



كلية التربية بالفرقة



جامعة جنوب الوادي

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كلية التربية بالفرقة – جامعة جنوب الوادي

روية الكلية

كمية التربية بالفرقة مؤسسة رائدة محليا ودولياً في مجالات التعليم، والبحث العلمي، وخدمة المجتمع، بما يؤهلها للمنافسة على المستوى: المحلي، والإقليمي، والعالمي

رسالة الكلية

تقديم تعميم مميز في مجالات العلوم الأساسية و إنتاج بحوث علمية تطبيقية للمساهمة في التنمية المستدامة من خلال إعداد خريجين متميزين طبقاً للمعايير الأكاديمية القومية، و تطوير مهارات و قدرات الموارد البشرية، و توفير خدمات مجتمعية وبيئية تلبي طموحات مجتمع جنوب الوادي، و بناء الشراكات المجتمعية الفاعلة.

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FOUNDATION METHODS OF TRANSLATION

Foundation Methods of Translation

Before we discuss types of translation, a distinction should be first made between translation methods (or strategies) and translation procedures (or techniques). ‘While translation methods relate to whole texts, translation procedures are used for sentences and the smaller units of language’. Methods of translation are classified into six types: word-for-word translation, literal translation, faithful translation, communicative translation, adaptation and free translation. These will be explained below with examples illustrating each type, followed by practice exercises for the learners. Other scholars have categorised translation strategies differently. This introductory part will introduce the reader to these methods of translation, providing a variety of drills in order to contextualise and practise these methods.

1. Word-for-word translation

This type of translation keeps the SL word order; words are translated out of context according to their most common meaning. Such kind of translation can be used as a preliminary translation step but it is not applied in real translation tasks. The following lines are from *The Secret Sharer* by Joseph Conrad with their translation into Arabic following the word-for-word method.

On my right hand there were lines of fishing stakes resembling a mysterious system of half-submerged bamboo fences, incomprehensible in its division of the domain of tropical fishes.

Word-for-word translation will be:

على يميني يد كانت خطوط الصيد حصص تشبه غموض نظام نصف مغمور لبامبو
أسيجة غير مستوعب في تقسيمه لمجال الاستوائية الأسماك.

Such translation is meaningless to an Arab reader since neither its grammatical structure nor its semantics can help the reader make sense of what he or she reads. An acceptable translation would be:

وكانت على يميني خطوط لأعمدة الصيد تشبه نظاما غامضا من سياج الخيزران نصف
المغمورة غير المراعى في تقسيماتها لحركة الأسماك الاستوائية.

As we can see from the above example, word-for-word translation does not take context into consideration. It might be helpful as a first step in the translation but a great deal of editing and modifications have to be made in order to convey the message to the TL reader. The translator has to make sure that the translation follows the word order of the TL and that the choice of semantic equivalents is carried out accurately. Word-for-word translation can also be called *interlinear translation*.

- a) *Provide a word-for-word translation for the following excerpt, then provide an edited version.*

They were new patients to me, all I had was the name, Olson. Please come down as soon as you can, my daughter is very sick.

When I arrived I was met by the mother, a big startled looking woman, very clean and apologetic who merely said, Is this the doctor? and let me in. In the back, she added. You must excuse us, doctor, we have her in the kitchen where it is warm. It is very damp here sometimes. The child was fully dressed and sitting on her father's lap near the kitchen table. He tried to get up, but I motioned for him not to bother, took off my overcoat and started to look things over. I could see that they were all very nervous, eyeing me up and down distrustfully. As often, in such

جون كان لا كثيرا حب له أمه وأخواته و عدااء لي . هو عذب وعاقب أنا ليس اثنان أو ثلاث مرات في الأسبوع، ليس مرة أو اثنتين في اليوم، لكن باستمرار، كل عصب أنا لي خاف هو وكل جزء من اللحم على لي عظم ارتجف عندما هو جاء قريب .كانت هناك لحظات عندما أنا كنت سيطرت بالرعب هو أوحى.

c) *Provide a translation that makes sense of the previous excerpt.*

d) *Study the following English word-for-word translation carefully, identify its problematic aspects and then provide an appropriate English translation.*

حزن الصياد كثيرا لانه كان يذهب للصيد كل يوم دون ان يأتي بشيء .فقرر ان يترك المدينة ويهاجر الى مكان اخر لعل الحظ يبتسم له هذه المرة.

Sad the hunter much because was he go for hunting everyday without bringing anything. So decided he to leave city and migrate to place another may be luck smiles to him this time.

2. Literal Translation

This type of translation preserves the grammatical structures of the SL where they are translated into their nearest TL equivalents. It takes place when the SL and TL share parallel structures. Words are translated out of context paying no attention to their connotative meanings. The following example illustrates this point.

To throw dust in the eyes.

يلقي التراب في العيون

The word ‘dust’ is translated literally as التراب while the equivalent expression in Arabic is يذّر الرماد في العيون where ‘dust’ is translated into الرماد , ashes.

This choice could be justified by the cultural as well as ecological contexts that are different for both languages. If we take the English idiom to throw dust in the eyes, its associative meaning is based on the effect of dust once thrown in someone’s eyes blurring their vision and impeding their ability to see. The same sense is expressed in Arabic by using the equivalent ashes rather than dust. Dust is, therefore, not expected to blur vision and hide reality in the Arabic context. Taking the English setting into consideration, you can rarely talk about deserts or dust storms. Another point has to do with religious rituals where some dust is thrown on the buried person in the grave.

a) *Identify examples of literal translation in the following sentences.*

1. I am afraid I lost all saved data. We are back to square one.

أخشى أنني فقدت كل البيانات المخزنة. عدنا للمربع الأول.

2. She decided to throw the baby with the bath water and close the shop forever because she lost few pounds.

قَرَرْتُ أَنْ تَرْمِيَ الْوَلَدَ مَعَ مَاءِ الْحَمَامِ وَتَغْلِقَ الدَّكَانَ لِلأَبَدِ لِأَنَّهَا خَسِرَتْ بَعْضَ الْجَنِيهَاتِ

3. Hold your horses; we still have plenty of time.

أَمْسِكْ خِيُولَكَ، لَدَيْنَا الْكَثِيرُ مِنَ الْوَقْتِ.

b) *Provide correct translations for the sentences above.*

c) *Provide a literal translation for the following excerpt.*

As doctors often do I took a trial shot at it as a point of departure. Has she had a sore throat?

Both parents answered me together, No . . . No, she says her throat don't hurt her. Does your throat hurt you? Added the mother to the child. But the little girl's expression didn't change nor did she move her eyes from my face. Have you looked? I tried to, said the mother, but I couldn't see.

d) *Provide back translation for 2.3 and try to judge how accurate your literal translation was.*

e) *Provide the correct translation for excerpt 2 (b).*

3. Faithful Translation

This method maintains a balance between the literal meaning of the SL word and the TL syntactic structures. It sounds more reasonable as it takes the context into consideration, aiming at producing more precise meaning of the SL texts. Study the following quote by Shaw’s *Back to Methuselah* (1921), Part 1, Act 1:

‘You see things; and you say, “Why?” But I dream things that never were; and I say, “Why not?”’

It can be faithfully translated as:

أنت ترى الأشياء وتقول لماذا؟ ولكني أحلم بأشياء لم توجد أبدا وأقول لم لا؟

a) *Provide a faithful translation of the following quotes.*

1. For if the proper study of mankind is man, it is evidently more sensible to occupy yourself with the coherent, substantial and significant creatures of fiction than with the irrational and shadowy figures of real life.

W. Somerset Maugham (1874–1965), British novelist and playwright

2. Fiction is like a spider’s web, attached ever so lightly perhaps, but still attached to life at all four corners. Often the attachment is scarcely perceptible.

Virginia Woolf (1882–1941), British novelist and essayist

b) *Read the Arabic translation below of the following poem and comment on the strategy used for translation.*

Requiem

By Robert Louis Stevenson

Under the wide and starry sky,
Dig the grave and let me lie.
Glad did I live and gladly die,
And I laid me down with a will.
This be the verse you grave for me:
Here he lies where he longed to be;
Home is the sailor, home from the sea,
And the hunter home from the hill.

Arabic translation

تحت سماء رحبة مرصعة بالنجوم

لتحفّر قبري وتدعني أستلقي
سعيدا عشت وسعيدا أموت
ومعي أرقدت وصية
فلترثيني بهذه الأبيات
عاد البحار لبيته، عاد من البحر
والصياد من التلال

3.3 Translate the following stanzas and explain the method(s) you have used.

To a Skylark

By Percy Bysshe Shelley

What objects are the fountains

Of thy happy strain?

What fields, or waves, or mountains?

What shapes of sky or plain?

What love of thine own kind? what ignorance of pain?

With thy clear keen joyance

Languor cannot be:

Shadow of annoyance

Never came near thee:

Thou lovest, but ne'er knew love's sad satiety.

Waking or asleep,

Thou of death must deem

Things more true and deep

accuracy. However, it is preferred by many translators because it resorts to concepts that are more familiar to the TL reader on cultural and social levels. It is usually used for culturally specific idioms, proverbs or clichés where the translator replaces a SL word or concept with one that already exists in the TL. Communicative translation concentrates on the message and the main force of the text, tends to be simple, clear and brief, and is always written in a natural and resourceful style. For some linguists, communicative translation ‘is produced, when, in a given situation, the ST uses a SL expression standard for that situation, and the TT uses a TL expression standard for an equivalent target culture situation’. Study the following examples:

Charity begins at home.	الأقربون أولى بالمعروف.
Diamonds cut diamonds.	لا يفل الحديد إلا الحديد.

Notice here that ‘diamonds’ is rendered by حديد which is equivalent to iron in English. Literal translation would not convey the message here. In Arabic ‘diamond’ has positive associations related to beauty and noble characteristics while iron is associated with strength and physical power. Prophet Mohammad said:

”النَّاسُ مَعَادِنُ كَمَعَادِنِ الذَّهَبِ وَالْفِضَّةِ, خَيْرٌ هُمْ فِي الْجَاهِلِيَّةِ خَيْرٌ هُمْ فِي الْإِسْلَامِ إِذَا فَقَهُوا“

This translates as follows: ‘People are like metals such as gold and silver. The good ones before Islam are also good when converted as long as they learn about Islam.’ Diamond, then, is used in Arabic to refer to how good or bad a person is.

Iron is cut by iron	لا يفل الحديد إلا الحديد.
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Road signs, greetings and compliments are best rendered by communicative translation as shown in the following examples.

Dead end, no exit:	طريق غير نافذ
Detour:	تحويلة
Bus, load/unload:	موقف باص / حميل / تنزيل

As for everyday greetings, communicative translation is preferred, especially for colloquial phrases. For example, ‘long time no see’ is best rendered by
 زمان هالقمر ما بان

Note also the differences in the following dialogue:

Kim: Hi, Ann. What’s happening?

Ann: Not much. You?

The communicative translation will be:

كيم : مرحبا آن ، ما أخبارك؟

آن : لا جديد ، ماذا عنك؟

Here the usual formula used for everyday communication was used rather than the literal translation for ‘not much’.

a) Translate the following English proverbs using communicative translation.

1. A burnt child dreads the fire.

2. A cat has nine lives.

3. Don’t count your chickens before they’re hatched

4. Let bygones be bygones.

5. Marriage is a lottery.

b) *Translate the following dialogue using communicative translation.*

Brother: Are you sure you want to tell him?

Sister: We should, he has the right to know?

Brother: Don't forget, he has serious heart issues when he gets exposed to surprises?

Sister: I know, I know. Besides, he knew all of this already, before the accident happened.

Brother: Ok, he might have damaged half of his brain nerves and lost $\frac{3}{4}$ of his memory, but ...

Sister: He has the right to know!

Brother: Fine, but if anything goes wrong, it is your fault. Got it?

c) *Translate the following Arabic proverbs into English using communicative translation.*

1. عصفور في اليد ولا عشرة على الشجرة.

2. في العجلة الندامة

3. غاب القط العب يا فار.

4. الطيور على اشكالها تقع.

5. رب ضارة نافعة.

5. Adaptation

This strategy is considered as the freest form of translation, and it is not usually differentiated from the following types (free translation). Adaptation is used mainly for plays (comedies) and poetry; the themes, characters and plots are usually preserved, the SL culture is converted to the TL culture and the text is rewritten. The following excerpt from Shaw's *Pygmalion* (1912) is translated into Lebanese Arabic where names of places are replaced by Lebanese villages.

THE NOTE TAKER:

And how are all your people down at Selsey?

THE BYSTANDER:

[Suspiciously] Who told you my people come from Selsey?

وكيف أهلك في سرغيتا؟

وشو عرفك إني من سرغيتا؟

Selsey is translated as سرغيتا, a village in Lebanon. This choice might be justified by the translator's attempt to adapt the play to the Lebanese setting; thus choosing a village in the Lebanese countryside as well as a Lebanese dialect in the translation.

a) Translate the following sentences, adapting them to the English culture.

1. اشترت مريم فستانا بخمسين دينار.

2. يا اخي ، اقبل دعوتك للعشاء ولو كان صحن سلطة.

3. عيون هذا الطفل جميلة كعيون البقر.

b) *Translate the following excerpt from Act 1 of Shaw's Arms and the Man, adapting it to the culture of an Arab country you are familiar with.*

RAINA [laughing and sitting down again] Yes, I was only a prosaic little coward. Oh, to think that it was all true – that Sergius is just as splendid and noble as he looks – that the world is really a glorious world for women who can see its glory and men who can act its romance! What happiness! What unspeakable fulfillment! Ah! [She throws herself on her knees beside her mother and flings her arms passionately round her. They are interrupted by the entry of Louka, a handsome, proud girl in a pretty Bulgarian peasant's dress with double apron, so defiant that her servility to Raina is almost insolent. She is afraid of Catherine, but even with her goes as far as she dares. She is just now excited like the others; but she has no sympathy for Raina's raptures and looks contemptuously at the ecstasies of the two before she addresses them.]

You can choose Arabic names for people and places, clothes and food. Your translation should reflect the culture you are translating into.

c) *Translate the following sentences, adapting them to the English culture.*

1. الله يعطيك العافية.

2. صبر عليه صبر الجمال.

3. اراك غدا ان شاء الله.

4. عظم الله اجركم.

5. السلام عليكم.

d) *Translate the following proverbs from English adapting them to the Arabic culture.*

1. The proof of the pudding is in the eating.

2. Love me, love my dog.

3. A Jack of all trades is a master of none.

4. Haste is waste.

5. Still waters run deep.

6. Free Translation

This strategy preserves the meaning of the original but uses natural forms of the TL, including normal word order and syntax, so that the translation can be naturally understood. It preserves the content at the expense of the form, and it provides a longer paraphrase of the original. It is a form of idiomatic translation that favours colloquialisms and idioms which do not exist in the SL. The following is a part of *Cinderella* and its translation into Arabic:

Cinderella had a wonderful time at the ball until she heard the first stroke of midnight! She remembered what the fairy had said, and without a word of goodbye she slipped from the Prince's arms and ran down the steps. As she ran she lost one of her slippers, but not for a moment did she dream of stopping to pick it up! If the last stroke of midnight were to sound ... oh ... what a disaster that would be! Out she fled and vanished into the night.

أمضت سندريلا وقتا في غاية المتعة في حفلة الرقص حتى سمعت دقائق الساعة تعلن حلول منتصف الليل فتذكرت ما قالتها الجنية فانسلت من غير بخاطركم ولا مع السلامة بخلصة من بين يدي الأمير ونزلت الدرج بسرعة. وبينما كانت تركض سقطت منها إحدى فرديتي الحذاء لكنها لم تتوقف ولم تحدث نفسها حتى بالتوقف لأنها إن فعلت ذلك فيا ويلها ويا سواد ليلها فركضت مسرعة واختفت في الظلام.

Notice that we have longer expressions in the TL. For example, 'a wonderful time' is translated into *في غاية المتعة* instead of *ممتعا*. Colloquial expressions are also used as illustrated in the following examples.

Without a word of goodbye:	من غير بخاطركم ولا مع السلامة
What a disaster would that be!	يا ويلها ويا سواد ليلها

a) *Identify the features of free translation.*

b) *Provide a free translation of the following text.*

Now two women came to the king, and stood before him. And one woman said, ‘O my lord, this woman and I dwell in the same house; and I gave birth while she *was* in the house. Then it happened, the third day after I had given birth, that this woman also gave birth. And we *were* together; no one *was* with us in the house, except the two of us in the house. And this woman’s son died in the night, because she lay on him. So she arose in the middle of the night and took my son from my side, while your maidservant slept, and laid him in her bosom, and laid her dead child in my bosom. And when I rose in the morning to nurse my son, there he was, dead. But when I had examined him in the morning, indeed, he was not my son whom I had borne.’

Review Exercises

1. *Illustrate with examples the differences between word-for-word and literal translation.*

2. *Provide a faithful translation for the following excerpt.*

THE POMEGRANATE and Apple-Tree disputed as to which was the most beautiful. When their strife was at its height, a Bramble from the neighbouring hedge lifted up its voice, and said in a boastful tone: ‘Pray, my dear friends, in my presence at least cease from such vain disputing.’

3. *Translate the following dialogue following adaptation strategy.*

Open on a living room in Africa. Enter the INDIAN BUTLER

INDIAN BUTLER: Curry? Senor, Curry?

Enter TOLSTOY and ANNA

ANNA Hello, our Indian Butler, I wonder what you might be doing?

TOLSTOY: Yes, I wonder.

INDIAN BUTLER: I am selling Curry.

TOLSTOY and BULTER begin Curry Song

TOLSTOY: I enjoy fine dining!

BUTLER: I enjoy refining!

TOLSTOY: Cracking plants are the life for me!

BUTLER: And the monkey ...

TOLSTOY: Yes the monkey!

4. *Provide a free translation of the following quotes.*

1. In three words I can sum up everything I've learned about life: it goes on. Robert Frost.
2. Throughout life people will make you mad, disrespect you and treat you bad. Let God deal with the things they do, cause hate in your heart will consume you too. Will Smith.
3. Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself. Harvey Fierstein.

5. *Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself. Harvey Fierstein.*

Hush, little baby, don't say a word,
Mama's going to buy you
a mockingbird.

And if that mockingbird won't sing,
Mama's going to buy you
a diamond ring.

**ENGLISH SENTENCES FOR
TRANSLATION**

1- He headed for the bus stop.

2- The king is head of the state.

3- I can't get the song out of my head.

4- The old man was heading the procession holding a sword.

5- Chaired by Mr. Smith, the meeting called for more reformation in
the company.

6- My brother owns fifty heads of herds.

7- I don't have a head for business.

8- The latest talks aimed at ending the civil war appear to be heading for a deadlock.

9- Once they get an idea into their heads, they never give up.

10- I can't make head or tail of this exercise.

11- The problems arising in that company led us to speculate that heads will roll down.

12- He soon abandoned his plans to pursue his graduate studies.

13- In 1989, that country abandoned socialism and in 1993 a new constitution restored monarchy.

14- In 1915, Yuan announced plans to restore monarchy and install himself emperor but he was forced by popular opposition to abandon his plans.

15- Queen Isabella formally abdicated in favour of her son in 1879, but he did not return to Spain to take up his royal duties until 1875.

16- Should the king die or be incapacitated, the throne shall devolve upon his eldest son.

17- All citizens must abide by the constitution, the laws, bylaws and regulations.

18- Shortly after Hitler came to power in Germany, Dollfus dissolved the parliament and abolished the freedom of speech, press and the right to assemble, and he outlawed the communist party.

19- Five members voted in favour of the draft law.

20- In 1920, many troops wore the swastika on their helmets when they occupied Berlin in an abortive attempt to overthrow the German republic.

21- Five members voted against the draft law.

22- The man has abstained from food.

23- Many of the chlorophyll-containing bacteria are abundant in oceans, lakes and rivers.

24- He demanded the acceleration of social and economic reforms.

25- The laws imposed fines, jail sentences or both for saying anything disloyal, profane or abusive about the government.

26- The heir apparent has ascended to the throne.

27- I don't have access to the email.

28- The files can be accessed and downloaded.

29- In the Day of Judgment, people will be held accountable for their actions.

30- This was achieved in 1953.

31- Natural resources are the backbone/mainstay of our economy.

32- The West became a backwater while the Islamic world and the Byzantine Empire became super powers.

33- Industrial stagnation, mass unemployment and skyrocketing inflation continued to frustrate the government in its efforts (in its quest) to rehabilitate national economy.

34- Many countries acceded to the Madrid Convention pertaining to intellectual property.

35- You must avoid being baited by the low price of that low-quality commodity.

36- All kinds of slavery and servitude must be banned by the law.

37- The lack of modern transportation facilities is a barrier to development in that country.

38- The most effective barrier I used against him was to cut off electricity from his house.

39- The high cost of disposing radioactive materials is a barrier to the expansion of nuclear power use.

40- So and so is my bitter enemy.

41- He felt bitter for the treatment he received.

42- The partitioning of that country led to bitter disputes between the two countries over the distribution of water.

43- A group of artists produced blatant criticism to the government.

