

Computer – The source of Pulsed Electromagnetic Radiation

When you sit in front of a computer or television, you are being bombarded by harmful waves quietly emanating from it. Even if you turn off the device, your **biomagnetic field** is still bombarded 24 hours a day, 7 days a week by the EM radiations from power cables, electric and electronic instruments. **Extremely low frequencies waves** (ELF) exist wherever electricity flows and radiate it from every electrical item in your environment. **.ELF radiation**, the most underrated of the electromagnetic spectrum, deserves evaluation.

CRT (Cathode Ray Tube) based computer monitors use a beam of electrons accelerated by high voltage to generate image on the fluorescent screen. **X rays** may be produced when electrons are accelerated by high voltage, and strikes an obstacle in vacuum. In CRT based monitors, the image is formed by shooting a stream of electrons on the back of the screen, scanning back and forth across the screen, one line at a time. These electrons cause the screen to light up to produce the picture. Some of the energy from the electron beam escapes in the form of radiations at various frequencies particularly in the **VLF** (Very Low Frequency) and **ELF** (Extremely Low Frequency) bands.

The spot of electrons which sweeps the screen generates **PEMR (Pulsed Electromagnetic Radiation)** which at close range disturbs the balance of all living cells. It has been established that, the harmful effects of PEMR exists all around the screen, especially in **front and behind** the monitor. The **PEMR persists several hours** even after the computer is switched off. Most people know that sitting too close to the screen increases the danger of radiation. But many do not realize that the **sides and rear of the monitor** are more dangerous. This means that even if you stay at two feet safe distance away from the screen, you may get radiation from the sides or rear of another computer terminal.

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