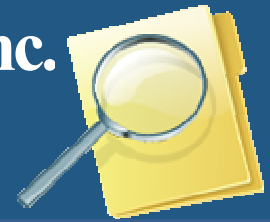


# Newsletter issued by Forensic Nursing, Inc. At Your Service



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*"All through history it has been the nations that have given the most to the generals and the least to the people that have been the first to fall."*

---Harry Truman

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## WORKPLACE....The Vanishing Vacation

Americans spend more time in the bathroom each year than on vacation, said Arthur J. Magida in the Baltimore Sun.... "Compared with Europeans, Americans are vacation-phobes." The Italians unplug for an average of **42** days/year.....the French get **37** vacation days, the Germans **35**. "We Americans average **13** days, a full 50 percent less than our slacker neighbors to the north, the Canadians. When we do take time off, it's in fits and starts. Only 14 percent of Americans take two weeks or more vacation at a time", according to the Family & Work Institute.

*"Research has shown that men and women who forgo vacation have a significantly higher risk for heart disease and heart attacks. It's not enough to just get on a plane or lie on a sandy beach. You need to get away both physically and mentally. Checking your BlackBerry every few hours or rushing to the nearest Internet café doesn't cut it. Now more than ever, we need to take a break--- a real break, not just a long weekend--from our stressed-out lives."....*

Alina Tugend, The New York Times.

## Why Doesn't Water Put Out Grease Fire?

When grease or cooking oil burns, it's far hotter than 212 degrees F, the boiling point of water. So when you add water to the pan, a huge cloud of hot steam results. Steam expands to take up an area 1,700 times as large as liquid water. This expansion happens so quickly and powerfully that it splatters the oil, spreading the fire.

So how do you extinguish a grease fire? The best way, according to the U.S. Fire Administration, is to smother the flames by carefully placing a lid on the pan or by covering it with baking soda. If the fire can't be extinguished, call 911. -Scientific American November/December 2008.

## Do Vehicles Emit More Pounds of Carbon Dioxide Than Fuel Consumed?

*"They sure do."* According to the EPA one gallon of fuel, which weighs about six pounds, produces about 19 pounds of carbon dioxide when you're driving. Gasoline consists of hydrogen and carbon atoms. When gas burns, the carbon atoms combine with the heavier oxygen atoms. As a result, the pounds of carbon dioxide coming out of the engine are more than double the pounds of gasoline you put into it. -Scientific American.