44- The dam has a generating capacity amounting to 900 megawatts.

45- Mr. Smith, in his capacity as the director general of that company, is entitled to sack or hire anyone as he sees fit.

46- The manager per se is entitled to sack or hire anyone as he sees fit.

47- The carnage of World War I brought the European system of diplomacy into disrepute.

48- Abraham is one of the athletes who used his Olympic success as a springboard to wealth and celebrity.

49- Depression, in economics, is a period when national industry is characterized by low production and sales, and high rates of business failures and unemployment.

50- Patience is a decisive factor for attaining victory.

51- Depression is a psychological illness in which the patient experiences a deep sadness and lack of interest in almost all activities.

52- So and so is famous for driving cars.

53- So and so is notorious for lying.

54- Shakespeare is one of the most celebrated English poets.

55- He accidentally overran his own brother.

56- Another accusation levelled at the Minister is that he could not understand ordinary people.

57- The president eventually acknowledged that he sold weapons to that country.

58- The nuclear power industry may continue if existing nuclear plants are unable to adapt to changing market conditions.

59- This story is adapted from *Hamlet*.

60- Addressing the nation, the president stressed that all citizens are equal before the law.

61- The telecommunication sector saw a remarkable advancement in recent years.

62- The two delegations held talks under the aegis of/ under the auspices of the Red Cross.

63- They manufacture cars that have good mileage and that are affordable to all consumers.

64- They felt aggrieved for not being allowed to enter.

65- Some believe that rats are aggressive creatures.

66- She was quick-witted and had an agile mentality.

67- I tried to think about all problems that are ahead of me tomorrow.

68- We will not allow anyone to alienate any segment of the society.

69- There is no analogy between the two cases.

70- She was so arrogant that everyone kept away from her.

71- If this company fails to promote its services, it will for sure go bankrupt.

72- Some people believe that the Western civilization is morally bankrupt.

73- She tried to be humble in a bid to gain more fans.

74- People suffered from the war and its aftermath.

75- That government decided to impose a media blackout about the earthquake.

76- What they want boils down to one thing. It is land.

77- There is a ceaseless struggle from noon to night to win the race.

78- He represents the country on ceremonial occasions.

79- If you keep the heater on all night, you may choke and die.

80- Let us now write down the events in chronological order.

81- NATO is planning to curtail the number of troops in that region.

82-You must curb your anger.

83- Her disclosing the details of the transaction was the reason why she was fired.

84- The world has undergone dramatic changes in the inception of the twenty first century.

85- There are some uncertainties there.

86- Their desire to come back together and discuss the resumption of the negotiation process suggests to me that they both want to see negotiations resume.

87- All diplomatic efforts were futile/were in vain.

88- It went unheeded.

89- They hurled stones and petrol bombs.

90- The controversy reached a new climax last week.

91- He assured him that everything was on track.

92- Talks were very productive.

93- It is believed that the youth do not act on the advice of the old and
they do not pay attention of their experiences.

94- Every country must try to avoid polluting the environment any more in the 21st century.

95- There is a great difference between terrorism and national resistance. Of course, national resistance is a legal right.

**SHORT ENGLISH PASSAGES FOR
TRANSLATION**

The Media

As a result of technological progress, many people in the world already have, or will soon have, access to many more TV channels than in the past. Most of the TV channels in the world operate in the traditional way: national, public or commercial TV *stations* use *transmitters* to send UHF (ultra-high frequency) *signals* round the country. The *aerials* on our roofs receive these signals and pass them to our TV sets. Simple, and very similar to the way radio broadcasts work.

Some international TV channels use satellites in space. Programmes are transmitted up to the *satellite*, which then re-transmits them to a wide geographical area. If you have a special *satellite dish aerial* on your roof, you can receive these signals – though usually you have to pay for a signal-decoder. In this way, people can watch TV programmes transmitted on the other side of the hemisphere.

Animal Rights

Animal rights activists feel that animal research is immoral. They often assert that research with animals causes severe pain and that many research animals are abused. The activists do not feel the need to put the animals through such pain. Many of the experiments are replicated also which causes an unneeded demand for animals to perform experiments. Experiments which have already been proven are still being experimented with. However, animal research is an integral part of today's society when thinking of how much progress we have gained in human health with the use of animal experimentation. To date some forty-one Nobel prizes have been awarded to scientists whose achievements depended on laboratory animals. Vaccines against polio, diphtheria, mumps, measles, rubella, and smallpox would not have been possible without such experiments.

Waste

The world's nuclear plants have accumulated vast stocks of highly radioactive waste. Worldwide, high-level waste is currently stored above ground, and no government has a clear policy on its eventual disposal. While most experts believe that burying the waste is the safest bet in the long term, the problem is finding sites that everyone can agree are geologically stable. Decaying radioactive isotopes release heat. As a result, high-level waste must be constantly cooled; otherwise, it becomes dangerously hot. This is why many experts want to store waste above ground until it has decayed and is cool enough to be stored safely in sealed repositories several hundreds of metres below ground. According to one recent theory, however, waste should be lowered down boreholes drilled to 4 kilometres. The trick is to exploit heat generated by the waste to fuse the surrounding rock and contain any leaking radioactivity.

**LONG ENGLISH PASSAGES FOR
TRANSLATION**

Thomas Edison

Thomas Alva Edison lit up the world with his invention of the electric light. Without him, the world might still be a dark place. However, the electric light was not his only invention. He also invented the phonograph, the motion picture camera, and over 1,200 other things. About every two weeks he created something new.

Thomas A. Edison was born in Milan, Ohio, on February 11, 1847. His family moved to Port Huron, Michigan, when he was seven years old. Surprisingly, he attended school for only two months. His mother, a former teacher, taught him a few things, but Thomas was mostly self-educated. His natural curiosity led him to start experimenting at a young age with electrical and mechanical things at home. When he was 12 years old, he got his first job. He became a newsboy on a train that ran between Port Huron and Detroit. He set up a laboratory in a baggage care of the train so that he could continue his experiments in his spare time. Unfortunately, his first work experience did not end well. Thomas was fired when he accidentally set fire to the floor of the baggage car. Thomas then worked for five years as a telegraph operator, but he continued to spend much of his time on the job conducting experiments. He got his first patent in 1868 for a vote recorder run by electricity. However, the vote recorder was not a success. In 1870, he sold another invention, a stock-ticker, for

Learning English

Today, millions of people want to learn or improve their English but it is difficult to find the best method. Is it better to study in Britain or America or to study in your own country?

The advantages of going to Britain seem obvious. Firstly, you will be able to listen to the language all the time you are in the country. You will be surrounded completely by the language wherever you go. Another advantage is that you have to speak the language if you are with other people. In Italy, it is always possible, in the class, to speak Italian if you want to and the learning is slower. On the other hand, there are also advantages to staying at home to study. You don't have to make big changes to your life. As well as this, it is also a lot cheaper than going to Britain but it is never possible to achieve the results of living in the UK.

So, in conclusion, I think that if you have enough time and enough money, the best choice is to spend some time in the UK. This is simply not possible for most people, so being here in Italy is the only viable option. The most important thing to do in this situation is to maximise your opportunities: to speak only English in class and to try to use English whenever possible outside the class.

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Home Remedies

Everyone has his own special kind of home remedies for the common cold and other minor health discomforts. They are usually quick cures for minor ailments and often prove to be quite effective. The medical profession may not endorse their validity and discredit their healing power, but the wisdom of ages has worked on the side of the home remedy.

These home remedies usually emerge from that vast source of oral tradition passed on from generation to generation and one would be hard-pressed to find their exact formulas printed in a published book.

Folk wisdom tells us for example, to "starve a fever and feed a cold." This means that if someone has a cold, he should eat properly to provide the body with nutrition. On the other hand, if her has a fever, the best remedy is to go to bed, get a full night's rest and drink only liquids.

One home remedy for getting rid of a fever is to drink a concoction of hot tea, lemon and sugar and spiced with a generous dose of rum to put one to sleep. Drink the solution quickly and then go to bed. During the evening, hopefully one will sweat off the fever.

In the morning upon awakening the fever should be gone and the sick person up and about.

Camomile tea is said to soothe an upset stomach and an ice cube can stop a bleeding nose. A slice of raw meat can be applied to cure a black eye, and whiskey poured onto cotton can be used as a disinfectant to wash out a cut or wound.

To counteract fatigue experts recommend mixing a half teaspoon of apple cider and a tablespoon of honey in a cup of warm water. Some people believe that a combination of apple cider and honey is effective in treating a variety of ailments from canker sores to indigestion and influenza. Some other remedies may seem bizarre but have proven effective. For an earache chew a wad of gum while holding a hair dryer set to a low, warm setting about 18 inches from the affected ear. Bad breath can be avoided by chewing on cloves, anise seeds or a twig of parsley. These help to freshen the breath naturally. For those suffering from body odor it is recommended to add two cup of tomato juice to the bath water and soak for 15 minutes. Afterwards scrub by using pine soap.

Behind these remedies is the belief that all the cures of one's ills can be found within nature. One need not resort to sophisticated chemicals and expensive prescribed drugs to find relief. The Chinese for centuries have made medicines from the herbs and elements of nature. These remedies have been around for hundreds of centuries

The Language of Music

A painter hangs his or her finished picture on a wall, and everyone can see it. A composer writes a work, but no one can hear it until it is performed. Professional singers and players have great responsibilities, for the composer is utterly dependent on them. A student of music needs as long and as arduous a training to become a performer as a medical student needs to become a doctor. Most training is concerned with technique, for musicians have to have the muscular proficiency of an athlete or a ballet dancer. Singers practice breathing every day, as their vocal chords would be inadequate without controlled muscular support. String players practice moving the fingers of the left hand up and down, while drawing the bow to and fro with the right arm --two entirely different movements.

Singers and instrumentalists have to be able to get every note perfectly in tune. Pianists are spared this particular anxiety, for the notes are already there, waiting for them, and it is the piano tuner's responsibility to tune the instrument for them. But they have their own difficulties: the hammers that hit the strings have to be coaxed not to sound like percussion, and each overlapping tone has to sound clear.

Schooling and Education

It is commonly believed in the United States that school is where people go to get an education. Nevertheless, it has been said that today children interrupt their education to go to school. The distinction between schooling and education implied by this remark is important.

Education is much more open-ended and all-inclusive than schooling. Education knows no bounds. It can take place anywhere, whether in the shower or in the job, whether in a kitchen or on a tractor. It includes both the formal learning that takes place in schools and the whole universe of informal learning. The agents of education can range from a revered grandparent to the people debating politics on the radio, from a child to a distinguished scientist.

Whereas schooling has a certain predictability, education quite often produces surprises. A chance conversation with a stranger may lead a person to discover how little is known of other religions. People are engaged in education from infancy on. Education, then, is a very broad, inclusive term. It is a lifelong process, a process that starts long before the start of school, and one that should be an integral part of one's entire life.

The Definition of "Price"

Prices determine how resources are to be used. They are also the means by which products and services that are in limited supply are rationed among buyers. The price system of the United States is a complex network composed of the prices of all the products bought and sold in the economy as well as those of a myriad of services, including labor, professional, transportation, and public-utility services. The interrelationships of all these prices make up the "system" of prices.

The price of any particular product or service is linked to a broad, complicated system of prices in which everything seems to depend more or less upon everything else. If one were to ask a group of randomly selected individuals to define "price", many would reply that price is an amount of money paid by the buyer to the seller of a product or service or, in other words, that price is the money value of a product or service as agreed upon in a market transaction. This definition is, of course, valid as far as it goes. For a complete understanding of a price in any particular transaction, much more than the amount of money involved must be known. Both the buyer and the seller should be familiar with not only the money amount, but with the amount and quality of the product or service to be exchanged, the time and place at which the exchange will take place

Electricity

The modern age is an age of electricity. People are so used to electric lights, radio, televisions, and telephones that it is hard to imagine what life would be like without them. When there is a power failure, people grope about in flickering candlelight, cars hesitate in the streets because there are no traffic lights to guide them, and food spoils in silent refrigerators.

Yet, people began to understand how electricity works only a little more than two centuries ago. Nature has apparently been experimenting in this field for millions of years. Scientists are discovering more and more that the living world may hold many interesting secrets of electricity that could benefit humanity.

All living cells send out tiny pulses of electricity. As the heart beats, it sends out pulses of record; they form an electrocardiogram, which a doctor can study to determine how well the heart is working. The brain, too, sends out brain waves of electricity, which can be recorded in an electroencephalogram. The electric currents generated by most living cells are extremely small -- often so small that sensitive instruments are needed to record them. But in some animals, certain muscle cells have become so specialized as electrical generators that they do not work as muscle cells at all.

The Beginning of Drama

There are many theories about the beginning of drama in ancient Greece. The one most widely accepted today is based on the assumption that drama evolved from ritual. The argument for this view goes as follows. In the beginning, human beings viewed the natural forces of the world - even the seasonal changes - as unpredictable, and they sought through various means to control these unknown and feared powers. Those measures which appeared to bring the desired results were then retained and repeated until they hardened into fixed rituals. Eventually stories arose which explained or veiled the mysteries of the rites. As time passed some rituals were abandoned, but the stories, later called myths, persisted and provided material for art and drama.

Those who believe that drama evolved out of ritual also argue that those rites contained the seed of theater because music, dance, masks, and costumes were almost always used. Furthermore, a suitable site had to be provided for performances and when the entire community did not participate, a clear division was usually made between the "acting area" and the "auditorium." In addition, there were performers, and, since considerable importance was attached to avoiding mistakes in the enactment of rites, religious

Television

Television -- the most pervasive and persuasive of modern technologies, marked by rapid change and growth -- is moving into a new era, an era of extraordinary sophistication and versatility, which promises to reshape our lives and our world. It is an electronic revolution of sorts, made possible by the marriage of television and computer technologies.

The word "television", derived from its Greek (tele: distant) and Latin (visio: sight) roots, can literally be interpreted as sight from a distance. Very simply put, it works in this way: through a sophisticated system of electronics, television provides the capability of converting an image (focused on a special photoconductive plate within a camera) into electronic impulses, which can be sent through a wire or cable. These impulses, when fed into a receiver (television set), can then be electronically reconstituted into that same image.

Television is more than just an electronic system, however. It is a means of expression, as well as a vehicle for communication, and as such becomes a powerful tool for reaching other human beings.

The field of television can be divided into two categories determined by its means of transmission. First, there is broadcast

American Revolution

The American Revolution was not a revolution in the sense of a radical or total change. It was not a sudden and violent overturning of the political and social framework, such as later occurred in France and Russia, when both were already independent nations. Significant changes were ushered in, but they were not breathtaking. What happened was accelerated evolution rather than outright revolution. During the conflict itself people went on working and praying, marrying and playing. Most of them were not seriously disturbed by the actual fighting, and many of the more isolated communities scarcely knew that a war was on.

America's War of Independence heralded the birth of three modern nations. One was Canada, which received its first large influx of English-speaking population from the thousands of loyalists who fled there from the United States. Another was Australia, which became a penal colony now that America was no longer available for prisoners and debtors. The third newcomer -- the United States -- based itself squarely on republican principles.

Yet even the political overturn was not so revolutionary as one might suppose. In some states, notably Connecticut and Rhode Island, the war largely ratified a colonial self-rule already existing.

My Dream

I have always dreamt of a publishing house devoted to modern Egyptian literature. In fact, I had a small role in initiating such a project. When I was the Secretary of the Egyptian Institute in London (and later cultural attaché), I was responsible for the publication of *The Bulletin*, a monthly magazine that was a channel for introducing Egypt to the British public. In those days (from the mid 1940's and late 1950's) the literary scene was dominated by such leading men of letters as Taha Hussein, Yehia Hakki, and Abbas El-Aqqad. On my return to Egypt after 12 years in London, I submitted a proposal for the translation of samples of our modern literature into English and French. I took the English translations and headed for London where I tried to promote the scheme. To cut a long story short, the project did not crystallize. Then my dream came true, with the emergence of the AUC Press as a publisher of Arabic, mainly Egyptian modern literature. Under the highly professionalism of its director Mark Linz, the AUC Press has established itself as the leading, in fact the only publisher of modern Arabic literature in English. So far the AUC has published 56 books of literature by both established writers like Taha Hussein, Naguib Mahfouz, Youssef Idris, Ibrahim Aslan, Mohamed El-Bisatie, Ibrahim Abdel-Meguid, Gamal El-Ghilani, Ibrahim El-Mazni, and yonger upcoming writers.

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Intelligence tests

Intelligence tests are psychological tests that are designed to measure a variety of mental functions, such as reasoning, comprehension, and judgment. The goal of intelligence tests is to obtain an idea of the person's intellectual potential. The tests center around a set of stimuli designed to yield a score based on the test maker's model of what makes up intelligence. Intelligence tests are often given as a part of a battery of tests.

A central criticism of intelligence tests is that psychologists and educators use these tests to distribute the limited resources of our society. These test results are used to provide rewards such as special classes for gifted students, admission to college, and employment. Those who do not qualify for these resources, based on intelligence test scores, may feel angry because they think that these tests are denying them opportunities for success. Unfortunately, intelligence test scores have not only become associated with a person's ability to perform certain tasks, but with self-worth.

Many people are under the false assumption that intelligence tests measure a person's inborn or biological intelligence. Intelligence tests are based on an individual's interaction with the environment and never exclusively measure inborn intelligence. Intelligence tests have been associated with categorizing and stereotyping people. Additionally, knowledge of one's performance on an intelligence test may affect a person's aspirations and motivation to obtain goals. Intelligence tests can be culturally biased against certain groups.

When taking an intelligence test, a person can expect to do a variety of tasks. These tasks may include having to answer questions that are asked verbally, doing mathematical problems, and doing a variety of tasks that require eye-hand coordination. Some tasks may be timed and require the person to work as quickly as possible. Typically, most questions and tasks start out easy and progressively get more difficult. It is unusual for anyone to know the answer to all of the questions or be able to complete all of the tasks. If a person is unsure of an answer, guessing is usually allowed.

In general, intelligence tests measure a wide variety of human behaviors better than any other measure that has been developed. They allow professionals to have a uniform way of comparing a person's performance with that of other people who are similar in age. These tests also provide information on cultural and biological differences among people.

Intelligence tests are excellent predictors of academic achievement and provide an outline of a person's mental strengths and weaknesses. Many times the scores have revealed talents in many people, which have led to an improvement in their educational opportunities. Teachers, parents, and psychologists are able to devise individual curricula that match a person's level of development and expectations.

Atomic Energy

The use of nuclear energy is controversial because it can be used to wreak havoc upon mankind. Fission, or the splitting of atoms, can be used to release extreme heat and radiation. During World War II, the United States decided that this would be a powerful weapon, so they dropped two fission bombs over Hiroshima and Nagasaki, Japan to end the war. Many buildings were destroyed and thousands of innocent civilians were killed. After that, the world viewed nuclear bombs as dangerous new weapons that could devastate entire cities.

Also, the radiation released from nuclear fission is harmful to living organisms. In 1986, a steam buildup in a nuclear reactor in Chernobyl, Ukraine caused an explosion that released tons of radiation into contact with people and animals. Thirty-one deaths resulted from the accident. Traces of the radiation were found in areas far away from the reactor because they traveled by wind. After the accident, the radiation still affects people in the contaminated areas; thyroid cancer in people has been increased due to the radiation.

I think the benefits of nuclear power definitely outweigh the potential dangers. Nuclear power is a very efficient source of energy. For example, it can be used to provide electricity for cities. Nuclear reactors would split radioactive elements to form heat, which would produce steam to turn turbines. Then electricity would be created to power major towns and cities. We do not need to worry about nuclear meltdowns because of the safety

measures in nuclear reactors. The Chernobyl accident would be a thing of the past.

Nuclear energy is also abundant, unlike fossil fuels (coal and oil). We don't have to worry about running out of radioactive elements. However, fossil fuels are the complete opposite; gasoline prices have skyrocketed over the past thirty years, and scientists predict that gas would become a rarity in the year 2075 or so.

I do not think all countries should agree to limit atomic weapons. Even if a country has only 200 atomic weapons, they can still easily threaten other nations. Leaders should be able to buy what they desire with their nation's money without having to worry about breaking any agreements. Perhaps a better solution is to ban atomic weapons altogether; that way, the world don't have to worry about nuclear war anymore. If a country is suspected of possessing nuclear weapons, then that country would probably be wiped off the map (courtesy of the United Nations, they are the sheriff of the world.)

Or maybe we should allow all countries to stockpile only ONE nuclear warhead for every country on earth. So if there are 200 countries in the world, your country could only stockpile 200 nuclear warheads. That way, if you bombed every country on earth, you would only have one warhead left to defend yourself with. I think it would be a pretty wicked awesome system.

Atomic energy was used to cause death and destruction, but now it is being used to help light up the world. When the responsible are in charge of nuclear power, then everyone benefits! Atomic power is a great example of wonderful technology.

What is modern civilization?

"Modern Civilization" is, in many ways, a loaded term. In order to truly explain what it is, we must first unpack the word "modern". Within the following, we are taking the commonly accepted anthropological definition of "civilization" as a social grouping which is settled, hierarchical and employs specific forms of political structure. This is because the words "modern" and "civilization" often overlap in common parlance, but in order to answer the question they must be separated.

