

Collecting Highlights via MS Word

Collecting highlights: Extract all highlights simultaneously to place in one doc

Purpose:

- Study guides
- Reading Notes
- Research Paper, literary analysis, etc.

Open a MS Word doc in the desktop app.

- Assign colors for color-coding if gathering notes for a research paper
- Highlight main ideas or quotes

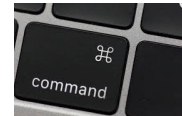
You may highlight in Word online or in the desktop app, but the steps for collecting the highlights can only be completed in the desktop version

Collecting Highlights

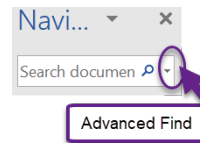
- Hold Ctrl+F

Abstract: Since the beginning of the 20th century there has been a scientific debate about the potential effects of air ions on biological tissues, wellbeing and health. Effects on the cardiovascular and respiratory system as well as on mental health have been described. In recent years, there has been a renewed interest in this topic. In an experimental indoor setting we conducted a double-blind cross-over trial to determine if higher levels of air ions, generated by a special wall paint, affect cognitive performance, wellbeing, lung function, and cardiovascular function. We recruited 20 healthy non-smoking volunteers (10 female, 10 male) participating in a double-blind, randomized, controlled trial. The study was conducted in a test room with higher levels of air ions (approximately 1000 ions/cm³) compared to a control room (approximately 100 ions/cm³). A significantly higher low to high frequency ratio of the electrocardiography (ECG) beat-to-beat interval spectrogram was found in the test room compared to the control room. Furthermore, six of nine subtests of a cognitive performance test were solved better, three of them statistically significant (verbal factor, reasoning, and perceptual speed), in the test room with higher ion concentration. There was no influence of air ions on lung function and on wellbeing. Air ions are charged particles that are generated by cosmic radiation and radioactive decay in air, and ground [1,2]. They are also generated by waterfalls (Lenard effect), friction forces in storms and by lightning [1,3,4]. The first observations of the existence of air ions in natural environments were reported at the end of the 19th century. High densities of negative air ions resulted in a change in serotonin levels in the brains of rats and mice [5]. The results of the presented study do not provide information about any further development of physiological

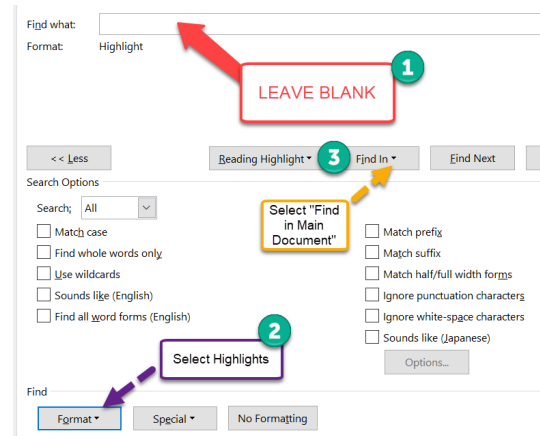
For Macs:
Try Command Key instead of Ctrl



- Click on drop down menu
 - Select Advanced Find
- Tip: Do NOT enter anything in search field



- Select More > Format > Highlight
 - Select "Find in" > Main Document
- (Word then finds & selects all highlights)



- Hold Ctrl + C to copy the highlights
- Open a New Doc
- Hold Ctrl + V to paste highlights in a new doc
- Re-arrange highlights by color to organize notes by subtopics

In an experimental indoor setting we conducted a double-blind cross-over trial to determine if higher levels of air ions, generated by a special wall paint, affect cognitive performance, wellbeing, lung function, and cardiovascular function. We recruited 20 healthy non-smoking volunteers (10 female, 10 male) participating in a double-blind, randomized, controlled trial. The study was conducted in a test room with higher levels of air ions (approximately 1000 ions/cm³) compared to a control room (approximately 100 ions/cm³). A significantly higher low to high frequency ratio of the electrocardiography (ECG) beat-to-beat interval spectrogram was found in the test room compared to the control room. Furthermore, six of nine subtests of a cognitive performance test were solved better, three of them statistically significant (verbal factor, reasoning, and perceptual speed), in the test room with higher ion concentration. There was no influence of air ions on lung function and on wellbeing. Air ions are charged particles that are generated by cosmic radiation and radioactive decay in air, and ground [1,2]. They are also generated by waterfalls (Lenard effect), friction forces in storms and by lightning [1,3,4]. The first observations of the existence of air ions in natural environments were reported at the end of the 19th century. High densities of negative air ions resulted in a change in serotonin levels in the brains of rats and mice [5]. The results of the presented study do not provide information about any further development of physiological

