Do you want to search millions of scientific images from PubMed Central’s full-text digital archive of biomedical and life sciences journals; search for images through NCBI’s collection of full text resources; find figures, graphs, photographs and illustrations using a search identical to the PubMed interface?

This is now possible through the Images database, a free resource of approximately 3 million images created and maintained by the National Center for Biotechnology Information (NCBI), at the U.S. National Library of Medicine (NLM), located at the National Institutes of Health (NIH).

All images are subject to the general copyright restrictions that apply to material available through the NCBI site. For more information, please see the NCBI copyright notice, and PubMed Central copyright notice.


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**Filmakers Library Online**

This new addition to Columbia’s list of databases provides award-winning documentaries with relevance across the curriculum—race and gender studies, human rights, globalization and global studies, multiculturalism, international relations, criminal justice, the environment, bioethics, health, political science and current events, psychology, arts, literature, and more. Select from 913 titles totaling approximately 757 hours.

Learn more: [http://flon.alexanderstreet.com/](http://flon.alexanderstreet.com/)

**The TRIP Database**

The TRIP Database is a clinical search tool designed to allow health professionals to rapidly identify the highest quality clinical evidence for clinical practice.

Results may be filtered according to a color-coded hierarchy of evidence, based on the various categories used in TRIP. The highest level of evidence is indicated by the color green and corresponds to the categories Evidence Based Synopses, Systematic Reviews and Guidelines.

Learn more and search the database at: [http://www.tripdatabase.com/](http://www.tripdatabase.com/)
Due to their Beta status, any operating systems – including Mac’s new version of OS X, 10.7 or “Lion” – are not supported for use with campus resources including the wired and wireless networks. Software that is released in Beta form by a company or organization is still in development and poses much more risk for security and stability problems than software that has been officially released.

Beta operating systems are often incompatible with essential programs including:

- Antivirus and antispyware
- Software drivers that allow the computer to communicate with hardware both internal (video cards, USB ports, disc drives etc) and external (printers, smartphones, scanners)
- Wired and wireless authentication programs
- In addition, beta OSs can sometimes cause corruption of files and data saved on the computer.

Once a vendor has released beta software as an official version, it must still go through a vetting process to verify that it is compatible with applications used at Columbia and CUMC. Please always check the CUMC IT site or call us at extension 5-Help, option 5, with any questions before moving to a newly released OS and know that beta systems cannot be supported.

Health & Technology Use

Lifestyle changes brought about by current technology can create some habits that are bad for your health. Keep these tips in mind to avoid problems that can develop from both short and long term use of computers, smartphones and other devices:

- Turn off the screen before bedtime. Light regardless of its source – TV, computers, smartphones – keeps you alert and curbs the release of melatonin.¹

- Don’t sit for too long. If you spend a lot of time at a desk, consider setting up a way to work while standing. Even standing for a while when working on a computer can help keep you healthier.

- Give your eyes a break from screen strain. It can be hard to break focus if you’ve been focusing on work or a game for a while, but be sure to pause every 20 minutes or so and look at objects that are further away from you to avoid strain.

CU Network Bandwidth Increase

Columbia recently increased its Internet bandwidth capacity for all campuses in order to improve access to large files such as streaming video. The increase went from 2.75 Gigabits per second (Gbps) to 6 Gbps, with Research and Education moving up from 270 Megabits per second to 1 Gbps.

You can check your bandwidth use on campus using the online tool at: http://tinyurl.com/mkj3zs

With the general increase, prior bandwidth quotas have been relaxed. Bandwidth use policies are still enforced. For more information please see: http://tinyurl.com/64hdn65