

Busy Signals: Cell-ing Our Souls

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Text-Messaging: U Could B Dumber 4 It

Teenage America's obsession with their cell phones, especially with popular text-messaging, could be damaging our IQ's, according to a recent study conducted by King's College London.

The study of 1,100 adults found their intelligence declined as tasks were interrupted by incoming e-mails and text messages. The average reduction of 10 IQ points, though temporary, is more than double the four-point loss associated with smoking marijuana.

"Doziness, lethargy and an increasing inability to focus reached 'startling' levels in the trials by 1,100 people," writes Martin Wainwright with Guardian Unlimited. It seems that constant interruptions not only damages productivity, but also wears the mind down with constant questions and challenges on often unrelated topics.

According to the JSonline.com, the effect on those who tried to juggle new messages with existing work was the equivalent, over a day, to the loss of a entire night's sleep.

Mike Salman, chief executive officer of All Star Wireless Communications said that he couldn't address the issue of falling smarts. But he did say that most of his young clientele come to his shop seeking cell phones for texting, not talking.

"It's the first question they ask," Salman said, "whether or not a certain phone is good for text messaging or e-mail. And honestly, I'd say more than half of the people who come to me don't even ask about phones for talking on them."