"Modern" brings to mind contemporary technology, forms of government and social structures. However, bound up within all of those is the logic of the "project of modernity" which was the driving philosophical force behind the rapid technological and intellectual expansion of Western Europe following the end of the Renaissance in the 17th century. This meaning of modernity can be traced back to the writings of Immanuel Kant who was the first thinker to posit that all of the mysteries in the world would reveal themselves under the lens of human reason. Knowledge did not come from God or Church, but from human endeavor. It is this attitude that pervades modernity and everything modern. We can thus say that a "modern civilization" is one which does not seek its answers from a spiritual authority, but rather seeks to find its own using the scientific method.

This, of course, is an extremely simplified answer and there is a wealth of other interesting angles from which to approach this. These include, but are not limited to, the effect of Western imperialism on the evolution of the terms "modern", "civilization" and "modern civilization", an enquiry into the

The changing status of women

Women have played a huge role in society. Many people respect women for the simple fact that they bring life to every human that is put on earth and, without them, none of us would be here today. Although many people respect women, women believe that they have been treated unfairly in the past. I believe that women have been treated unfairly, but I also believe that women today have much better opportunities offered to them than in the past, and that women today are closer to equality than ever before.

Writings by Simone de Beauvoir, Karen Horney, and Margaret Mead document that, in the past, women have been oppressed or repressed in many ways. For instance, they were not allowed to vote until 1920. Women could not hold high positions in the workplace, and they were not paid the same amount of money for the same jobs. Women have not been allowed to have any say-so in the financial or political issues of the family and the economy. Women have been treated unfairly partly because they have been raised to believe they were supposed to be the ones to stay at home, do the chores, and take care of the children. It has been traditional since ancient times in most cultures that the man was in charge of a family's household, and it was traditional for the woman to obey the man. Therefore, if a woman was told to clean the house, tend to the children, and have dinner waiting on the table, she was expected to do this with no objections. Today there is less emphasis on the woman to be the sole house worker. She is often working outside the home, and in any case, there is cultural pressure, in the United States at least, for women to object to the traditional role in full and demand a more balanced distribution of the family workload.

The changing role of Arab women

The change in the role of Arab women is assessed by examining the status of development factors known to influence the labor force participation of women. Data are presented on the following: levels of education, fertility, urbanization, and the economic structure of countries within the Economic Commission for Western Asia (ECWA) region. 2 indicators are used to assess the educational level of the female population in the Arab countries, i.e., the level of illiteracy among adult females and the proportion of female enrollment in schools. The female illiteracy rates continue to be high in the Arab countries, but the rates have been decreasing in time, which points to the rising status of Arab women. The 1975 enrollment rates for the 6-11 age group indicate that the wide disparities among the Arab countries in terms of the education of adult women are likely to continue, for the percent of females not attending primary school ranges from 95% in Oman to 15% in Lebanon. The discrepancy between the sexes is also likely to continue, for female enrollment is lower than male enrollment in all Arab countries. Little variation exists in the fertility rates among the Arab countries despite the disparity among them in terms of the illiteracy rates of the adult female population. Even though some Arab women are showing lower levels of fertility, the family size in Arab society is still generally large, leaving the Arab woman with a relatively short portion of her life span that can be devoted to productive labor outside the home. Agriculture is still a large sector in the populous Arab countries, and the work of women in traditional agriculture is undertaken mostly as part of family labor and is not always considered to be labor force participation. Female economic activity rates are very low in comparison to

Juvenile delinquency

The act of participating in a crime by a minor is considered juvenile delinquency. This criminal act can be punished by an array of means, designed specifically to deal with those who are under the statutory age of majority. However, the rise of street gangs makes many people argue that the severity of the juvenile prosecution system is not high enough to constitute proper punishment. Thus, the perpetrators must be tried under adult laws.

It is hard to argue this position as the crimes committed by gang members, regardless of their age, are often as serious and heinous as the ones committed by adults. If one looks at the problem from one point of view, it is hard to understand why the criminal cannot be punished with the entire severity of the law. As the number of youngsters who get arrested for serious offences increases, it is only natural to believe that the severity of their punishments must be increased as well. This should make the perpetrators understand the real extent of their actions. A person who is duly punished for breaking the law will be wearier of repeating the act. This cannot be said about someone whose punishment is too light when compared to the crime committed.

Is it fair to punish a minor under the laws designed for adults? The issue of morals makes answering this question more difficult, as people are taught that the same rules for adults cannot be applied to children. The differences in their attitudes and psyche are too big to overlook. Minors' psyche is less stable by default, and they are easily influenced by those with stronger personalities. The leaders of juvenile gangs fall into this category, so it is only logical that

Environmental pollution

Environmental pollution occurs when pollutants contaminate the natural surroundings. Pollution disturbs the balance of our ecosystems, affect our normal lifestyles and gives rise to human illnesses and global warming. Pollution has reached its peak due to the development and modernization in our lives. With the development of science and technology, there has been a huge growth of human potentials. People have become prisoners of their own creations.

We waste the bounties of our nature without a thought that our actions cause serious problems. We must deepen our knowledge of nature's laws and broaden our understanding of the laws of the human behavior in order to deal with pollution problems. So, it is very important to know different types of pollutions, their effects and causes on humanity and the environment we live in.

Environmental pollution has negatively affected the life of both animals and human-beings. The only way to control current environmental issues is to implement conservation methods and create sustainable development strategies. We should find some effective solutions in order to restore our ecological balance.

First of all, we should make sustainable transportation choices. We should take advantage of public transportation, walk or ride bikes whenever possible, consolidate our trips, and consider purchasing an electric car. It is very important to make sustainable food choices. Choose local food whenever possible; buy organically grown vegetables and fruits or grow your own.

People should conserve energy. Turn off electronics and lights when you are not in the room. Consider what small changes can lead to big energy savings. Use energy efficient devices. It is also essential to understand the concept of reduce, Reuse and Recycle. Try to buy used items whenever possible. Choose products with minimal packaging. Buy reusable items. Remember that almost everything that you purchase can be recycled. Conserve water as much as possible. Dispose of toxic waste properly. Do not use herbicides and pesticides. Use natural, environmentally friendly chemicals for your everyday chores.

Environmental pollution is one of the biggest problems caused by human activities that we should overcome to see a tomorrow and guarantee our descendants a healthy life. There are many environmental concerns for communities around the world to address. We should always remember that pollution problems affect us all so each of us has to do his or her best to help restore ecological balance to this beautiful place we call home. Learn about the major polluters in your area to protect the air and water where you live. Encourage people to stop pollution, tell them everything you know about this problem, and protest local polluters together. The masses should be educated on the danger of different types of pollution. People should know everything about all consequences of the environmental pollution in order to prevent the worst from happening. Let`s protect the water we drink, the air we breathe, and the soil we use to grow our food.

Equality of educational opportunity

The equalization of educational opportunities is essentially linked with the notion of equality in the social system. In a social system if all the individuals are treated as equal, they get equal opportunities for advancement. Since education is one of the most important means of upward mobility, it is through an exposure to education one can aspire to achieve higher status, position and emoluments.

But for getting education he must have equal opportunities like other members of the society. In case educational opportunities are unequally distributed, the inequalities in the social structure continue to be perpetuated, it is in this light the quality of educational opportunity has been visualized.

The need for emphasizing the equality of opportunity in education arises due to number of reasons. Some of these reasons are enumerated below:

- (a) It is needed because it is through the education to all the people in a democracy; the success of democratic institutions is assured.
- (b) The equality of educational opportunities will ensure rapid development of a nation.
- (c) A closer link between the manpower needs of a society and the availability of skilled personnel will develop.
- (d) People with specialized talents for specialized jobs in a large number will be available and the society will be benefited.

A society which hold high promise of “Equality of status and of opportunity” for all and assures” the dignity of individual and the unity and

Education and modernization

Modernization denotes total transformation of traditional or pre-modern society into the types of technology and associated social organization that characterize the advanced economically prosperous and relatively politically stable nations of the West. Modernization is defined as a conscious set of plans and policies pursued by the leaders or elites of developing countries for changing their societies in the direction of modern developed societies.

Modernization is the process of transforming the old traditional societies and nations to modernity in the fields of economic, technological, industrial and social advancement. It is to bring a less advanced nation at par with the advanced country. It is the result of the growing recognition of the need for global harmonization in the larger interests of humanity.

The process modernization is viewed as one time historical process which was started by the Industrial Revolution in England and the political Revolution in France. Modernization first occurred in the West through the twin process of commercialization and industrialization. Early in the twentieth century Japan, the first Asian country, joined the race for industrialization. Latter U.S.S.R. as well as other countries tried to achieve different degree of modernization.

Modernization involves not only changes at structural level but also fundamental changes at the personal level, a change in modes of thinking, beliefs, opinion, attitudes and action. Several interacting transformations are involved in the process of modernization.

Education is a great force in modernization. It plays a crucial role in various spheres of modernization. Education has been recognized as the most important factor connected with rise and growth of modernization process of a society irrespective of cultural milieu in which it finds itself.

It has been universally acknowledged that through the promotion of education, modern values in social economic, political and cultural fields can be inculcated. Rationality and scientific temper being the preponderant characteristics of modernization can be acquired through constant learning.

Education prepares the mentality of the people to accept changes. It creates conducive environment for modernization. By promoting democratic values and progressive attitudes in the people, education makes them capable to participate and strengthen the process of modernization. It teaches them to fight against social evils, blind beliefs and superstitions.

Education is not only aid for individual development, but also for the all-round development of society and the country. It helps for the development of the qualities of an individual such as mental and emotional makeup as well as his temperament and character. For the individual it provides rational and scientific thinking, reasoning, skills and capabilities to adjust to new situations. Modern education helps people in moving away from traditionalism to modernity.

How technology is destroying jobs

That robots, automation, and software can replace people might seem obvious to anyone who's worked in automotive manufacturing or as a travel agent. Some economists believe that rapid technological change has been destroying jobs faster than it is creating them, contributing to the stagnation of median income and the growth of inequality in the United States. And, these economists suspect, something similar is happening in other technologically advanced countries.

It's a startling assertion because it threatens the faith that many economists place in technological progress. Economists like Brynjolfsson and McAfee still believe that technology boosts productivity and makes societies wealthier, but they think that it can also have a dark side: technological progress is eliminating the need for many types of jobs and leaving the typical worker worse off than before. Brynjolfsson can point to a second chart indicating that median income is failing to rise even as the gross domestic product soars. "It's the great paradox of our era," he says. "Productivity is at record levels, innovation has never been faster, and yet at the same time, we have a falling median income and we have fewer jobs. People are falling behind because technology is advancing so fast and our skills and organizations aren't keeping up."

Anecdotal evidence that digital technologies threaten jobs is, of course, everywhere. Robots and advanced automation have been common in many types of manufacturing for decades. In the United States and China, the world's manufacturing powerhouses, fewer people work in manufacturing

today than in 1997, thanks at least in part to automation. Modern automotive plants, many of which were transformed by industrial robotics in the 1980s, routinely use machines that autonomously weld and paint body parts—tasks that were once handled by humans.

A less dramatic change, but one with a potentially far larger impact on employment, is taking place in clerical work and professional services. Technologies like the Web, artificial intelligence, big data, and improved analytics—all made possible by the ever increasing availability of cheap computing power and storage capacity—are automating many routine tasks. Countless traditional white-collar jobs, such as many in the post office and in customer service, have disappeared.

Many people, especially economists, jumped to the conclusion that was just the way the world worked. I used to say that if we took care of productivity, everything else would take care of itself; it was the single most important economic statistic. But that’s no longer true.” He adds, “It’s one of the dirty secrets of economics: technology progress does grow the economy and create wealth, but there is no economic law that says everyone will benefit. In other words, in the race against the machine, some are likely to win while many others lose.

The harmful side of the Internet

The harmful side of the Internet's impact is obvious but statistically less important than many would guess. People naturally write fewer letters when they can send e-mail messages. To leaf through a box of old paper correspondence is to know what has been lost in this shift: the pretty stamps, the varying look and feel of handwritten and typed correspondence, the tangible object that was once in the sender's hands. To stay in instant touch with parents, children and colleagues around the world is to know what's been gained.

But even before e-mail, personal letters had shrunk to a tiny share of the flow. As a consultant, Fouad H. Nader, wrote in a Pitney Bowes study, personal mail had "long ago been reduced to a minimum with the proliferation of telephone services in the last 50 years." Personal letters of all sorts, called "household to household" correspondence, account for less than 1 percent of the 100 billion pieces of first-class mail that the Postal Service handles each year. Most of that personal mail consists of greeting cards, invitations, announcements, and other mail with "emotional content," a category that is generally holding its own. The same higher-income households that rely the most on e-mail correspondence also send and receive the most letters. Whatever shrinkage e-mail has caused in personal correspondence, it is not likely to do much more.

How dictionaries are made

It is widely believed that every word has a correct meaning that we learn these meanings principally from teachers and grammarians (except that most of the time we don't bother to, so that we ordinarily speak "sloppy English"), and that dictionaries and grammars are the supreme authority in matters of meaning and usage. [...] Few people ask by what authority the writers of dictionaries and grammars say what they say.

Let us see how dictionaries are made and how the editors arrive at definitions. What follows applies, incidentally, only to those dictionary offices where first-hand, original research goes on—not those in which editors simply copy existing dictionaries. The task of writing a dictionary begins with the reading of vast amounts of the literature of the period or subject that the dictionary is to cover. As the editors read, they copy on cards every interesting or rare word, every unusual or peculiar occurrence of a common word, a large number of common words in their ordinary uses, and also the sentences in which each of these words appears.

That is to say, the context of each word is collected, along with the word itself. For a really big job of dictionary writing, such as the *Oxford English Dictionary* (usually bound in about twenty-five volumes) millions of such cards are collected, and the task of editing occupies decades. As the cards are collected, they are alphabetized and sorted. When the sorting is completed, there will be for each word anywhere from two to three to several hundred illustrative quotations, each on its card.

To define a word, then, the dictionary editor places before him the stack of cards illustrating that word: each of the cards represents an actual use of the word by a writer of some literary or historical importance. He reads the cards carefully, discards some, rereads the rest, and divides up the stack according to what he thinks are the several senses of the word. Finally, he writes his definitions, following the hard-and-fast rule that each definition *must* be based on what the quotations in front of him reveal about the meaning of the word. The editor cannot be influenced by what *he* thinks a given word *ought* to mean. He must work according to the cards or not at all.

The writing of a dictionary, therefore, is not a task of setting up authoritative statements about the "true meanings" of words, but a task of *recording*, to the best of one's ability, what various words have meant to authors in the distant or immediate past. *The writer of a dictionary is a historian, not a lawgiver. [...]* To regard the dictionary as an "authority," therefore, is to credit the dictionary writer with gifts of prophecy which neither he nor anyone else possesses. In choosing our words when we speak or write, we can be *guided* by the historical record afforded us by the dictionary, but we cannot be *bound* by it, because new situations, new experiences, new inventions, new feelings, are always compelling us to give new uses to old words. Looking under a "hood," we should ordinarily have found, five hundred years ago, a monk; today, we find a motorcar engine.

Healthy eating

In discussions about healthy eating, there are not many points of agreement. Almost everyone, however, recognizes that people should take in about as many calories as they use up. A calorie is not a substance but a measure of heat. In the context of eating, calories tell how much energy the body can get by burning up a certain food item. Balancing the calories in food with the body's energy needs is the central goal of any long-term diet program.

It should be clear that calories in food are not a bad thing. In fact, we would die without them. It is believed that many healthy civilizations either died or relocated because they could not get enough calories from their food. The Anasazi of the American southwest, for example, probably suffered a huge loss in their calorie intake when deforestation slowly removed deer and pine nuts from their diet. Our appetite for food, a problem for many modern humans, is a natural drive for survival. In fact, some of the most irresistible foods- those high in fat or sugar- have a special hold on humans because ancient impulses tell us to consume them. Our bodies see them as a survival resource.

Modern humans have trouble with weight mostly because the body has not adapted to the constant food supply much of the world enjoys. In humans, physical evolution takes a lot more time than social evolution. Pre-historic Europeans or North Americans had to worry about hunting down enough deer, or catching enough fish, or raising enough beans. Modern humans in prosperous nations have a ready supply of affordable calories at the nearest

grocery store. Nevertheless, our bodies tell us to store up extra calories, just in case.

Responding to that urge causes no problem if a person uses those extra calories. Our ancient ancestors probably did. The walking, hunting, tree-felling, clothes-washing, and other physical activities of a low tech civilization used up a lot of calories. Modern life is far less active. Even a moderately active person in a wealthy society today has to deliberately exercise to even come close to such a level of activity.

Calorie needs vary from a person to another because each person processes food in a slightly different way, depending on body chemistry. Also, calorie needs are greatly influenced by height, weight, age, and other factors. Let us assume two healthy, moderately active young people, each 20 years old. The man is 6 feet tall and weighs 160 pounds. The woman is 5 feet, 6 inches tall and weighs 120 pounds. According to the U.S. Department of Agriculture (USDA) formula, the man would need to take in about 2,750 calories each day. The woman should take in about 2,002 calories each day.

These target levels include the energy it takes simply to operate the body—breathing, pumping blood, raising one's arms, etc. They also include the energy needed for moderate activity (such as walking or running one or two miles each day). Each of these activities uses few calories. Walking for about 30 minutes, for example, burns up only about 140 calories. Running for 30 minutes burns up twice as many calories, but that is still under 300. Compare that to the energy in a good-sized turkey sandwich with mayonnaise – about 450 calories. And that is just lunch.

Global warming

Scientists have spent decades figuring out what is causing global warming. They have looked at the natural cycles that influence climate but have concluded that the main factor is the effect of greenhouse gases (GHGs) emitted by humans. To bring all this information together, the United Nations formed a group of scientists called the Intergovernmental Panel on Climate Change, or IPCC. The scientists have learned that there are several greenhouse gases responsible for global warming, and humans emit them in a variety of ways. Most come from the burning of fossil fuels in cars, factories and electricity production. The gas responsible for the most warming is carbon dioxide, also called CO₂. Other contributors include methane released from landfills and agriculture, nitrous oxide from fertilizers, gases used for refrigeration and industrial processes, and the loss of forests that would otherwise store CO₂.

Our planet, the earth is warming and the effects of rising temperatures are also happening. The heat is not only melting glaciers and sea-ice; it is also shifting rain and snowfall patterns. For example, rainfall in Ethiopia, where droughts are already common, could decline by 10% over the next 50 years. The heat is also setting animals on the move as some butterflies, foxes, and alpine plants have moved farther north or to higher and cooler areas. Sea levels are rising and they are expected to rise between 7 and 23 inches by the end of the century. Hurricanes and other storms are likely to become stronger. Floods and droughts will become more common. Less fresh water will be available and some diseases, such as malaria, will spread. Ecosystems will

change - some species will move farther north; others will not be able to move and could become extinct.

The evidence that humans are causing global warming is strong, but the question of what to do about it is even more important and needs to be addressed seriously. The meteorologists agree that if we can stabilize GHG concentrations around 450- 550 ppm, the most damaging impacts of climate change can be avoided. Current concentrations are 380 ppm, which means there is not much time to lose. Many people and governments are already working hard to cut greenhouse gases. The scientists and researchers have suggested that we should go for reducing GHG emissions from a variety of sources with technologies available in the next few decades, rather than relying on a big change in a single area. For example, we can improve energy efficiency and vehicle fuel economy, increase wind and solar power, produce hydrogen from renewable sources like bio fuels, natural gas and nuclear power. By increasing forestlands, we can reduce the negative impact of carbon dioxide and control global warming since plants and trees absorb CO₂ as they grow.

Communication among animals

Animals might not be able to speak or master advanced language techniques, but they certainly have other ways of communicating. Sounds like whale song, frog croaks, bird chips -- even sights like the waggle dance of the honeybee or the vigorous (strong) waving of a dog's tail -- are among the variety of ways animals send information to each other and to other denizens of the animal kingdom.

Species often rely on verbal forms of communication, such as calls. In addition, animals use non-vocal auditory outbursts (expressions that can be heard) like the slap of a dolphin's tail on the water; bioluminescence; scent marking (marking by smell); chemical or tactile cues (touch signals); visual signals and postural(body position) gestures. Insects like fireflies are classic examples of animals that produce and give off light through a process known as bioluminescence and birds like peacocks communicate visually by showing an amazing amount of colors from their tail feathers. Ants use chemical cues in a process called chemoreception to help guide their food searching adventures, and for other activities like telling friend from enemy, connecting with new mates (partners), and preparing for the defense of the colony.

When it comes to acoustic or sound communication, not every species member is alike. Animals in different regions have been overheard sounding off in different dialects. For example, one study found that whales in the ocean produce different patterns of pulses (rhythmic beats), tones (sounds) and

pitches (high to low levels of sounds) depending on where they're from. Some bird species are the same way. And what about those birds that live on the border between territories of differing song birds? They often become bilingual, so to speak, and are able to communicate in the singing voice favored by each of their groups of neighbors.

