

Biological weapon on the wrist

or

- *'Why should I change/clean the wrist band periodically?'* -

There are bacteria, fungi and viruses everywhere. They are omnipresent and can attack us even if we are healthy and there are no injuries on our body. But for which reason can there be such a mobile weapon on our wrist?

As a watchmaker, I get different watches for repair in the workshop every day. Not always the most expensive, most complicated models, and unfortunately not always the best-kept copies. Scratches, nicks and cracked glasses have a pretty rude handling of the personal timepiece, bent or broken levers, axles and pins inside the plant often confirm this suspicion. Particularly unattractive, they are fixed in the hidden crevices and niches of the cage with dirty edges, and everything that swims in the rinsing bowl after cleaning a metal link band, can easily spoil the appetite. Because, sometimes, it is hard to be a watchmaker, too.

The dark gray air-dried crust consists of dander, skin grease, road dust and sweat, sometimes mixed with splashes of gravy, milk, juice, any dog saliva or water contaminated with bacteria from quarry pond, swimming pool or the Mediterranean, constantly pleasant, growth-promoting temperature of just under 37° C held, and it is an ideal breeding ground for bacteria and fungal cultures of all kind.

To find out what exactly is everything accumulated between Lugs and folding clasp, I asked a fellow pharmacist and doctor for help.

On a specific bacteria culture ground for laboratory purposes (based on sea algae places "agar agar", being also called "Agar soil") the wetted metal link belt was posted twice and closed in the laboratory jars against the ingress of free flying in the air spores and bacteria immediately. The transparent flat box was stored in a holding furnace for two days at constant 30 °C and then examined for the formation of fungal and bacterial cultures. To make it short: molds, jaundice pathogens and herpes simplex virus (causative agent of venereal disease, which include the itchy sores cause) were the most harmless thing we found on the agar-agar nutrient medium. Significantly unpleasant and also far more dangerous for the health were indexed in many relationship types streptococci, whose aggressive game species cause infections or skin small scratches in festering wounds.

Frightening was the fact that the extensive cultures had been formed within just 48 hours - the whole load of unsavory lodger just imagine that because sometimes for months if not years to make shared amenities of our skin flora! As long as the skin is intact under the strap and the body's immune system functions fairly, the whole thing may indeed go well relatively for a long time. At the latest when under the watchband there appear pustules, redness or flaking, but the alarm bells should ring: Bacterial major attack! What about the "life" on the watch strap? You can easily check it yourself: For metal bands, hold a three to four inch long piece of tape under the running faucet and place the wet tape on a fresh, up-folded paper towel (no menthol). After about half an hour remove the tape: In the best case, now nothing or only a slight gray discoloration is likely to be seen on the handkerchief. If, however, a distinct dark gray

band footprint can be seen, the band is ready for cleaning. Leather straps of course can also be good bacterial breeding grounds. To examine the leather strap for fungal and bacterial cultures, it is sufficient to use a damp paper towel to rub slightly on the inside of the band: It should not be discolored.

Do not wait until the bracelet leaves a dirty dark trace on your wrist. Give it to an ultrasonic cleaning. It is recommended to be done at least once a year. After a hot summer or when you are a person with a very active life (sport man for example) such a cleaning should be done much earlier. You can wash the band with water and soap even if this is not such a deep cleaning.

*With special greets from your
Watchmaker Marty*



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