mentality. Why should we allow a phone call to distract us from the business at hand (such as focusing on the road and traffic around us)? Be careful out there. Remember what Jesus said when the devil was tempting Him to throw Himself off the temple pinnacle. The Lord does protect His own, but "Thou shalt not tempt the Lord thy God" (Matt. 4:7).

Is there really a "Five Second Rule?" (from *Better Health*)

If you believe you can eat food that has fallen on the floor as long as you pick it up within 5 seconds, you could be subjecting yourself to illness. A Clemson University study found that the transfer of bacteria from a contaminated surface to food is almost immediate—much quicker than your reflexes to retrieve the food. Researchers contaminated a ceramic tile, wood flooring, and carpeting with Salmonella. They then dropped pieces of bologna and slices of bread on the surfaces. In 5 seconds, both the bologna and bread had picked up as many as 1,800 bacteria. The longer the food sat, the more it gathered: after one minute the number of bacteria had grown 10 times.

It's easy for floors to become contaminated. Researchers found that Salmonella survived as long as 4 weeks on all the test surfaces. According to the Centers for Disease Control and Prevention, 76 million cases of food-borne illness occur annually in the U.S., so unless you know that the surface your food landed on has been recently sterilized, don't eat the dropped food.

Life Quotes from Lutherans for Life

“You will be like God” (Genesis 3:5) started the sinful human race. “We shall be like Him,” in 1 John 3:2, declares the victorious finish. But even in between, He who called us to be His children in Christ declares us saints. Words like “blessed” (Matthew 5:1-12) and “pure” (1 John 3:3) and



“washed” (Revelation 7:14) apply to us now because they are applied to us now by our gracious God. Christians who sin against life particularly need to hear of their call to sainthood.

“Eagerly waiting for Him” (Heb. 9:28) frames the context in which Christians face the realities of life while waiting. Knowing that Jesus dealt with sin once and for all at the Cross, we are able to wait for His second coming with the assur-

ance of His power and presence. Like the widows (1 Kings 17:8-16, Mark 12:38-44), we trust He is at work..

We face complicated issues in today’s world, issues about which we need to be informed and knowledgeable. Learn more by calling 888-364-LIFE, or by visiting Lutherans For Life’s website at www.lutheransforlife.org.

“Learning to Forgive” ... (from LFS of Iowa)

We love, because He first loved us. God’s love for us is not just in word or thought, but in action. He gave His Son to be our Savior, who gave His life that we might live! Through your prayer and financial partnership with LFS you serve people in need (many whom you will probably never meet). Your partnership is a demonstration of your love, motivated by the love that you have received from God.

We thank God for sharing His love with us all. We thank you for sharing His love through our ministry.

This little “Building Healthy Families” note is from:

Lutheran Family Service of Iowa .has offices in Des Moines, Cedar Rapids, Fort Dodge, and Sioux City.

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COMMENTS, CONTACT:**

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A table prayer for you



Our thanks to Thee for love that’s shared,

Our thanks to Thee for food prepared.

Bless Thou the cup, bless Thou the bread.

Thy blessing rest upon each head.

Lord, bless us one and all we pray, as we are gathered here today.

In Jesus’ holy Name, Amen.