Communication between species can also be important. One study suggested that the reason lizards in the country of Madagascar have well-developed ears -- despite the fact that they don't communicate vocally -- is so they can hear the warning calls of the bird known as the paradise flycatcher. The two species have nothing in common except for the fact that they share a general habitat and raptors (large birds) like to snack on them. So when lizards hear small birds sound the alarm among other birds, "they" likely know to pay attention to incoming predators (bigger birds), too.

However, as noise pollution interferes with animal communication all across the globe, many animals' ability to communicate effectively is seriously challenged. Increased shipping traffic on the seas over the last century has dramatically affected the transfer of whale song around the ocean. Studies have found that songbirds, too, suffer from noisy urban environments. Some species have had to change their singing styles by producing songs that are louder and shriller (more unpleasing), in order to be heard above the clamor (noise). Increased volume usually leads to simpler, more inferior styles of singing that female birds seem to find less attractive.

Digital textbooks

A **digital textbook** is a digital book or e-book intended to serve as the text for a class. Digital textbooks may also be known as **e-textbooks** or **e-texts**. Digital textbooks are a major component of technology-based education reform. They may serve as the texts for a traditional face-to-face class, an online course or degree, or massive open online courses (MOOCs).

There are many potential advantages to digital textbooks. They may offer lower costs, make it easier to monitor student progress, and are easier and cheaper to update when needed. Open source e-textbooks may offer the opportunity to create free, modifiable textbooks for basic subjects, or give individual teachers the opportunity to create e-texts for their own classrooms. They may offer better access to quality texts in the developing world. For this reason, many schools and colleges around the world have made the implementation of digital textbooks a central component of education policy.

Because digital textbooks must be accessed through an electronic device, such as a laptop or e-reader, schools and colleges must determine how to provide access to all students. Many school districts are now offering "one-to-one" technology programs, in which a tablet or laptop is issued to each student. This ensures that all of the devices meet the same requirements (such as memory or software) and that all the devices can be networked, monitored and upgraded together.

An alternative to one-to-one is to ask students to use their own electronic devices in class. This is called Bring Your Own Device (BYOD) or, sometimes, Bring Your Own Technology (BYOT). BYOD allows students to choose their preferred device for studying. Compared to one-to-one, it decreases the technology and maintenance costs for institutions. But not all students' devices may be compatible with the digital textbooks require for a class, and the devices may not be able to network with each other. A BYOD approach may also count out students who cannot afford a computer, e-reader or smartphone.

A major selling point of digital textbooks is that they offer the opportunity for students to access multimedia content, such as embedded videos, interactive presentations and hyperlinks. Tests and other assessments can be included in the textbook, classmates can work together, and student progress can be tracked. Touchscreen technology offers students the chance to participate in projects, research or experiments. This may offer a different or better learning experience than printed textbooks. Digitization also promises to offer improved access to textbooks for student with disabilities. For example, high-contrast displays, or text-to-speech programs can help visually impaired students use the same textbooks their classmates use. The creation of interactive and customizable content is an important part of digital textbook development. Interactive digital content is costly to produce, however, and research on learning outcomes is still in the preliminary stages.

Drought

Drought is an extended period of unusually dry weather when there is not enough rain. The lack of precipitation can cause a variety of problems for local communities, including damage to crops and a shortage of drinking water. These effects can lead to devastating economic and social disasters, such as famine, forced migration away from drought-stricken areas, and conflict over remaining resources.

Because the full effects of a drought can develop slowly over time, impacts can be underestimated. However, drought can have drastic and long-term effects on vegetation, animals, and people. Since 1900, more than 11 million people have died and more than 2 billion people have been affected by drought. Drought is also one of the costliest weather-related disasters. In the past 30 years, the U.S. has experienced 16 billion-dollar droughts, totaling \$195 billion in losses.

Drought is a complicated phenomenon, and can be hard to define. One difficulty is that drought means different things in different regions. "Drought" is not a set number or equation. It is defined depending on the average amount of precipitation an area is accustomed to receiving.

Determining the start of a drought can be tricky. Unlike many natural hazards that bring about sudden and dramatic results—such as earthquakes, tornadoes, and hurricanes—the onset of a drought can be gradual and subtle.

It can take weeks, months, or even years for the full effects of long-term inadequate rainfall to become apparent.

The end of a drought can also be difficult to determine. While a single rainstorm will provide short-term relief from a drought, it might take weeks or months before levels of precipitation return to normal. The start and end of a drought are often only clear in hindsight.

Most droughts occur when regular weather patterns are interrupted, causing disruption to the water cycle. Changes in atmospheric circulation patterns can cause storm tracks to be stalled for months or years, dramatically impacting the amount of precipitation a region normally receives and resulting in droughts or floods. Changes in wind patterns can also affect how much moisture a region can absorb.

Scientists have found a link between certain climate patterns and drought. El Niño is a weather event where the surface water in the Pacific Ocean along the central South American coast rises in temperature. These warmer waters alter storm patterns and are associated with droughts in Indonesia, Australia, and northeastern South America. El Niño events are not predictable and can occur every two to seven years.

There is still a lot of debate about the connection between drought and global warming, the current period of climate change. NASA studies predict warmer worldwide temperatures will mean increased rainfall in some parts of the world and decreased rainfall in others, leading to both more flooding and more droughts worldwide. Other scientists question the prediction that there

How to be a good citizen

The concept of citizenship was born in the city-states of Ancient Greece; specifically, in Athens. Greek education at the time was designed to instruct citizens in the values, intellectual frameworks, and habits-of-mind required to be free men. That is, to actively participate in the political system that shaped their lives and guaranteed their freedoms.

Today, being a citizen means that you're part of a group, and that you have legal and political rights within that group. It brings with it both privileges and obligations. I would argue that we each have a duty, or an obligation, to be good citizens. After all, a nation is only as healthy as its individual citizens.

Below you'll find some ways to be a good citizen.

1. A Good Citizen is Patriotic.

Patriotism is having and showing devotion for your country. It means having an attachment to certain national cultural values and showing critical loyalty to your nation. At the same time, keep in mind that patriotism should not be confused with nationalism. Nationalism is thinking of your nation as being superior to others, and worthy of dominance. Patriots are proud of their country, but they understand that other people are also rightly proud of theirs.

2. Be a Productive Member of Society.

A good citizen contributes to their nation by being productive. They're productive employees, business owners, artists, public servants, caregivers,

and so on. Good citizens share their skills, talents, and abilities with others. They make a positive contribution to their nation.

- Be Active In Your Community.

A good citizen is active in their community. They participate in the social life of their city or town, and they look for ways to make their communities a better place to live. That is, if they see a problem in their community they look for ways to solve it.

- Be Well-Rounded.

The third point in this blog post indicates that a good citizen has to be productive. That is, they need to have the knowledge necessary to produce in today's world — technical skills, legal skills, medical skills, and so on. However, a good citizen should also be well-rounded. A well-rounded person is better at creative problem solving and innovation than a person who is not well-rounded.

- Order your corner of the world

Your home is a microcosm of your country. If you want to live in a clean, healthy, prosperous, happy nation, start by creating these circumstances at home. Do things like the following:

- Keep a clean and organized home environment.
- Eat healthy meals.
- Keep to a budget and don't go into debt.
- Pay your bills on time.
- Don't waste water or electricity.
- Recycle.

Seven Tips to Make a Positive Change in Your Life

It's natural to resist change. But that doesn't have to be the case. Far from it, change is actually good for us in both our personal and professional lives since it makes us more flexible, exposes us to new experiences and people, and opens up the doors to more opportunities. However, if you want to make a change in your life, you can do so positively by following these seven tips.

1. Identify and understand what you want to change.

Whenever you decide to make a change, you must first understand why you're making the change in the first place. You need to be able to identify what it is about your goal that adds to you as a person. That makes you feel better and more expansive. If your goal aligns with your core values, then "the thought of it will trigger a positive gut feeling.

2. Rid your life of negativity.

This is not as simple as it may sound. Those who are negative or surrounded by negativity are more stressed, get sick more often, and have less opportunities than those who are positive. When we make a decision to become positive, and follow that decision up with action, we will begin to encounter situations and people that are also positive.

3. Exercise more often.

You may be getting tired of hearing everyone telling you that you need more exercise. Sure. Exercising is great for you physically. But, it's also an excellent way to become more positive in life. Exercise can change the direction of most situations in your life. The benefits of exercise are immeasurable. You gain purpose, drive, but most of all it teaches you a discipline.

4. Be kind to others.

People who engage in kind acts become happier over time. When you're kind to others, you feel good as a *person*--more moral, optimistic, and positive.

5. Build a support network.

A strong social support network can be critical to help you through the stress of tough times, whether you've had a bad day at work or a year filled with loss or chronic illness. This group of friends, family, and peers is also important because they provide additional benefits like providing a sense of belonging, and a feeling of security whenever you need advice, information, or guidance.

6. Eliminate the nonessentials.

After identifying the things that are most important in your life, it's time to start eliminating everything else. This is all about simplifying your life, so that you can focus on the things that matter most to you and prevents you from getting distracted.

7. Take baby steps.

The one primary motivator that leads us to persevere is baby steps. That's because when we look at the big picture we can get overwhelmed with all of

Why you should have an annual company picnic

Everyone needs a day off from time to time. A company picnic is the *perfect* way to get your team outside and remind them what it is that makes your company special. Employees will not only return to work feeling rejuvenated, but they will also have a greater sense of appreciation and newfound motivation for the work they are doing.

We all know how important teamwork is in the workplace. By getting to know their co-workers better, employees are more inclined to ask the right questions and work in a way that makes your company more efficient and enjoyable as a whole.

Company picnics are also a great way to bond with other departments and build an appreciation for all they do. These events give employees the chance to network with people in a variety of different roles throughout the company that they may not have the opportunity to do on a daily basis.

Company picnics are the perfect time to celebrate your employees by showing your appreciation for their work. Handing out awards, acknowledging those who have gone above and beyond, and sharing success stories are the perfect way to do just that. Simple things like door prizes and awards for picnic contests are another way to celebrate your team. Plus, having your employees all in one place gives different departments a chance

A job interview

A job interview is an interview consisting of a conversation between a job applicant and a representative of an employer which is conducted to assess whether the applicant should be hired. Interviews are one of the most popularly used devices for employee selection. Interviews vary in the extent to which the questions are structured, from a totally unstructured and free-wheeling conversation, to a structured interview in which an applicant is asked a predetermined list of questions in a specified order; structured interviews are usually more accurate predictors of which applicants will make suitable employees, according to research studies.

A job interview typically precedes the hiring decision. The interview is usually preceded by the evaluation of submitted résumés from interested candidates, possibly by examining job applications or reading many resumes. Next, after this screening, a small number of candidates for interviews is selected.

Potential job interview opportunities also include networking events and career fairs. The job interview is considered one of the most useful tools for evaluating potential employees. It also demands significant resources from the employer, yet has been demonstrated to be notoriously unreliable in identifying the optimal person for the job. An interview also allows the candidate to assess the corporate culture and demands of the job.

Honesty is the best policy

It is possible that dishonesty may succeed for a short time, but honesty is sure to succeed better in the long run. This may be seen considering the career of students in schools and colleges, and of men engaged in the business of life. The student who cheats in an examination may, if he escapes detection, gain a few marks more than he would otherwise have got. But what is the probable result? He learns thereby to trust to dishonest means of passing his further examinations, and neglects hard work, the only sure means of success. Guess, even if his dishonesty remains undetected, he is likely to be outstripped by his more honest rival, and in addition he exposes himself to the risk of an ignominious conviction, which will ruin his reputation and surely wound the hearts of parents and friends.

The effects of dishonesty are much the same in the case of clerks, merchants, government servants and others. They may suddenly make themselves rich by dishonest means. But wealth so obtained is as a rule rapidly squandered, and to regain resource is likely to be had again to new acts of dishonesty. Thus the dishonest man lives all through his life in continual dread that his misdeeds may at any moment be revealed in the light of the day. Success in the beginning of his career only tempts him to become corrupt on a larger scale, and the end is generally disgrace and punishment.

So far we have been considering the question merely from the point of view of material success, and have seen that the dishonest man is very unlikely to succeed in life. But even if by some rare chance he should manage to escape

Five reasons why knowledge is power

“Knowledge is Power” is a popular phrase. Knowledge provides us with the power to help others, in a variety of ways. It is also something that is good for our own self esteem. In addition, knowledge imbues us with authority and enables us to act and interact with others in a more moral way.

Knowledge can include skills, experience and education. At best, it includes all three! Knowledge can be practical knowledge of the kind used by an engineer or a carpenter, or it can be more abstract knowledge of the kind that a mathematician uses. Knowledge helps us to find the way to solve a variety of issues.

Power refers to the ability or capability to do something. It can also include the strength to influence the actions of others. This can mean physical strength or persuasive power. Following are five reasons why knowledge is power.

1. Knowledge liberates us

Knowledge sets us free, and makes us less dependent on others. Freedom is essential for real power. Of course, being truly free means that we do not use our power to control other people against their will.

2. Respect

True knowledge commands more respect than mere empty authority within a hierarchy ever could. If we have knowledge, we can direct others' decisions

and help them to enhance their lives. Having knowledge about a relevant subject imbues us with authority. No matter who we are, or how old we are, if we have knowledge that is useful to other people, then those people will respect us.

3. Self-esteem

Possessing knowledge can really give us a feeling of self-fulfillment and confidence. Knowledge is something that – no matter how many trials we come across in our life – we can always fall back on. In addition, if we find ourselves facing a trial in life, knowledge can enable us to find a solution to the issue that boosts our self-esteem even further.

4. Positivity

The process of seeking and finding knowledge teaches us to have a positive attitude about life. It teaches us to be motivated, determined, engaged with the world and self-reliant. It also fills us with enthusiasm and joy – after all, humans love learning new things and the process of finding out new facts is a wonderful end in itself.

5. Morality

When we have knowledge, we can act more morally. We can put our desire to help others into practice much better than we could do if we had less knowledge. For example, if we have some money that we wish to donate to charity, knowing facts about how that money could best be used will enable us to help the greatest number of people with it.

Conclusion

Basic rules every kid should know

No parent imagines losing sight of her kid—until it happens. Prepare your child on how to keep safe if she gets separated from you, and learn the fastest ways to find her. Beginning when your child is a toddler, you should talk about the possibility of getting lost. The most important thing is to have a plan, and emphasize to children to follow it in the event they get separated: At the beach, for example, tell your kid to find a lifeguard, then stay put. "You'd be amazed at how far kids can go looking for their parents," says lifeguard Tom Gill, deputy chief of the Virginia Beach Lifesaving Service, which reunited 1,200 lost children with their families last summer. "At the beach, once they start going one way, they tend to keep going. We had one 5-year-old walk 5 miles."

To impress the point that you would never leave her, remind your child you'd never go away from where you are without her -- so she shouldn't try looking for you. You may even want to instruct a toddler to sit on the floor or the ground if she can't find you and yell your name from there. Tell bigger kids they can be no more than "three giant steps" away from you, or ask them to stay where they can see you.

Of course, some kids are "runners," and they won't realize you're not with them -- until they're nowhere near you. Either way, tell your child that if you don't respond when she yells, rather than looking for a store clerk or a security guard, she should stay put and ask the first "mommy" with a child she

My favorite book

I like spend my free time with reading books. They tell me a lot of news about people, their life and their points of view. A book is a friend and also a teacher. Books rouse our interests, amuse us, enrich us mentally and give us new knowledge and a lot of wisdom.

My favorite book is Robinson Crusoe by Daniel Defoe. Robinson Crusoe from York was a man that always wanted to be on the sea. But his father told him that he should stay home and work like his father. But his dream has become a reality when he left his home and he went on the sea with his friends. Near Africa's coast pirates caught him and send him to jail. Then one man took him away from jail and Robinson had to go fishing and hunt with him. Then he ran away with one boy in a little boat. One day a ship from Spain saved them and they went to Brazil. Then he had a tobacco plantation there. But he wanted to go to Africa and while he was sailing his ship sank and he was alone on the unknown island. He made there a little fortress and then he was going to the wreck and he always brought something what could help him to live on this island. Then he made some fields and he was breeding some goats. One day he saw some cannibals and he had to fight them. He fought them and he became a friend of one cannibal, because he saved his life. Then he saw a ship on the sea so he went to that ship and he was saved. Then he went home, he had children and finally he was rich. He was on that island more than 27 years.

The real differences between a toxic friend and a good friend

Good friends can be like members of your family. When you find friends like that, hold on tight. Unfortunately, not all are. Some are toxic — not good for you and, honestly, probably not great for the other person either. Toxic relationships can take a serious toll on you: your physical health, your emotional health, your feelings of self-worth, and even your other relationships. Knowing what a toxic relationship looks like — and how it's different than a real friendship — can help you determine if it's time to reevaluate a friendship or two, and save you a lot of heartache in the process.

In a toxic relationship, the toxic friend pulls the attention and spotlight onto them, rather than it being a reciprocal back and forth. "Say, there's an issue going on and they really need you, but when you have an issue going on, they don't give you the time of day," said Nicole Zangara, a licensed clinical social worker and the author of *Surviving Female Friendships: The Good, The Bad, and The Ugly*. It shouldn't be all about them and their needs any more than it should be all about you and yours .

In a good friendship, however, your friend will be supportive — the focus isn't always on one person or the other. "In a friendship, you put in, and you hope that [friend] puts in, maybe not 50/50, but 60/40 even," Zangara told me. "And if it's not — you're not getting what you're giving — that's kind of a sign of an unhealthy friendship." Good relationships focus on both friends when needed.

If your friend constantly needs something from you — and that's really the only time they're focused on you — that can be a sign that your relationship is less than solid. "I think that every relationship requires work and when there's only one person putting in the work and the other person is not putting in any work, that can start feeling really bad," said Clinical Therapist Lynn Zakeri. "I'm always initiating, I'm always asking, I'm always giving, listening, whatever it is, when you don't get anything back in return, that can feel really bad. And then you can start internalizing those feelings that 'they don't care about me; they don't like me; I give, they're taking advantage of me.'" If they're always requiring your time and effort to help them out with things, that can really take a toll on the relationship and also make you feel like you're just a means to an end to them.

A good friend helps you when you need help and asks for reasonable favors when they need help instead of demanding that you always be there for them, but otherwise act like you don't exist.

True friends are capable of acknowledging when something is their fault, but also recognizing that it's not fair or reasonable to blame you for anything and everything that goes wrong in their lives. If your friend makes you feel like it's your fault they didn't get a big promotion or their partner broke up with them, it can start to make you doubt your own self-worth and just generally make you feel really down. No one wants to feel like they're the cause of everything bad .

Science in the service of man

We are living in the age of science. Science affects man and woman in two ways. It has provided man with a number of mechanical comforts and medical facilities. It is also affecting the opinions of men and women concerning the various things of this world. Previously the earth was supposed to be a flat disc but today we can hardly find a person who does not believe that the earth is round. We also know that the sky is not a roof or a solid mass but nearly empty having a few heavenly bodies here and there. Similarly science has revealed to us our origin in the world of nature. Instead of being the creation of God, humans are but highly developed animals.

Science has already improved living-conditions of man. He or she benefits by its applications, driving a motor car or omni-bus instead of a horse-drawn vehicle, being treated for disease by a doctor or surgeon rather than a priest or a witch and being killed with an automatic pistol or a shell in place of a dagger. Various means of transportation and communication have shortened time and space. Motor cars, railways trains, steam-ships and planes have made our journey safe and quick. We can travel from one place to another in no time. The telephone, the telegraph and the wireless have helped man to send messages from one corner of the earth to another in no time.

Electricity is the greatest blessing of science. In domestic life electricity is a boon. It keeps our houses, roads and buildings lighted. It does many of our small works like an obedient servant. It cooks our food, boils our milk and

water, washes and irons our clothes and does many other tasks. Even trains are run by it.

Science has done wonderful work in the medical field. Many new medicines have been invented. Many fatal diseases can now be easily cured. The inventions of Radium and X-rays are very helpful to doctors. Surgical operations of serious nature are performed easily and successfully. It has produced test tube babies. In fact, science has given eyes to the blind, ears to the deaf and legs to the lame.

Science has helped us in the development of agriculture and industry. It has helped man to build dams and dig canals. There are tractors and other implements that can plough fields, sow seeds and reap the harvest. Many useful and difficult tasks are done by machines. The machines save a lot of time, money and labor. They relieve man of all heavy and unpleasant work. Science has developed industry.

Science has given wonderful means of recreation. Cinema, radio, television, phone and photography are the common means of recreation. Cinema is the best and the cheapest source of recreation. Radio delights our homes. T.V. set enables us not only to listen but also to see the face singer, dancer, player and speaker.

Science is indeed a boon. It has become a part and parcel of our life, but inventions of science should not be misused for the destruction of mankind.

Technical education

The education which provides special practical knowledge and skills is known as technical education. It is different from general education. It makes learners well-skilled in the special fields such as agriculture, carpentry, engineering, medical, driving, piloting, etc. Technical education concerns with technology. The people who have special technical skill and knowledge are called technicians.

Technical education plays the vital role for the development of a country. Technicians are needed in the every field of construction. To make factories, roads, bridges, canals, buildings, airports etc. needs technicians. If a country owns sufficient technical hands, it undoubtedly accelerates the pace of development. In order to produce electricity, to work in mines, to grow enough crops and vegetables we need different types of technicians.

Technical education unquestionably promotes economic status of the nation. If a country has more production of goods, it can feed its people easily. Foreign currency can be earned by selling the extra production to other countries. If a country does not own required technicians, it has to hire them from other countries. They have to be paid more money as their salary. Through them, the money goes away. By the result, the country cannot be developed. It can be said that the development of a nation depends on technicians, too.

Technical education is very important to solve the problem of unemployment. Technical hands cannot be unemployed. They help in different fields. On the other hand, technical hands do not need to request others to give education makes people independent. If they start their own business, they can provide job opportunities to other educated people. Thus technical education helps us to alleviate the gravity of the problem of unemployment.

In the context of Nepal, we do not have required technicians. We have to hire them from other countries. It is not good. Many educated people are unemployed because they do not have technical knowledge and skills. If they are given training on technical skills and knowledge, we can develop our country rapidly. Many technical hands have been working in our country for a long time. Only a few technical institutes have been providing technical education. They are not sufficient to fulfill the demand of the country.

The economic progress of the nation depends on technical hands. Every country should give high priority on technical education to uplift the prosperity of the nation.

The importance of travelling in education

Travelling plays an important role in our education. The terms travelling and education cannot be alienated from each other. Our education remains incomplete without travelling. “Travelling” means going from one place to other places. In ancient times travelling was very difficult and risky because there were no proper roads and transports. A traveler had to pass hills and forests. He had to face the fury of nature, wild beasts, robbers and many other obstacles.

With triumph of science, travelling has now become easy, cheap, quick and pleasant. Due to invention of steamships railways, electricity, motor cars and airplanes, our journey from one place to and other place even in abroad has become very easy and comfortable.

Travelling is now regarded as an important part of education. Educational Tour increases our knowledge and new thoughts and ideas grow up in us. The education of man remains incomplete if he does not visit important places of the world. Reading of books only provides man with half knowledge. But travelling with eyes wide open and mind fully gives him full knowledge.

Travelling also removes his narrowness and superstitions. It makes a traveler smart and self-reliant. Owing to the fabulous progress in the field of communication, travelling today involves fewer hazards. Hence, students

must take part in educational tours. It is both entertaining and instructing for them.

The education of a student remains incomplete without travelling. Educational institutions and tourist bureaus often arrange study tours at affordable rates. Many schools and colleges arrange visit to places that are of geographical or historical importance. Visit to historical places give students a practical insight of the past events. After visiting these historical places, when these students read about those places or events, then they are able to fully understand the subject.

It is very difficult to understand the nature of various types of soils, forests, etc. simply by reading textbooks. Travel to places of geographical importance also helps a student to grasp the depth of the subject.

It has been observed that in cities students are travelling twice a year either with their respective schools/colleges or with their parents or friends, because there is no financial problem with them, whereas students of village schools are deprived of such travels for their want of money. Government should look into the matter and make arrangement for Education Tours in Village Schools.

How to know what you want in life

If you are still trying to decide what it is you truly want in life, then here are some great questions to ask yourself:

1. What interests excite you the most?

Think about what your real passion and desire is. Remember the times when you were really interested and excited by something you were doing. Think about why you enjoyed it so much. What is it about the activity that you love? Or is where you did it? It probably makes you feel good to remember. Choosing to do what you like is good for your self-esteem and is the key to your happiness.

Once you're able to pinpoint the things you truly enjoy doing, and pay attention to how these hobbies motivate you, you may soon notice you have a better idea of what it is you want in life and how you might be able to obtain it.

2. What are your biggest successes in life?

No matter how small, list your most important achievements. This will raise your confidence and help you feel better about yourself. Acknowledging your successes is a good place to start because it highlights your talents and strengths and can guide you to where you need to go next. Giving yourself credit for even the simplest of accomplishments can help you feel better and set you up for bigger and better accomplishments.

3. What are your goals? Ask yourself: "What do I want in Life?"

Here's where you need to get clear and focus then *write your goals down – as many as you like*. My advice is to think BIG and forget your mind's objections. If anything comes to mind write it out as a goal. Think about it, if you have twenty goals and can achieve only half then that's ten successes. If you only have two goals and achieve half that is only one success, so go for it!

4. Who is the person you most respect/admire?

It is important to have a model, someone to look up to. This will enable you to understand that you CAN overcome problems and do what seems impossible, as others have before. Also, you can also understand more about yourself and the values you have because you can see them in the person you have chosen. Why did you choose that person? Answer this and you will discover more about who and what you want to be.

5. What don't you like to do?

It is important to realize what you do NOT like and do NOT want in order to figure out what you DO want in your life. It is important to remember what it is that you're truly passionate about in life and to separate this from things that you may be convinced into doing but you don't actually enjoy. Don't let this become negative though; treat it as a list of the things you want to remove from your life to make it better and to move closer to your dream.

The Greatest Scientific Breakthroughs of 2018

Scientific breakthroughs happen across the globe each year as the world's top researchers make innovative discoveries that alter life on earth and change our perception of reality. The greatest scientific discoveries are an inspiring testament to the profound capabilities of the human mind. Each year, scientists make incredible discoveries.

This list of 2018 scientific discoveries features informative works that span a wide range of disciplines. Some discoveries brought about a more rich understanding of our past. The last wild horses may not truly have wild ancestors and a lost Native American tribe gave us a more complex look at our earliest ancestors. Other discoveries may mean huge leaps for medical science. From blood tests to detect cancer to the potential to grow human organs for donations, these breakthroughs will give you hope for the future even in bleak times. Following are two of the biggest discoveries of 2018:

1- Scientists discovered 13 billion year old oxygen, which may reveal the oldest stars in the universe

In May 2018, scientists from the University College London published a study that revealed they spotted 12 billion year old oxygen in a distant galaxy. The age of the oxygen indicates this portion of the universe experienced a star-forming period, possibly producing some of the earliest stars in the history of time. After the first wave of stars underwent gas and supernova deaths, this could have potentially caused further star formation. While the precise

implications of the research remains unclear, such discoveries are key to eventually understanding how the universe first formed.

2- Scientists erased damage caused by Alzheimer's disease in a human brain cell.

While the precise implications may not be clear for years, it's possible that scientists at Gladstone Institutes in San Francisco made a major breakthrough in terms of discovering a cure for Alzheimer's disease. The researchers extracted stem cells from Alzheimer's patients and healthy volunteers and used these cells to create neurons (brain cells). The Alzheimer's patients all had two copies of the apoE4 gene - which greatly increases one's risk for developing Alzheimer's. Scientists studied the neurons of both healthy individuals and individuals affected by Alzheimer's. By doing so, they discovered the apoE4 gene causes Alzheimer's via the increased production of a neuron-damaging protein.

Once the researchers figured out the protein promoted Alzheimer's disease, they developed a method that allowed them to change its structure. By doing so, they erased any evidence of Alzheimer's in the damaged neurons and the cells became healthier and lived longer.

The research is very promising, but does not necessarily mean there will be a cure for Alzheimer's in the near future. Researchers still need to find a way to alter neurons in human patients, which could take considerable more time and research. Nevertheless, the study marks a major breakthrough in terms of understanding the root cause of Alzheimer's disease.

Science and War

With the new and advanced weaponry invented by **Science**, wars have and can become more devastating and destructive. History is a witness of this — the mass massacre and large scale devastation, even affecting the future generations with deformities and diseases. The ogre of the atomic bomb dropped at Nagasaki and Hiroshima in Japan in World War II by the U.S.A. still sends shivers in our veins.

H.G. Wells, a great thinker of modern times has rightly said, ‘War is a horrible thing, constantly more horrible and dreadful, unless it ends, it will end the human society’. Can we allow such an end to come to mankind? Does our conscience not revolt against such warfare? Should it not arouse the international consensus against such atrocious and inhuman act on the part of any country in the world against another?

Modern warfare is no doubt fought by soldiers, but it has become more and more a war of machines. Soldiers still have occasion to exhibit their valour and sense of sacrifice but if they are short of machine power, they are bound to fail.

Moreover, the war of today is not only a war at the war front or in the field of war. The war of today affects the civilian population as well. A bomb dropped on military installation can also destroy the civilian neighboring it. In this way the modern war is not only on the battle field carried deep into the hearths and homes of people who have nothing to do with it remotely.

Again to quote H.G. Wells — ‘Hundreds and thousands of men uniformly dressed carrying diverse deadly weapons go to the theatre of war killing those whom they do not know and who have done them no wrong and those who stay at home rejoice of the murder of men’.

And we feel proud to say what a scientific advancement have we made. Now there are remotely controlled missiles and rockets, which when launched target areas where innocent children may be studying in the school.

Moreover, the modern war is fought on land, in water and in the sky. Countless weapons of destruction have been brought into existence by science. Submarines, magnetic mines, tanks, long range missiles, even Poisonous gases can form the part of wars now, if ever ought. Total destruction can be the ultimate result and it is because science has made great advancements.

And if the world of today may ever suffer a warfare the potentiality and possibility of biological warfare cannot be ruled out. Gases even more lethal have been found. The killing power of the weaponry has far exceeded. Science is advancing — that is what we happily and proudly claim.

Science has created a situation where, in the event of full scale warfare, may God forbid; the whole world may face extinction. Who would remain, who would survive and who would be the victor and who the vanquished — nothing can be said. The world at large would be sitting, as if on a volcano.

How to adapt to university life

Going to college is the first real major life transition for many people, and adapting to college life isn't always easy. While you might have been excited about the idea of starting your classes and making new friends, it might be more difficult than you expected. It's not unusual to feel lonely, homesick, stressed, anxious or even depressed while trying to adjust to your new life. If you're feeling down or overwhelmed, take a few steps to help make the adjustment process a bit easier.

Manage Your Time

Without a solid time management system, new college students can feel overwhelmed. Unlike high school, where your classes were probably neatly mapped out, college course schedules vary widely. For example, you might have three classes on one day and none the next or your classes might be in the evening or even on the weekend. Attending to social responsibilities and engaging in extracurricular activities can make it feel like there's not enough time in the day. Writing out a concrete schedule that includes adequate time for study, sleep and socialization can help you feel more organized and in control of your life.

Cope with Homesickness

If you're living away from home for the first time, it can be difficult to deal with feelings of homesickness. Don't try to push your feelings aside -- almost all college students feel homesick from time to time, especially in the beginning. It's OK to feel sad and to cry about it, but don't let your feelings

take over your life. Keep in touch with family and friends from back home regularly, invite loved ones to visit you, display pictures and other memorabilia that remind you of home and stay active to help minimize your feelings of homesickness, according to Columbia University's "Go Ask Alice."

Practice Stress Management

Adapting to college can be pretty stressful at times, especially while you try to find your new rhythm. Practicing stress management techniques, such as deep breathing, yoga or exercise, can help reduce your levels of stress and help you feel more relaxed, according to UC San Diego's Student Health Services. Many college and university health and wellness centers offer free stress management workshops and yoga or exercise classes to students.

Sleep

It's easier to deal with stress, handle responsibilities and adapt to college life if you're healthy and well-rested. You're not doing yourself any favors if you don't get enough sleep -- and most college students are severely sleep-deprived, according to the University Health Center at the University of Georgia. While everyone slacks on sleep from time to time, regular sleep loss can result in persistent feelings of fatigue and increase your risk of developing serious health problems such as depression, anxiety and obesity. Everyone's sleep needs are different, but you should try to get at least seven or eight hours of sleep each night.

How ants communicate

How does an ant society actually function? The ants are unable to talk to each other, and their eyes are nowhere near our human eyes. So how do they communicate with each other? When presented with the word communication, most humans would probably associate it with language or speech. Something spoken, created by the use of our tongue and mouth to shape and articulate. This way, we can create an infinite amount of words and as a result tell extremely complex stories. The communication of ants is not quite as advanced, but most people would probably agree that it is impressingly refined.

An ant colony can consist of several millions of workers. How can such a large society be the well-organized machinery we've observed it to be? The ants solve the barriers of communication in several ways:

- Scent (pheromones)
- Touch
- Body language
- Sound

The ant antennas are the keys to the mystery of their communication. With the help of an advanced system of pheromones they can “smell” a wide range of topics, ranging from colony activity to territorial conquest. Through millions of years the ants have developed specific pheromone-cocktails to

communicate different things to fellow ants. To receive the messages they use their antennas, much the same way we would use our nose if blind and deaf.

Of course, all scents aren't known by man, but we do know a lot about their system. For example, each colony carries their own unique set of pheromones, making it possible to tell friend from foe. For a human being it might seem odd that an ant can sort this out in a matter of milliseconds, but through scent it is possible, and it often comes in very handy.

Do Ants Speak to Each Other? Yes!

A majority of ant species use sounds to communicate, although it is commonly unknown to most people because of its low resonance. The ants can procure different sounds by scraping their legs on a washboard-like part of their body, thus accomplishing different sounds. Although we may not hear it, other ants can. The sound is actually possible for us to perceive if we hold an ant very close to the ear, listening carefully.

The sounds are used in different ways, depending on the species. A great example of the use of sound is when a worker ant has been trapped somewhere, maybe through the collapse of a tunnel or chamber – blocking all the exits. The ant can use sound as a distress call, signaling their location to the other workers through the walls. This could not be achieved by pheromones.

Little knowledge is a dangerous thing

To think that one knows everything is like living in a fool's paradise. It is a comforting thought as far as it goes, if one can stop with it. But curiously enough one thought leads to another and that sets things moving. Satisfaction leads to arrogance and arrogance knows no fear, no second thoughts. Discrimination vanishes and with a foolish sense of confidence the arrogant will venture to do anything. Surely, fools tread where angels fear.

We know man falls by pride; and therefore the moment he becomes swollen headed, his fall begins. But he will not fall alone. He will cause a disaster; and many an innocent man will go down with him. Like a drowning man he drags with him anyone he can lay hands upon.

The religion which is expected to bring comfort and sunshine in the lives of people will spread distress and darkness. People who cannot understand that the essence of religion is understanding, tolerance, compassion and service, suffer from the limitations of little knowledge. They do not realize that we all belong to one race - the race of man, whether the color of the skin is white or yellow, brown or black and that these variations are the ways of nature to add beauty and variety to its creation.

The lawyer, the engineer and the teacher who are not perfect in their line, are also a threat to society. The engineer who does not know where to apply his screw driver will cause a disaster if not spoil the entire machinery when he presses the button; and the teacher who is incapable of delivering the

goods will produce disgruntled young men instead of healthy citizens of tomorrow.

Therefore the real problem is not with the learning but with the person who thinks too much of his learning. A really wise man knows perfectly that what he has learnt is but an insignificant fraction; he would be always eager to know more and more. Like Newton he would call himself a mere child gathering pebbles on the shore of vast oceans of knowledge.

As Newton has said knowledge is extensive, it is not possible for any human being to master even one of the branches of learning in his life time and no branch is independent of others and in one subject of mathematics alone there are more than a hundred and forty branches; to attain perfection at least in a few of them is beyond the dream of even a genius.

That does not mean we should be content with the little we know; it only means that we should not foolishly crave for knowledge for the sake of knowledge. We must seek and add to our knowledge as long as we need it in order to conduct our activities wisely and properly. If it cannot make us wise, it is no use seeking it further. Knowledge should teach us to remain humble and even headed. If we fail to realize this, we are again sure to fall.

Advantages and disadvantages of the Internet

The most popular and innovative creation in the world of technology is the **Internet**. The internet is the place where all kinds of information is present and even the communication process is possible using the internet. The world has now become internet dependent because of its vast advantages. There are a lot of advantages of the Internet.

The main advantage of Internet is the faster communication than any other devices. It's an instant process. Communication in the form of video calls, emails etc. is possible using internet. Thus, there is no specific region that can be accessed. It is accessible all over the world. Hence, because of this global issues are reduced since video conferencing is possible where everyone across the world can be in single place and can solve out a problem.

The Internet is the source of knowledge. All kinds of information are present in it. It is easily accessed and can be searched more to get more additional knowledge. Information like educational related, government laws, market sales, stocks and shares, new creations etc. is gathered from a single place.

The Internet has now become a part of education. Education like home schooling is easily carried out using internet. Teachers can upload their teaching videos in the Internet and is accessed by people across the world which is helpful for all students. The marks are also released in the internet

since releasing mark for the whole institution in notice boards will create chaos.

All business deals can be carried in the internet like transaction of money etc. this is called E commerce. Online reservations, online ticket booking for movie etc. can be done easily. It saves us lots of time. Online shopping is now the latest trend in internet world where products from dresses to household furniture is available at door step.

However, there are disadvantages of the Internet. The information crucial to us or any important files can be easily taken by the hackers. There is no exact proof for the security for the details we store like account number, passwords etc. hence, sensitive information must be carefully stored by the people.

The unnecessary emails, advertisements etc. sometimes are said to be spam because they have the ability to slow down the system and makes the users to face lots of problems. Spam makes the people get more confused since important emails are also stored along with spam.

The malware or virus threats are so deadly that affects the system to a greater extend. It immediately deletes all important files and finally the system ends up being crashed. The virus attack is possible in three ways. One it attacks selected files. Two, it harms the executable boot files and most dangerous of all is the macro virus which has the ability to replicate and expand to all parts of files.

Are we happier than our forefathers?

It can't be denied that the world has progressed in all spheres of life by leaps and bounds. Our life, these days, is certainly more comfortable than that of our **forefathers**. And yet, the question is we happier than them? A comparison the life at the time of our forefathers and the life as it is lived today will, undoubtedly, raise the mystery-curtain.

In the by-gone days, our forefathers had to travel on foot for long distances, or used the bullock-carts for this purpose; therefore, communication and personal contact between People of different villages was very limited. But now the situation is absolutely changed. Today, we have the most sophisticated means of transport and communication.

We can travel long distances not only on land by means of a motor car or a bus but over the sea in ships and through the air in airplanes. The barriers of distance, high mountains or long stretches of deep water, have lost their importance. We can converse with our friends and relatives anywhere in the world using telephone, telegraph, fax, e-mail, or internet.

We have strong, sturdy, comfortable houses in which we live in, whereas, our ancestors lived in mud houses, which were, of course, naturally, warm in winter and cool in summer. However, they were airless and far less comfortable than modern houses. They also tended to collapse and dissolve during the rainy season.

We have amenities like the refrigerator to preserve and cool perishable food stuffs. We have all kinds of electrical gadgets to help us swiftly complete our work with ease and speed. The washing machine, the dish washer, the vacuum cleaner, the mixer-grinder, the micro-wave oven and so on have all been designed to help the housewife complete her work in the shortest possible time.

And to keep us joyfully busy during our leisure-time, we have the television and video to entertain us, if we do not have inclination to go to a cinema show. We can pursue hobbies, like photography, which again was unknown to our ancestors.

The highly sophisticated inventions at our disposal today would seem like miracles to our forefathers. The progress & medicine has increased our life-span and conquered the most devastating diseases like smallpox, cholera, polio and tuberculosis, which were considered fatal in earlier times.

But the tragedy is that in spite of all this progress, happiness and contentment are still eluding us. We have lost peace of the mind, contentment and tranquility that was the hall-mark of life of our ancestors. They had to labor for their food and shelter. They had to endure the hardships brought on by unpredictable, hard weather conditions but managed it all beautifully.

They had never seen the modern world of today, yet they were content with the little that they had. They thanked God for the bread they ate only with an onion or a green chili, and the shelter they had over their heads. Not for them was the selfish, capitalist rat-race of making money. Today, we have everything that life can offer.

Memories of childhood

The memories of childhood have their own significance in one's life. As one grows up, one feels more and more attached with his childhood, the best period of a man's life. A child has no worries, anxieties or work. He is free from the dirty and filthy noise of worldly life. His motto of life remains eat, drink and be merry the charm of childhood cannot be forgotten. These memories leave an everlasting impression on one's life.

Same is the case with me. When I recollect the days of my childhood, I feel very much delighted; it was a pleasant period which I spent in high spirits.

In my childhood, I was carefree, having no worries at all. I used to wander like a deer in the open fields enjoying the natural beauty in the pastures. There are certain incidents which are still fresh in my memory. For instance, at the age of five, I got a severe attack of typhoid. In those days medical science was not so much advanced. In the absence of proper diagnosis, I was reduced to a skeleton. After taking medicine for a sufficiently long period, I was cured. The doctor advised me to go to some hill-station. So, father took me to hill-station.

Once a juggler with two monkeys came to our street. He showed monkey's tricks which engaged our attention. The he-monkey fell in love with the she-monkey. She monkey refused to marry the he-monkey. The he-monkey went to his father-in-law's house after wearing colorful dress. These were the pranks which attracted me. I fully appreciated the tricks shown by the juggler. Another incident which I still remember is swimming experience. It was Sunday when I along with my friends went for picnic to river. Some of us

were expert swimmers, but unluckily I did not know how to swim. My friends dived into

the river and compelled me also to do the same. Soon I was caught by the current of water and was carried away swiftly. There was every possibility of my losing life, but due to the valor of one of my friends, I was rescued from the current of water and was brought on the bank, I was really very much grateful to him because he gave me a new life.

The memory of the days spent in my childhood is still haunting my mind. Although I do wish that those days, full of pleasure, may come back; yet I know that it is a thing of the past. Time is always on its wings. I cannot enjoy those days again.

It is this period which has often been praised by poets and writers. Recollecting past is to plunge ourselves in a state of melancholy. Wordsworth, the immortal poet of England and a great worshipper of Nature, describes in his poems, his childhood period which, to him, was full of pleasantries and pleasures, of joy and entertainment.

As I am growing in age, I feel greater attachment and attraction for those days which I had spent in my childhood. I am certain that my desire of enjoying childhood again will never be filled because, gone are the good old days when I was a child.

Duties and responsibilities of students

It is estimated that nearly 15% of the total population of India consists of students. The students, therefore, constitute a great potential force capable of leading a nation to great heights of progress or abyss of decadence. No wonder every nation spends a lot of money for their education and proper development. The future of every nation depends on their students.

The primary duty of a student is to learn and acquire knowledge. Their main duty consists of improving their intellect and widening their mental capabilities. Unfortunately, many students forget this goal and spend their school days uselessly enjoying and idling away their time. Only later they realize the result of their folly.

But then it is too late. School is the platform wherein students learn the good traits of life such as, discipline, obedience, dutifulness, diligence, respect to elders, honesty, patriotism, etc. School provides numerous opportunities for the development of these qualities. It is the duty of every student to acquire these fine qualities of life which will enable him/ her to stand in good stead in the future.

Another important duty of the students is to prepare them for the career they want to pursue. It is in school life that the future career takes roots. During school life, one becomes aware of one's abilities, limitations and the different professions available. Therefore, during this stage they should make

up their mind as to what they should become in life. School life is the right time to make proper choice of one's career.

Students are the guardians of society. It is their duty to fight against all evils existing in the society. They have tremendous responsibility to see that injustice, inequality, oppression, exploitation, corruption, misuse of public money, etc., are done away with. Students have great strength to oppose these evils of society.

Students also have a great responsibility to help out the less fortunate members of the society by way of social work. They can offer great services by teaching illiterate children of nearby villages, building houses for the poor people of the locality, undertaking cleaning drives, creating public awareness on various social issues, etc.

Students can also render valuable services to the nation at the time of calamities such as, earthquakes, floods, severe drought and accidents. Students ought to take leadership in organizing quick rescue work. In fact, student organizations such and scout troops have rendered praiseworthy services to the nations at the time of national emergencies in the past and I am sure they will continue to do so in the years to come.

Thus, students can render valuable services to the cause of the nation. They can play a vital role in wiping out the various ills which throttle national progress and development and thereby set the nation on its rail. They are the true assets of a nation. It all depends on how we trim and tune these God-given resources to the benefit of the nation.

Experience is the best teacher

This proverb reiterates the fact that we can learn a lot of useful lessons from our own experiences. The wise people advise us on a number of things. We also come to know about other people's experiences through magazines and television. We seldom take these advices seriously. But it is only when we face difficult situations in life, we realize the truth and the wisdom behind the words of the learned and the elderly.

Once there was a farmer who had four sons. They were very lazy. They were not interested in doing any work and only wanted to enjoy life. The farmer tried his best to advise them but they paid no heed. So he decided to teach them a lesson. One day he called them and informed them that a huge amount of treasure was hidden in their farmland and that he wanted them to find out where it was.

All the four sons were too excited to wait and started digging the farmland straight away. By the end of the week they had dug up the entire field but did not find any treasure. They were angry and tired. The farmer consoled his sons and gently told them, "Since the field is so well dug why don't you sow some corn in it?" The lazy sons agreed to this and did as they were told.

A few weeks later it rained heavily and soon the farmland was filled with fully grown corn. The farmer called his sons and told them that they will

Education of women in the Arab World

The population of the Arab world today is around 150 million, inhabiting an area approximately one and a half times the U.S., stretching from Mauritania on the Atlantic Ocean, to Iraq on the Arab Gulf. The area is passing through a period of rapid change and transformation, and racing with time to evolve into a developed society with high standards of living and a secure way of life. Education has been seen as the primary means by which the desired goals can be accomplished. Without expanding and improving educational opportunities for both men and women, political, social and economic development, cannot be reached.

The education of women in particular is seen to be essential and necessary for the construction of the new society. Women comprise half of the total population, and their contribution to the nation building process is a must.

Modern education for women in the Arab world is of relatively recent origin. The first modern schools were opened in Egypt (1829), Lebanon (1835) and Iraq (1898). In other countries like Kuwait, Yemen and Saudi Arabia, modern education for women is a product of the 20th century.

Progress in female education until recently was slow and extremely limited. Most of the Arab world was under colonial domination. The British and French colonial powers did not totally relinquish their hold in the area until 1977 when the French left Djibouti.

In several places political independence was incomplete and foreign troops remained in the country until many years later. For example although Britain ostensibly gave up control of Egypt in 1922, British troops did not leave Egypt until 1956. The colonial powers were not interested in expanding educational facilities or making them available to women and, as a result, the illiteracy rate among Arab women remained extremely high. For instance, the illiteracy rate was 96% in Tunisia in 1956 and over 90% in Algeria in 1962.

With political independence and emancipation from foreign domination, education received a big boost. Both the governments and the public considered education as the most important means to improve the conditions of the Arab world. There was a substantial increase in the allocation of funds for education in nearly all Arab countries, ranging from twenty to thirty percent of the public budget. Total expenditures on education grew from \$976 million 1965, to \$1.6 billion in 1970, to \$8 billion in 1975. Most Arab governments have proclaimed the goal of universal literacy and many possess laws making education free at all levels, compulsory at the first level, and available to as many as possible at the second and third levels.

Governments of some oil producing countries allot stipends both to students in school as well as to their parents, thus reducing any economic burden. The stipend serves as an added incentive to pursue an education.

Life in a big city

No doubt, life in a big city is very hot and full of glamour but the dark side behind it is far more fearful. The noise and the bustle, the smoke and dust, the air of haste and unrest bewilder a countryman. A man who lives in the country finds city life most unpleasant. Accustomed to all his days to take life easily he feels himself an alien. He loses his hearings amidst the unceasing noise and feels in a state of high tension.

But a man born and bred in the city has different feelings altogether. He is accustomed to this crowd and “busy hum of men” and he makes quick adjustments with the problems and complications each day brings forth before him. Life to him is an exciting adventure, full of novelty and unexpectedness at every turn.

With the rising unemployment in rural areas and more and more people getting good education, the population in big cities is increasing day by day. More and more people come to cities for opportunities in business, higher education, jobs and specialist medical aids. The growing presence of multinationals in cities like Delhi, Bombay, Kolkata and the like attracts thousands of youth to seek employment in them. The expansion of business opportunities is also inviting lots of people to the cities. Thus the hustle and bustle, noise, pollution is increasing day by day in cities. The big cities are expanding day by day on all sides where hundreds of housing colonies are developing along with many business establishments. The older residents of these cities prefer to settle in outside areas to escape noise and pollution of the

main city. In spite of all the problems of the cities, people continue struggling all their lives to work in this environment of busy hum. Everyone is busy. None has time to even talk to his neighbor or relative. Everyone lives his individual life. The social contacts are absent. The lust for money is increasing day by day. The value of properties has gone sky- up. There is no value of life. Accidents happen everywhere every day. This is a mad- rush. People aspire for a whiff of fresh air. People have no time to take rest. They cannot sleep soundly because of the tension of work and competition. Everyone does his work in the hardest competition truth and honesty is very rare in big cities. You are liable to be cheated at every stage, so you also prefer to cheat others. This is mad – race for false prestige and power. Everyone wants to reach the top by hook or crook. Delicacies are rampant in big cities. Duplicate of everything is available. Duplicate medicines, clothes, toys, machines, watches, cameras, spare parts, electric and electronic equipment are available everywhere. It is very difficult to find out the genuine and reject the duplicate.

In spite of all this, there is a strange attraction of life in cities which keeps people stick to them. Besides, the opportunities of employment and bread – earning are easily available if you are person to work and show you excellence, the big cities provide big careers for the diligent professionals. They reach the top as the opportunities are many.

First impressions

They say that you should never judge a book by its cover, and, especially regarding people, it's true. In this case, the "cover" is not necessarily meaning the appearance, but the first impression of another person. Like the cover of a book, first impressions are not always as appealing as what is really there. It's not until after you start "reading", or get to know someone, when you really find out that what you see is not always what you get. There are several factors that can affect the first impression that one receives from another. Differing personality, situations and presentation of a person, make first impressions often the worst means of judging people.

A person's personality has a big effect on the first impression that they emit. Everybody is different, but when it comes down to it, first impressions are really based off of whether you're shy or not. I met my best friend after moving during my junior year, at my new high school. Before I knew her, she never said a word to me or anyone else in the classes that we shared together. I received the impression that she was kind of odd, but then realized that I was the same way. I didn't talk to many people either because of my personality. I knew that I was a shy person and that after I get to know someone, I put down my front and show my true colors. I thought that maybe she would be same way. After starting to talk to her a little more each day, our friendship grew and I learned that she wasn't odd at all, but just like me- an outgoing person hidden by their shyness. Some people, like me and my friend, are shy and put up a reserved and quiet front when facing new people. Based on my first impression of my friend, I thought something that was far from the truth.

One who has a shy personality might in reality be outgoing, but uncomfortable showing it at first, making the first impression of that person a mistaken one.

Your first impression of someone is not suitable because you do not know of the situation they may be in. When seeing or meeting someone new, you have no idea the kind of day, difficulties or kind of disappointments that person may be experiencing. They may have had a rough morning, may have recently lost someone, or could be somewhere new and yet still have to deal with the routines and stresses of going through out their day. All of these situations can create a barrier between themselves and others, and setting off a good impression is probably not at the top of their list of important things to do. On my first day of college, I walked hurriedly to my first class, even though I had plenty time to get there. When I walked into my first class, the only thing on my mind was to find a seat right away, no matter if it was by another person or not. When the time came to eat lunch, I sat by myself and ate it quickly so I could proceed to my next class. I was a nervous wreck because I was somewhere new. I was so worried about being late for a class, finding a seat and just doing things right, that I didn't have time to try to leave any good first impressions on any of my peers. It wasn't even on my mind to do so. My peers received the impression that I was a nervous and not sociable person, when really I was acting the way I was because of the situation that I was in.

Polonius' advice to his son Laertes

Yet here, Laertes! aboard, aboard, for shame!
The wind sits in the shoulder of your sail,
And you are stay'd for. There; my blessing with thee!
And these few precepts in thy memory
See thou character. Give thy thoughts no tongue,
Nor any unproportioned thought his act.
Be thou familiar, but by no means vulgar.
Those friends thou hast, and their adoption tried,
Grapple them to thy soul with hoops of steel;
But do not dull thy palm with entertainment
Of each new-hatch'd, unfledged comrade. Beware
Of entrance to a quarrel, but being in,
Bear't that the opposed may beware of thee.
Give every man thy ear, but few thy voice;
Take each man's censure, but reserve thy judgment.
Costly thy habit as thy purse can buy,
But not express'd in fancy; rich, not gaudy;
For the apparel oft proclaims the man,
And they in France of the best rank and station
Are of a most select and generous chief in that.
Neither a borrower nor a lender be;
For loan oft loses both itself and friend,
And borrowing dulls the edge of husbandry.
This above all: to thine ownself be true,

جمل مختارة للترجمة الي الانجليزية

1. علي كل فرد في مجتمعنا أن يشارك في تحمل المسؤولية للتغلب علي مشاكلنا الاجتماعية و الاقتصادية و البيئية .

2. تبذل الحكومة أقصى جهدها لإيجاد فرص عمل للشباب و بناء مساكن لهم .

3. يجب أن نستخدم أفضل الطرق لتربية أطفالنا الصغار.

4. تهتم الدولة بالعلماء اهتماما كبيرا و تمنحهم الكثير من الجوائز في المناسبات القومية.

5. إن العمل الجماعي يقوي الروابط بين الناس و يرسخ القيم الإنسانية بينهم.

6. لقد أحرزت مصر تقدماً كبيراً في مختلف مجالات الصناعة و التعليم و التكنولوجيا الحديثة.

7. يجب علينا أن نشجع السياحة الداخلية لنعوض ما حدث في السياحة القادمة من الخارج .

8. للاختراعات الحديثة الكثير من المزايا ، كما أن لها بعض العيوب .

9. إن المرأة المصري عنصر فعال و شريك أساسي في التنمية الشاملة .

10. تصبو كل الدول المحبة للسلام إلى عالم يسوده السلام و التعاون .

11. إن موقع مصر الجغرافي المتميز و آثارها الرائعة جعلها واحدة من أهم الدول السياحية في العالم .

12. تجذب الآثار و المتاحف المصرية ملايين السياح من كل أنحاء العالم .

13. لقد أحدثت أجهزة الكمبيوتر و شبكات الأقمار الصناعية ثورة في المعلومات و الاتصالات .

14. يجب أن نحافظ علي البيئة بقدر المستطاع حتى يستطيع أولادنا و أحفادنا أن يتمتعوا بالعالم الذي نعيش فيه .

15. يجب أن نستخدم التكنولوجيا الحديثة في جميع مجالات الحياة و خاصة مجال الإنتاج .

16. لقد كتب نجيب محفوظ الكثير من الروايات التي ترجمت إلى لغات عديدة .

17. سوف يشهد المستقبل القريب تطورا كبيرا في سياحة الفضاء التي ستجذب الكثير من الناس .

18. إن تصدير المنتجات المصرية إلى الخارج يؤدي إلى زيادة دخلنا من العملات الأجنبية .

19. يهدد التلوث حياة الإنسان و الحيوانات و النباتات في كل مكان .

20. يجب أن يتعاون الأفراد مع وزارة البيئة للتخلص من الكميات الهائلة من القمامة و

المخلفات التي تؤدي إلى تدمير البيئة .

21. لقد شهد معرض القاهرة الدولي للكتاب تطورا هائلا في السنوات القليلة الماضية .

22. يجب علينا أن نتعاون للقضاء علي الإرهاب الذي يحاول تدمير بلادنا .

23. يجب أن نقدر العمال الذين يعملون في ظروف الطقس السيئة في الصحراء لاقامة

مشاريعنا العظيمة هناك .

24. تبذل الدولة ما بوسعها لتطوير التعليم و إنشاء المزيد من المدارس و الجامعات .

25. إن مشروع توشكي في جنوب الوادي هو أمل مصر في التغلب علي مشكلاتها

الاقتصادية .

26. إن السياحة هي ثاني أهم مصدر للعملة الأجنبية لمصر بعد المنتجات البترولية .

27. لا بد أن نفعل شيئاً لحل مشكلات المرور و التلوث في المدن .

28. يستخدم الناس الإنترنت في الوقت الحالي لأغراض الحصول علي المعلومات و

الاتصالات و الإعلان و التسوق و البحث عن الوظائف .

29. يجب أن يتوقف الناس عن التدخين لأنه يبدد المال و يدمر الصحة و يسبب الوفاة

30. لم تعد الوظيفة الحكومية هدفا يسعى إليه الشباب الطموح المتطلع إلى غد أفضل .

31. من الطبيعي أن تكون لمصر علاقات قوية مع كل الدول لأنها دولة رائدة غي كل

المجالات .

32. مهارات الكمبيوتر ضرورية للغاية لمواجهة المنافسة الشديدة في سوق العمل .

33. يقاس تقدم الأمم بمدى اهتمامها بقضايا البيئة علي اختلاف أنواعها .

34. إن حفلات الزفاف مناسبات هامة في كل بلد ، و هناك تقاليد للزفاف تختلف باختلاف البلد.

35. إن الخيال العلمي عادة ما يكون محاولة جادة للكتابة عن شكل الحياة في المستقبل أو في عالم آخر.

36. أحب الذهاب إلى الأوبرا للاستمتاع بالموسيقى الراقية .

37. إن الجهود التي تبذل من أجل تحسين الصحة لا يمكن أن تتم بنجاح إلا بتعاون

الأفراد مع الحكومة.

38. إن هوايتي المفضلة هي قراءة القصص الخيالية و الاستماع إلى الموسيقى.

39. يقدم العلماء الجديد كل يوم لخدمة البشرية .

40. سيتغير العام القادم شكل و محتوى الكتاب المدرسي.

41. إن الاهتمام بتطوير التعليم من أهم الأهداف التي تسعى مصر لتحقيقها.

قطع مختارة للترجمة الي الانجليزية

5) اللعبة الثلاثية

مثل كل الأشياء الجديدة التي يتسابق البعض على اقتنائها حال وصولها للأسواق أكان ذلك في بلادنا العزيزة أم دول العالم الأخرى. ومن الأشياء الجديدة التي راح يتراكم الأطفال على الحصول عليها من قبل أولياء أمورهم أو من خلال ما يوفرونه من مصروف.. وبالتالي حققت إحدى الألعاب الجديدة التي هي موضوع «إطلالة» اليوم وبانت شهيرة على مستوى العالم على الرغم من أنه لم يمض على إنتاجها إلا فترة قصيرة في عمر الزمن.. وتعود فكرة اللعبة ثلاثية الأضلاع. الأمريكية كاثرين هيتينجر. وبانت لعبتها التي ابتكرتها لطفلتها مثيرة للاهتمام ولكنها لم تجن دولاراً واحداً من اختراعها العبقري، على الرغم من ارتفاع حجم المبيعات العالمية إلى عشرات الملايين، وكفاح الموردين من أجل تلبية الطلب الهائل. وكانت لعبة «Spinner» هكذا بات اسمها كوسيلة للترفيه والتسلية واللعب لدى ملايين الأطفال وحتى الفتيان في مختلف دول العالم.

وتجدر الإشارة إلى أن السيدة «كاثرين» حصلت على براءة الاختراع منذ عدة سنوات ومع هذا تركت مسؤولية تجديد البراءة لعدم استطاعتها سداد الرسوم السنوية البالغة (400 دولار أمريكي). وميكانيكية اللعبة تأتي على شكل جهاز بلاستيكي ذي 3 محاور. تبدأ بالدوران عند الضغط على زر يتوسط هذه المحاور.

ويذكر أن بعض المدارس في بريطانيا والولايات المتحدة حظرت هذه الأجهزة، ولكن يعتقد بعض المدرسين أنها قد تساعد الأطفال على التركيز. وتنشط بعض الشركات التي تقوم بتسويق هذه اللعبة بنشر الفوائد التي تساعد أولياء الأمور على تفهم فائدة اللعبة من حيث القضاء على الملل الذي قد يسببه الفراغ وتفيد لبعض الحالات المرضية مثل الأطفال المصابين بالتوحد أو نقص التركيز.

ومع هذا اختلف خبراء التربية في حقيقة الفائدة التي تجلبها هذه اللعبة المثيرة التي بات يباع منها سنوياً ملايين القطع في مختلف دول العالم. ومع هذا مبتكرتها السيدة «كاثرين» محتارة في كيفية سداد إيجار شقتها المتواضعة وحتى تأمين حياة مثالية لها ولأسرتها الصغيرة. وقالت «كاثرين هيتينجر»

في مقابلة مع صحيفة الغارديان: «نحو 3% فقط من الاختراعات تحقق أموالاً لأصحابها، لقد شاهدت العديد من المخترعين الآخرين يقومون برهن منازلهم ويعانون من مشكلات مادية.»

6) خمسة أشياء لن يخبرك عنها أحد عن حياة ما بعد الجامعة

الحياة خيارات، ولكلّ مرحلة عمرية خياراتها المحدودة، ففي الطفولة لا نستطيع الاستقلال بحياتنا أو اتخاذ القرارات الأنسب لنا، وفي الشيخوخة أيضاً تحكّمتنا ظروف مشابهة تجبرنا أحياناً على التخلي عن بعض رغباتنا وأهدافنا.

هناك مرحلة واحدة في حياتك تفتح لك أبواب الخيارات كلّها على مصراعها ، إنّها مرحلة ما بعد التخرج في الجامعة، في هذه المرحلة العمرية بمقدورك أن تحيا طفلاً أو شيخاً، أو تتقمص حياة غيرك، أو تنحت لنفسك حياتك الخاصة التي طالما رغبت فيها وحلمت بها.

لماذا لا يحدث هذا لكلّ الناس؟

يفضل أن يستسلم البعض للاتجاه السائد في المجتمع من حوله، فيفكر كما يفكرون، ويتخذ نفس القرارات الشائعة في بيئته، فيتحول إلى نسخةٍ أخرى من أشخاصٍ سبقوه، وعندما تتزايد هذه النسخ يوماً بعد يوم تصبح اتجاهاً مسيطراً يخشى الآخرون مخالفته أو الخروج عليه.

إذا أنهيت حياتك الجامعية للتو فأنصحك ألا تسير في نفس الطريق الذي يسير فيه أغلب الناس. فكر في شيء مختلف، استمع إلى صوتك الداخلي الذي يلح عليك بفكرة مجنونة، أو مخاطرة، أو رغبة ملحة. لا ترضخ للاختيارات المفروضة عليك، ولكن اصنع خياراتك الخاصة، فأنت تملك في هذا العمر كلّ شيء يحقق أحلامك بينما لا يملكك شيء، لاحقاً عندما تتجاوز هذه المرحلة من عمرك ستدرك أنّك محكوم لأشياء كثيرة.

إذا كنت على وشك التخرج من الجامعة، فاقرأ هذه النصائح جيداً حتى لا تهدر السنوات الذهبية القادمة في حياتك، كما أهدرها ملايين سبقوك ثم عضوا عليها أصابع الندم...

1- اهرب من الوظائف الحكومية

كانت الوظائف الحكومية في السابق مغنماً؛ لأنّها تؤمّن مستوى معيشي مناسب مع أوقات فراغٍ تتيح للإنسان الاستمتاع بحياته وممارسة هواياته،

أما الآن فإنّ عبء الوظيفة يتعدى بخس رواتبها إلى تحويل الموظف إلى آلة تدور طوال اليوم مستهلكةً طاقته وقدراته دون إنتاج حقيقي.

6) كيف تختلف الدراسة في الجامعة عن المرحلة الثانوية

عزيزي الطالب أنت الآن على وشك أن تبدأ عامك الدراسي الأول في الجامعة، وهي بالتأكيد فترة انتقالية في حياتك من مرحلة إلى مرحلة أخرى مختلفة تمامًا. بعض الاختلافات بين المرحلتين بسيط وسطحي، والبعض الآخر كبير وجوهري، لكنك في جميع الأحوال يجب أن تدرك جميع الاختلافات، وأنت تقوم بخطوتك الأولى ناحية الدراسة الجامعية. فإدراكك لهذه الاختلافات من البداية، سوف يصنع فرقًا كبيرًا في تعاملك مع المرحلة الجديدة، هذا الفارق سيؤثر في عقليتك بطريقة إيجابية، تجعلك على قدر من المعرفة لما يحدث معك، وبالتالي لا تُفاجأ بأي شيء بعد أن تبدأ في الدراسة.

شكل الدراسة

يختلف شكل الدراسة بين المرحلة الثانوية والجامعة، حيث يأتي الطالب من اعتياده على الدراسة في عدد قليل في الفصل الدراسي، إلى الدراسة في أعداد كبيرة جدًا في المدرج، وقد يتجاوز العدد مائة فرد وضعفه أو أكثر في بعض الكليات. وبالتالي هذا الأمر يؤثر في طريقة التعامل مع المحتوى، فأتناء الثانوية يعتاد الطلاب في الأغلب على فكرة الإملاء، والتوقف لدى كل التفاصيل والسؤال عنها.

أما في الجامعة فدور الطالب يكون بحثيًا أكثر، يقوم بتسجيل الملاحظات من أحاديث المعلم، ويتعلم كيف ينظمها لاحقًا بنفسه، بشكل يساعده على المذاكرة منها بعد ذلك.

فعلى عكس الثانوية التي يدرس فيها الطالب المنهج كاملاً مع المعلم، فإنّ الوضع في الكلية يختلف، فقد يحدث أن يجد الطالب نفسه مطالبًا بفهم أجزاء كبيرة بمفرده، أو حتى يتطرق إليها المعلم لكن بصورة

بسيطة، والطالب هو المسؤول عن التعمق في فهم هذه الجزئيات. وبالمناسبة، فإنّ المعلّم يختلف اسمه من المرحلتين، فالطالب اعتاد أن يُنادي على معلّمه بلقب “أستاذ” في المرحلة الثانوية، لكن في الكلية يتحول اللقب إلى “دكتور.”

قواعد الدرجات والنجاح أو الرسوب

من الأشياء الهامة جدًّا في الفارق بين الثانوية والجامعة، هي القواعد الخاصة بالدرجات، ومسألة النجاح أو الرسوب في أي مادة، أو في العام الدراسي.

فالتطالب خلال المرحلة الثانوية يسعى إلى تحقيق الدرجات النهائية، دون أن يكون هناك أي مسميات خاصة بهذه الدرجات، فنقول أنّه قد حصد نسبة معينة في هذه المادة.

أمّا في الكلية، فالتركيز الأساسي لا يكون على التعامل بالدرجات، بل يشيع دائمًا استخدام التقديرات، والتي تشمل المسميات التالية على سبيل المثال: ضعيف جدًّا، ضعيف مقبول، جيد، جيد مرتفع، جيد جدًّا، جيد جدًّا مرتفع، امتياز، وبالتالي نقول أنّ الشخص قد حصد تقديرًا معين في هذه المادة.

والسؤال كيف تحصد تقدير معين؟ مثلاً عندما نقول أنّ الشخص حقق تقدير “جيد جدًّا” فما الذي يعنيه ذلك؟ في الواقع، مسألة حساب التقديرات تختلف من كلية لأخرى، فمثلاً في بعض الكليات لكي تحصل على تقدير “مقبول” فإنّك بحاجة لإحراز نسبة 50 %، وفي جامعات أخرى لتحصل على نفس التقدير فإنّك تحتاج إلى نسبة 60%. . بالتالي من المهم من البداية أن تعرف النظام الذي تتبعه جامعتك، وهذا سوف يساعدك كثيرًا في الدراسة وتحقيق التقديرات التي تريدها. أيضًا، في المرحلة الثانوية هناك درجة معينة يجب تحقيقها في كل مادة للنجاح، ولو قلّت الدرجة فإنّ الشخص يعد راسبًا في المادة.

أمّا في الجامعة، فهناك بعض الكليات التي تتبع مبدأ “درجات الرأفة”، حيث يوجد للطالب عدد من الدرجات التي يتم توزيعها للطالب، وهذه الدرجات أحيانًا تمنعه عن الرسوب في مادة معينة، فبدلًا من أن يكون تقديره “ضعيف” يصبح “مقبول.”

الشيء الأخير أنّ نظام الدراسة في الكلية يختلف كذلك من مكان لآخر، فهناك نظام الدراسة التقليدي، وهناك من يتبع نظام “الساعات المعتمدة”، وهذه الأنظمة تؤثر على كيفية دراستك، وعلى قواعد النجاح والرسوب.

A series of 25 horizontal dashed lines spanning the width of the page, providing a template for handwriting practice.

7) ندرة الماء في الدول العربية: المشكلة والحلول

إن قلة الماء التي تراوح بين النقص والقلة والشح والجفاف، مشكلة حادة في البلاد العربية، حسبما جاء أيضاً في تقرير التنمية البشرية العربية – 2009 الذي وضعه خبراء لمنظمة البرنامج الدولي للتنمية (UNDP)، تحت عنوان: البيئة وضغوط الموارد والأمن البشري في البلاد العربية.

هذه المشكلة التي تعد من التحديات الأساسية التي تواجه المجتمعات العربية عموماً، تستدعي جهوداً مركزة في غياب الوسائل المثالية لضبط استعمال المساحات والأرض ومياه الأنهار، وعدم اتباع وسائل زيادة المردود الاقتصادي للماء، وكذلك عدم الوصول إلى حلول لمشكلة لامركزية المسؤولية في تنفيذ سياسات إدارة الأراضي والمياه. فلما كانت هذه المسؤولية موزعة على عدد كبير من المؤسسات والوزارات، يرى تقرير التنمية البشرية العربية ضرورة إنشاء هيئة مؤسسية مستقلة تتحمل وحدها إدارة الموارد المائية. فمثل هذه الهيئة تستطيع أن تقيم التوازن المثالي بين العرض والطلب، على أساس اجتماعي- اقتصادي سليم.

إن سبب معاناة البلدان العربية من شح الماء ومصادره، هو أن هذه البلدان تقع في منطقة جافة من الكرة الأرضية. وتزداد المعاناة، بسبب الزيادة المطردة في استنباط الماء مع النمو السكاني والاقتصادي. والأنهار الدائمة، هي المصدر الأساسي للمياه السطحية في البلاد العربية، تليها الينابيع والترع والأنهار الموسمية.

إن مشكلة قلة الماء ليست مشكلة كمية فقط، بل هي أيضاً مشكلة نوعية. فالشح ناتج بنسبة كبيرة وعلى نحو مباشر، من تردي جودة ما يتوافر من مياه. وقد أخذت جودة المياه في التناقص في العقود الماضية من السنين. أما أسباب هذا التردّي في الجودة، فهي عديدة، منها:

- تزايد استخدام المخصّبات الكيميائية في الزراعة، وهي مواد تنتهي إلى المياه الجوفية، وتتركز فيها، وقد تصبّ في البحار والمحيطات.

- استخدام أساليب الري المكثف في المزارع والحقول، وهذا الجور في الري يحدّ من قدرة الأنهار، على نقل الطمي والرواسب الخصبة.

- يضاف إلى هذا زيادة ملوحة المياه الجوفية، أو حتى جفافها، بسبب عدم الموازنة بين ما يُسحب من المياه، وما يتجدد من كميات تضاف كل سنة إلى الخزان الجوفي. فإذا أدى سحب المياه إلى عجز في هذا الميزان، فإن المياه الجوفية ستزداد ملوحة مع مر السنوات.

(8) الكتاب واستقراء المستقبل

الكتابة عملية تفكير مستمر. إنها مصفاة وجودية لكل ما يبصره الإنسان ويستأنسه من أفكار ومشاهدات وحقائق أو أخيلة. حين خطَّ إنسان الكهف على الجدار أولى رسوماته عن الحيوانات وأشكالها وطريقة حركتها وتزاوجها، كان يبحث عن نفسه وعن موقعه الكوني ومعنى وجوده بين آلاف الكائنات الحية من حوله. وتدرجاً، وعبر مئات القرون، تحوّل الحجر إلى قلم ثم إلى لوحة مفاتيح كما في عصرنا الرقمي هذا، وتطوّر معها وعي الإنسان بالكتابة..

رفع الإنسان بصره إلى السماء ليقراً المستقبل في النجوم والكواكب، ثم خفضه ليتفحص أثر القوافل في الصحراء، ثم خفضه أكثر ليستكشف الأحماض النووية. ولأن الحياة فوضوية ومرتبكة ولا تخضع لقوانين التفاضل والتكامل، فقد لجأ الإنسان العربي في الجاهلية إلى الكهانة والعرافة والقيافة والعيافة والزجر والرؤية والفراسة وعلم التنجيم ليقراً الغيب وليستفّرّ بها أقصى قدر من الاحتمالات.

لكنّ التنبؤ بالكتابة ظلّ أمراً مرفوضاً وغير قابل للتصديق، ولذلك سمّي شاعر العرب الكبير بـ«المتنبّي» فقد قيل إنه يستبق الشيء فيتنبأ بوقوعه قبل أن يحدث، ومن ذلك أنه تنبأ بموت أحد ممدوحيه وهو أبو علي هارون بن عبدالعزيز الأوراجي.

ولأننا في عصر سياسي باختلاف مدارسه الفلسفية وما بعد الحداثيّة، فقد اتجهت الكتابة إلى هذا المنحى التحليلي للتأشير على وضع الإنسان العربي الذي أصبح وجوده قائماً على ما يمكن أن تؤول إليه الأوضاع الاجتماعية والسياسية من حوله. بل إن أشهر المثقفين والكتّاب العرب في الخمسين سنة الماضية عُرفوا بتوجهاتهم في استقراء التاريخ ومقاربة الوقائع وتخليص الضمير الإنساني من زوائد التشدد الثقافي والحضاري كأحمد مطر ومحمود درويش وأدونيس وعبدالرحمن منيف وغيرهم. ولذلك تبدو قراءة هؤلاء الكتّاب عبر استخلاص استشرافاتهم الرمزية والمباشرة أمراً يستحق الأولوية في المعالجة.

فمحمود درويش على سبيل المثال عُرف بوعيه السياسي المرن، وبقراءة منتجة الشعري الوفير نجد التقاطات عميقة يمكن النظر إليها كشيفرة تحذير لا مجرد محاكاة رمزية للواقع. يقول في كتابه «يوميات الحزن العادي» الصادر في طبعته الأولى عام 1973م «هل يمزح التاريخ؟ يخرج أيار/ مايو ليدخل حزيران/يونيو، والبنادق العربية تصوّب إلى كل الاتجاهات إلا الاتجاه الصحيح» في إشارة واضحة يمكن قراءتها بواقعية في سياق الأحداث الأخيرة التي تحصل في بعض البلدان العربية.

إن رواية مثل رواية «فكرة» التي صدرت عام 1946م لأحمد السباعي تشير بطريقة مواربة إلى سواد المستقبل الذي ينتظر الإنسان العربي. فراعية الغنم رباب تطوف العصور التاريخية العربية لكنها في نهاية الأمر تظل راعية.

لقد ظلت الكتابة دائماً هاجس الأدباء والشعراء والرواة. يركنون إليها فتمنحهم صفاء النفس وزوال الغبش عن العيون والأذهان. إن الكتابة عن الحياة تزيد من فهمنا للحياة، كما أن عدم الاكتفاء بالممكن والنزوح بالذات إلى عوالم متخيلة أخرى هو ما يربي في الشعراء والروائيين قدرتهم على استقراء الآتي من العمر في محاولة للتطاول على جدران الحاضر والنظر إلى الغيبي البعيد.

في إطار روايات الآخر، تنبأ إسحاق عظيموف بالتعليم الإلكتروني، وتنبأ دوغلاس آدام بالكتب الإلكترونية، وتنبأ راي برادبيري بوصول الإنسان إلى المريخ. وفي عام 1898م ألف الروائي الأمريكي مورقان روبرتسون رواية سماها «العبت، أو حطام التايتان» بتفاصيل دقيقة تقارب بشكل عجيب ما حدث لباخرة التايتنك التي غرقت عام 1912م. والمؤكد من هذه الأمثلة أن البيئة هي التي تحرّض على تأليف روايات الخيال العلمي التي لاقت رواجاً كبيراً في ثمانينيات وتسعينيات القرن الماضي مواكبة للتقدم الصناعي آنذاك. لكن هذا الجنس من الروايات لا يزال دائرة مغلقة، يتحرّج كثير من كتابنا في اختراقها وتجريبها إلا فيما ندر.

9) أية أغذية يجب الإعلان عنها العضوية أم المعدلة وراثياً؟

تطالعنا في متاجر الأطعمة وخاصة في أجنحة الفاكهة والخضراوات، أصناف تفوق أسعارها بشكل ملحوظ أسعار أصناف أخرى من النوع نفسه. ولتبرير الفرق في اختلاف الأسعار، نجد الباعة قد أعلنوا عن الصنف (وبجوار سعره المرتفع) أنه «عضوي». فماذا عن الأصناف الأخرى؟ وتحديد الأصناف المعدلة وراثياً؟ لماذا يتم الإعلان عن تلك وليس عن هذه؟

إن المنتجات «العضوية» التي نراها اليوم فاخرة، هي ما كان يأكله آباؤنا وأجدادنا كل يوم. ولكن التطور العلمي في مجال الأبحاث الجينية، أغرق الأسواق بالمنتجات المعدلة وراثياً، بحيث صارت لائحة المواد الغذائية شبه الخالية تماماً من الحمض النووي الأصلي أو تحتوي على نسبة قليلة منه تشمل من جملة ما تشمل: القمح والذرة والصويا والكانولا والقطن والشمندر السكري (أي السكر) والبطاطس والبابايا والأجبان... وصولاً إلى آخر المبتكرات: اللحوم وفي طليعتها سمك السلمون. ومن ضمن هذه اللائحة الطويلة تثير الحبوب، وخاصة الذرة، إشكالية كبيرة بسبب كثرة مشتقاتها الداخلة في صناعات غذائية كثيرة، وخاصة الزيوت والنشويات التي تُضاف إلى العصائر، ويدخل بعضها ضمن مواد حفظ المعلبات.

ومن المعروف أن هناك خلافاً كبيراً بين دول الاتحاد الأوروبي والولايات المتحدة الأمريكية في الموقف من الزراعات المعدلة وراثياً. فمقابل توسع هذه الزراعات في أمريكا، هناك تحفظ أوروبي شديد عليها. وشهد العام الماضي تخلص بعض البلدان من بقايا الزراعات المعدلة وراثياً، كما حصل في المجر التي أحرقت كل حقول الذرة المعدلة.

ولكن منع الزراعات المعدلة لم يعد كافياً لإخلاء المتاجر من الأغذية المعدلة جزئياً، بسبب تغلغل مشتقاتها بنسب مختلفة في معظم المنتجات الغذائية. ومع ازدياد الحملات الإعلامية والتوعوية تجاه المخاطر المحتملة لاستهلاك الأطعمة المعدلة وراثياً، صارت نوعية الأغذية المعروضة في المتاجر موضع التباس عند المستهلكين. وتفضيلهم للمنتجات العضوية، وخاصة غير المعدلة وراثياً، يبدو واضحاً في الأسعار المرتفعة التي هم على استعداد لدفعها مقابلها. وهنا وقع المشترعون في حيرة حيال التدابير الواجب اتخاذها للإعلان عن طبيعة الغذاء المعروض للبيع.

وفي آخر فصول المواجهة ما بين الجهات المختلفة المناهضة للزراعات المعدلة وراثياً والشركات الكبرى العاملة في مجالها وتبيع بذورها وتروج لها، نجح الفريق الأول في الوصول إلى عقر دار هذه

10) للسفر سبع فوائد تعرف عليها

قال حكماؤنا "إن للسفر سبع فوائد"، وذلك نظراً لما يقابله الإنسان خلال رحلاته من مواقف تكون لديه خبرات وتحسن من أساليب تصرفه في حياته العادية، وقد أكد الباحثون أن تلك الفوائد التي تنتج عن كثرة السفر والرحلات أهمها:

1- التثقف: فالاهتمام بالجغرافيا والخرائط وعادات الشعوب دليل على حب الشخص للسفر والتنقل، وممارسة تلك الهواية تجعل الشخص ملماً بعلوم الجغرافيا بشكل كبير وتثبت لديه المعلومات وتمنحه الخبرة في التعامل مع العادات الأخرى، ونظراً إلى أن الخريطة جزء أساسي من معدات محبي التنقل، فهو أمر سينمى لديك القدرة على التخطيط وعدم اتخاذ أي قرارات قبل أن تقوم بدراستها بدقة، كما يتوافر لديك العديد من المعلومات عن الشعوب الأخرى وثقافتهم.

2- الفضول: التنقل والسفر والهجرة وحتى الغزو، هي أشياء فعلها الإنسان على مر التاريخ البشري كثيراً منها كان بدعوى الفضول والتعرف على ما وراء الجبال، والفضول مادة هامة في شخصية الإنسان تدفعه للبحث والتعمق في العديد من الأمور التي تفيده في حياته بالتأكيد، وهي خاصية تنمو لدى محبي السفر بطبيعة تجاربهم التي يمروا بها.

3- تدبير المال: خلال السفر يكون الشخص حريصاً جداً في إنفاق أمواله، فأنت في غربة و عليك أن تكون حذراً من فقدان المال الذي سيعيدك مرة أخرى إلى وطنك والذي ستدبر به أمورك خلال رحلتك، فالسفر من الأمور التي ستجعلك إنساناً يجيد توفير المال والاقتصاد في الإنفاق، كما أنه سيجعلك ترتب أولوياتك وتنفق حسب احتياجاتك.

4- الجرأة: ينمى السفر لدى محبيه والمداومين عليه خصلة الجرأة والشجاعة، فمع تكرار السفر يقل لدى الإنسان الشعور بالغربة، كما أن مصادفة الشخص لمواقف صعبة أثناء تواجده خارج بلاده تزيد لديه القدرة على التعامل ومواجهة الصعاب التي لم يكن يتخيل أن يواجهها، فتصبح لديه الجرأة على اقتحام المشاكل لحلها.

11) خطوات الحصول على صحّة جيّدة

لكي يتمتع الإنسان بصحّة جيّدة يجب عليه القيام بعدة خطوات ليحقق ذلك وهي:

تناول الوجبات الغذائية الصحيّة، والتي تحتوي على جميع العناصر الغذائية التي يحتاجها الجسم، ليكون قادراً على مواجهة ومقاومة الأمراض التي قد يتعرّض لها، والابتعاد قدر المستطاع عن الأطعمة التي تحتوي على نسب عالية من الدهون والسكريات، التي تسبّب له الكثير من الأمراض الخطيرة والمزمنة، والانتظام في تناول الوجبات الغذائية الرئيسية في موعدها المحدد، والتركيز على تناول وجبة الإفطار.

ممارسة التمارين الرياضية بشكل مستمر، لما لها من أهمية في تنظيم الدورة الدموية في الجسم، وحصول الجسم على النشاط والحيوية، وتودّي إلى تخلّص الجسم من الدهون المتراكمة والزائدة في الجسم، وانتظام جميع العمليات التي تحصل داخل الجسم، وبالتالي الحصول على جسم صحيّ ومتوازن.

تنظيم أوقات النوم وتحديدها، والنوم لساعات كافية ليحصل الجسم على الراحة والاسترخاء اللازمة لتجديد نشاطه وحيويته، التي تمكّنه من القيام بجميع نشاطاته على أكمل وجه، وينصح بان ينام الشخص لمدة ثمانية ساعات.

الابتعاد عن ممارسة العادات الصحيّة السلبية التي تؤدّي إلى ضرر في الجسم، كالتدخين وتناول الكحول، والسهر لساعات طويلة في الليل وغيرها من العادات السيئة.

تحكم الإنسان بأعصابه وانفعالاته، والابتعاد عن المواقف التي تثير الغضب والانفعال، لما لها من أضرار وخيمة على صحّة الإنسان.

شرب كميات كبيرة من المياه، لما لها من فوائد تعود على الجسم، فهي تساعد الجسم على التخلّص من الكثير من السموم التي تضرّ بالجسم، وإمداد الجسم بالرطوبة المناسبة للجسم.

التفكير بطريقة ايجابية في كل جوانب الحياة؛ لأنّ التفكير الايجابي يساعد على الشعور بالراحة والاسترخاء، وبالتالي التمتع بصحّة جيّدة وخالية من الأمراض.

12) كيف يستطيع الإنسان أن يقوي شخصيته

هناك الكثير من الأمور التي يجب وضعها في الاعتبار إذا ما أراد الإنسان أن يقوى شخصيته كي يكون ناجحاً في حياته، من هذه الأمور:

عدم تقديم الأعدار: الشخصية القوية لا تقدّم الأعدار لأحد، ولا تُضَيِّع الوقت في سماع الأشخاص وهم يتكلمون عن الأشياء التي يُمكنهم القيام بها، وإنما تركّز على الأمور التي تستطيع عملها، وعلى كيفية التغلّب على كافّة العقبات التي تواجهها، وينبغي ألاّ يشكّ الفرد في نفسه إن لم يقمّ الأعدار للناس؛ فقد تكون واجهته العديد من الأسباب والأمور التي أعاقته عن تنفيذ أمرٍ ما، وفي المقابل هناك أيضاً العديد من الأسباب التي مكّنته من تنفيذ أمرٍ آخر.

عدم الاعتماد على الآخرين: لا يعتمد الإنسان القويّ على الآخرين ليحدّدوا له شخصيته، وما الذي يمكنه القيام به، فهناك العديد من الأفراد الذين يحتاجون إلى الآخرين من أجل تشجيعهم وتطوير أنفسهم، ولكن الإنسان القوي يعرف ما يريد من تلقاء نفسه دون الحاجة إلى الآخرين؛ فهو لا يحتاج إلى صديق، أو مدرّب، أو أحد أفراد الأسرة ليخبره بذلك.

حسن الاستماع وكره الأحاديث الصغيرة: تعرف الشخصية القويّة كيف تستمع إلى الآخرين، كما تكره الأحاديث الصغيرة التي لا فائدة منها؛ وذلك لأنّ لديها الكثير من الأفكار التي تطوّر شخصيتها وتغيّر العالم، ولذلك لا ترغب بالخوض في الأحاديث التي تُضيع الوقت.

لقاء أشخاص جدد: تزيد قوة الشخصية نتيجة الانخراط والاندماج مع أشخاص جدد؛ فالتواصل مع النّاس يُكسب الفرد الكثير من الخبرة، ويساعده على التعلّم منهم، كما قد يتيح الاندماج بالأشخاص الجدد الاطّلاع على ثقافات، وأفكار، وآراء جديدة، والتي من شأنها أن تطوّر العقل، بالإضافة إلى تعزيز عاطفة التّسامح مع الآخرين، وتوسيع آفاق الفرد.

تعزيز الثقة بالنفس: يمكن تعزيز الثقة بالنفس من خلال ما يلي:

- تحديد قائمة بالأهداف الشخصية، وقد تكون هذه الأهداف بسيطة مثل ترتيب غرفة النوم، أو قد تكون كبيرة مثل العودة إلى الدراسة للحصول على درجة أعلى، والتخطيط لتحقيق هذه الأهداف. - الاهتمام بالجسم والمظهر الشخصي، ويكون ذلك بتناول كميات كافية من الحبوب الكاملة، والفواكه،

13 نحن والمسرح مابعد الحداثي

شهدت الثقافة المسرحية العربية في السنوات الأخيرة سجالاتاً فكرياً حول مفهوم «مابعد الحداثة» ومرجعياتهما بشكل عام في المسرح، والمظاهر والرؤى التي أفرزتها تجاربها في المسرح الغربي، وعلاقتها بالتصورات الفلسفية والأحداث والتحوّلات السياسية والاقتصادية والاجتماعية التي عاشتها المجتمعات الغربية، والتيارات الفنية التي تنضوي تحتها، وجورها في تجارب بعض المسرحيين المتمردين وتنظيراتهم. وقد نظم مهرجان القاهرة الدولي للمسرح التجريبي، في سياق هذا السجال، ندوةً رئيسةً عام 2004 بعنوان «المسرح في زمن مابعد الحداثة». ومن بين الآراء والتصورات التي يستند إليها ذلك السجال:

1- إن مصطلح «مابعد الحداثة» لا يوجد أكثر غرابة وفوضى واضطراباً وتشويشاً وضلالاً وغموضاً منه في تاريخ الحركة الفنية والأدبية العالمية، والدليل على ذلك، حسب أصحاب هذا التصور، كثرة المسميات التي أطلقت عليه، مثل: «مجتمع الاستعراض» طبقاً لجي دييور، و«المجتمع الاستهلاكي»، كما وصفه هنري لوفيفر، و«مجتمع مابعد الصناعي»، الذي صكه دانييل بل، و«ما بعد الاقتصادي»، حسب هيرمان كاهن، و«مابعد المادي»، طبقاً لرونالد انجلهارت. لكن هذه المسميات التي يستشهد بها هؤلاء المسرحيون هي لمفكرين سوسيولوجيين واقتصاديين، لا لمنظرين أو باحثين مسرحيين، حاولوا تخطي مفاهيم علم اجتماع الحداثة ونظرياته، وقاموا بتأويل أعمال ماركس، وتكريس التوجه الكوني (العولمي)، والإفادة من ثورة المعلوماتية، وبشروا بمجتمع خالٍ من الطبقات والثقافات المهيمنة (مجتمع الموجة الثالثة)، وبنهاية الأيديولوجيات الكبرى.

2- إن الحداثة نوع من الشكوكية تجاه ما وراء السرد، إذ تضع في الصدارة ما هو غير صالح للتقديم في التقديم نفسه، ويوضع الفنان أو الكاتب المابعد حداثي في موقع الفيلسوف، فالنص الذي يكتبه، والعمل الذي ينتجه لا يكونان محكومين، أساساً، بقواعد مسبقة، ولا يمكن أن يحكم عليهما على وفق حكم معين.

ويتسم هذا التصور بكونه تصوراً عاماً وبدهياً لطبيعة العمل المسرحي مابعد الحداثي، من دون أن يوضح كيفية خرقه للقواعد المسرحية المتعارف عليها. وإذا كانت تلك ميزته الأساسية، فإن عشرات الأعمال الفنية التي تصنف ضمن حركة الحداثة قد فعلت ذلك منذ أكثر من نصف قرن.

14) دور السياحة في التنمية الاقتصادية والاجتماعية

تُعتبر السياحة اليوم أحد أهم القطاعات الاقتصادية والاجتماعية في العالم والتي تلعب دوراً بارزاً في تنمية وتطوير البلدان. وقد ازدادت أهميتها كصناعة وحرفة من خلال وسائل الإعلام كافة، خصوصاً بعد أن تم استحداث وزارات للسياحة في معظم دول العالم وافتتاح جامعات وكليات ومعاهد تقنية متخصصة بالسياحة والفندقة، وكذلك الانتشار الواسع للكتب والدراسات والبحوث العلمية التي تتعلق بالشؤون السياحية.

ونعرض بإيجاز الدور الذي تقوم به السياحة في التنمية وكما يلي: -

أولاً: السياحة والتنمية الاقتصادية.-

ثانياً: السياحة والتنمية الاجتماعية.-

أولاً: السياحة والتنمية الاقتصادية

تبرز السياحة في الدول المتطورة كرافد أساسي في التنمية الاقتصادية ولذلك نجد ضخامة الاستثمارات المختلفة في القطاع السياحي كما حدث في إيطاليا وأسبانيا واليونان والمكسيك، وغيرها من البلدان التي حققت تقدماً كبيراً في هذا المجال.

- ونوضح بإيجاز أهم المزايا التي تبين دور السياحة في التنمية الاقتصادية: -

■ تعتمد العديد من الدول على السياحة، كمصدر مهم من مصادر الدخل الوطني، واستطاعت هذه الدول الحصول على مدخولات سنوية كبيرة من القطاع السياحي كما يحدث في الولايات المتحدة وأسبانيا وإيطاليا واليونان والنمسا وسويسرا وفرنسا وإنكلترا وتركيا، وغيرها من بلدان العالم. إن الدخل السياحي له شأن كبير في اقتصاديات الدول السياحية. فهو يعزّز ميزان المدفوعات ويعتبر مصدراً كبيراً لتوفير فرص العمل للمواطنين مما يدعم مستواهم المعاشي والاجتماعي. ولأهمية السياحة فقد أصبحت ترتبط بالتنمية الاقتصادية ارتباطاً وثيقاً بعد أن كانت علماً مجرداً يدرس في الجامعات والمعاهد. وتعتبر السياحة أحد العناصر الأساسية للنشاط الاقتصادي في الدول السياحية، اهتمت بها المنظمات العالمية كالبنك الدولي ومنظمة اليونسكو التي أصبحت تنظر إلى السياحة كعامل أساسي ومهم للتقريب بين الثقافات.

15) السياحة والتنمية المستدامة

التنمية المستدامة هي التنمية الاقتصادية والاجتماعية المتجددة والقابلة للاستمرار دون الأضرار بنوعية الموارد الطبيعية التي تستخدم في الأنشطة البشرية وتعتمد عليها عملية التنمية.

وبذلك يعتبر القطاع السياحي أحد القطاعات الإضافية الناشطة إلى جانب القطاعات الاقتصادية الأخرى حيث يساعد على نمو البلد اقتصادياً واجتماعياً.

وتسعى العديد من الدول وخاصة الدول التي تهدف إلى تحقيق تنمية مستدامة إلى تطوير وتنشيط القطاع السياحي لما يحدثه من تنمية اقتصادية واجتماعية. على أن سياسات السياحة لا تبنى فقط على اعتبارات اقتصادية وتكنولوجية، ولكن يجب أن يؤخذ بنظر الاعتبار أيضاً الحفاظ على البيئة واحتياجات السكان المضيفين عامة والذين يعملون في الحقل السياحي خاصة، إذ أن السياحة التي تستجيب لهذه الشروط هي السياحة البديلة أو السياحة المتوافقة والتواصل السياحي. وفي أواخر عام 1997م دعت منظمة السياحة العالمية إلى عقد مؤتمر لوزراء السياحة لآسيا والباسفيك عن السياحة والبيئة، وقد غطى المؤتمر بكثافة مواضيع فنية واسعة تتعلق بالسياحة المستدامة، وصدر عن المؤتمر بيان أوضح الاهتمام العالمي الرسمي بمبدأ الاستدامة. وأشار إلى أن هناك إحساس وإلحاح لبذل الجهود لحماية البيئات الطبيعية في المقاصد السياحية.

إن الاهتمام بالسياحة كباعث على التنمية المستدامة يعتبر مطلباً اقتصادياً مهماً لحفز الاستثمار في الأماكن السياحية الطبيعية والبيئية والثقافية، وتعد التوعية بأهمية تنمية السياحة وإدارتها على نحو كفوء أحد أهداف منظمة السياحة العالمية.

إن مبادئ الإدارة تؤكد على الجوانب الاقتصادية والثقافية والاجتماعية والبيئية لقطاع السياحة كمصدر مهم للدخل المتزايد باعتباره من الدعامات الأساسية في التنمية المستدامة للبلد.

لذلك يتوجب من أجل استمرار السياحة كمصدر مهم للدخل الالتزام بالفقرات أدناه:

■ تحسين نوعية الحياة للمجتمع المضيف.

■ حماية المراكز السياحية والطبيعية والبيئية داخل البلد.

■ احترام الموروث الثقافي للمجتمع والحفاظ على القيم والتقاليد والعادات والمساهمة في فهم العلاقات الثقافية والتسامح.

16) ظاهرة التسرب من التعليم الأسباب والعلاج

تسرب التلاميذ من التعليم مشكلة كبيرة، وتعد من أخطر الأزمات التي تواجه العملية التعليمية ومستقبل الأجيال في المجتمعات المختلفة لكونها إهدار تربوي لا يقتصر أثره على الطالب فحسب بل يتعدى ذلك إلى جميع نواحي المجتمع فهي تزيد معدلات الأمية والجهل والبطالة وتضعف البنية الاقتصادية والإنتاجية للمجتمع والفرد وتزيد التكاليف والاعتماد على الغير , كما تفرز للمجتمع ظواهر خطيرة كعمالة الأطفال واستغلالهم وظاهرة الزواج المبكر.. الأمر الذي يؤدي إلى زيادة حجم المشكلات الاجتماعية كانهراف الأحداث وانتشار السرقات والاعتداء على ممتلكات الآخرين مما يؤدي إلى ضعف المجتمع وانتشار الفساد فيه.

وتسبب مشكلة التسرب ضياعاً وخسارة للتلاميذ أنفسهم لأن هذه المشكلة تترك آثارها السلبية في نفسية التلميذ وتعطل مشاركته المنتجة في المجتمع.

أسباب التسرب

للتسرب أسباب عديدة متشعبة ومتداخلة تتفاعل مع بعضها لتشكل ضاغطة على الطالب تدفعه إلى التسرب والسير في طريق الجهل والامية ويمكن إيجاز أهم الأسباب بما يلي:

* الأسباب التربوية:

وتتلخص هذه الأسباب في تدني القدرة على الدراسة والرسوب المتكرر وعدم الرغبة في التعليم الأكاديمي عند الطلبة.

* أسباب اجتماعية وشخصية

وتعود للطلاب كعدم الرغبة في التعليم المختلط أو الإعاقات النفسية والجسمية للطلاب أو الخطوبة والزواج المبكران أو عدم الرغبة في الدراسة في مكان بعيد عن السكن.

* أسباب اقتصادية:

وترجع لضعف الحالة المادية لأهل الطلاب الأمر الذي يدفع الطلبة إلى ترك المدرسة بحثاً عن أعمال بأجور منخفضة رغبة منهم في إعالة آبائهم وأمهاتهم ومساعدتهم.

* أسباب سياسية:

17) دراسة بريطانية: النساء اللاتي يستيقظن مبكراً أقل عرضة للإصابة بالاكتئاب

قالت صحيفة "إنديبندينت" البريطانية: إن دراسة جديدة قام بها باحثون في جامعة كولورادو في بولدر، وبريغهام ومستشفى النساء في بوسطن، أكدت أن النساء اللاتي يستيقظن باكراً في الصباح، أقل عرضة للإصابة بالاكتئاب مقارنة بمن يستيقظن في وقت متأخر.

ووجدت الدراسة التي أجريت على أكثر من 32 ألف امرأة ونشرت في مجلة "Journal of Psychiatric Research"، واستغرقت 4 سنوات: أن أولئك الذين يميلون للاستيقاظ مبكراً هم أقل عرضة للإصابة بالمرض العقلي بفضل زيادة التعرض لضوء النهار.

وقام الباحثون بفحص الروابط بين اضطرابات المزاج ونمط "الكرونوتوب"، وهو نوع من الساعة الداخلية التي تحدد أفضل وقت لأداء الأنشطة المختلفة، مثل: النوم، وتناول الطعام، والعمل وما إلى ذلك، لمدة 24 ساعة.

وخلص معدو الدراسة إلى: أن التعرض لضوء الشمس في النهار يقلل خطر إصابة الشخص بالاكتئاب بنسبة 12% إلى 27%، لذلك فإن نمط النوم يلعب دوراً في الإصابة بهذا المرض العقلي.

وكان متوسط عمر المشاركين في الدراسة 55 عاماً، وعندما بدأ الباحثون تحليل البيانات في عام 2009م، لم يتم تشخيص أي إصابة بالاكتئاب لدى المشاركين، وكان 37% من المشاركين يستيقظون باكراً. بينما كان 53% منهم ممن ينوعون بين الاستيقاظ المبكر والسهر، أما الـ 10% المتبقية فقد وصفوا أنفسهم بأنهم ممن "يحبون الليل".

وبمجرد الانتهاء من الدراسة، لاحظت الدكتورة سيلين فيتر، كبيرة معدي الدراسة في جامعة كولورادو ومديرة مختبر النوم في الجامعة: أن هناك 2581 حالة تطور للاكتئاب، 290 منهم من فئة محبي الليل.

ووجدت الدراسة: أن الذين يستيقظون في وقت متأخر من النهار، كانوا أكثر عرضة للإصابة بالاكتئاب، حتى عندما تم تحديد عوامل أخرى يحتمل أن تعرضهم للخطر، مثل العيش بمفردهم والتدخين وغيرها، "وهذا يخبرنا أنه قد يكون هناك تأثير للساعة الداخلية على خطر الاكتئاب، والتي لا تقودها العوامل البيئية وأسلوب الحياة"، وفقاً لفيتر.

وأضافت الدكتورة فيتر: أن "موعد وكمية التعرض للضوء يؤثران على نمط النوم، وبالتالي يؤثر ذلك على خطر الإصابة بالاكتئاب".

(18) المرأة في رواية "ملكة العنب" لنجيب الكيلاني

نجيب الكيلاني (1931-1995م)، واحد من كبار الروائيين المعاصرين في عالمنا العربي. وقد أثرى المكتبة الروائية العربية بأكثر من أربعين رواية، وقد اخترنا روايته "ملكة العنب" لأنها تُسائل الواقع، وتثير عدداً من القضايا، وتنهج نهجاً أكثر اكتمالاً ونضجاً من رواياته الأخرى، فقد كتبها في آخر مسيرته الروائية التي امتدت قرابة أربعين سنة.

ورواية «ملكة العنب» رواية أنتجها نجيب الكيلاني (1990م) وأعاد فيها إنتاج واقع قرية تمتلئ بالأمل والألم، وهي تتناول عالمه الأثير (عالم القرية والفلاحين) الذي تناوله في العديد من أعماله في الرواية والقصة القصيرة، وهي تُقدّم عدداً من الجماليات التي تُثري العمل، ومنها: وحدة الموضوع الروائي، وجدلية علاقة الشخصيات بالبيئة الزمانية والمكانية، وتُقدّم عدداً من النماذج البشرية التي تعج بها القرية المصرية - في نهاية القرن العشرين - وتبغى أن يكون لها دور في عالمها، كما تُثير هذه الرواية قضية الرؤية الفنية الباهرة، التي تحكم الاختيار للبيئة، والشخوص، والأحداث، والزمان، والمكان لتطرح من خلالها أسئلتها، وتُحاول أن تُقدم إجاباتها، أو رؤيتها.

وهذه الرواية رواية سياسية تشتبك مع الواقع وتساؤه، وتفتح عيوننا على ما فيه من رذائل وإحباطات، وهذه الرؤية السياسية للرواية تثير كثيراً من الجدل عن الخطاب الروائي وإشكالاته الجمالية إذ "يبدو أن العلاقة بين الجمالي والسياسي معقدة إلى درجة كبيرة. فلا يكفي أن نقول إن الخطاب الروائي السياسي يُثير في العادة اهتماماً غير جمالي في جوهره، أو أن السياسة تعتمد على المتغيرات التي سرعان ما تنطفئ جذوتها. إذ إن العمل عندما يكون مستوفياً للشروط الفنية فلا بد أن يستثير عند تلقيه اهتماماً غير نفعي ولا موقوت، بما يكمن فيه من عناصر شعرية، وعندئذ تتصل به دائرة الوعي الجمالي بشكل يتجاوز معطياته المباشرة".

وقد اهتم الروائي بمعالجة قضايا الواقع الاقتصادي والسياسي في القرية، ورؤيته "رؤية عامة تهتم بالقضايا الكبرى التي تشغل الأمة والوطن، وتؤثر في مسيرته سلبيًا وإيجابيًا. وهذه القضايا تسبق ما هو ذاتي وشخصي". وقد نجح في تقديم رواية معاصرة، خطابها السياسي يشتبك مع الواقع الذي نحياه، دون أن يلجأ إلى قناعات تاريخية أو تراثية أو أسطورية، واختار شخصيات من تلك الشخصيات التي تلقانا أو نُعايشها في حياتنا لتحمل عبء الحدث وتقديمه، وناقش عدداً من القضايا التي تُورقه كأديب يحلم بواقع أكثر جمالاً وأقل قبحاً من الذي نحياه، دون أن يسقط في وهدة التقريرية.

19) الاضطرابات العاطفية الموسمية

تعد الاضطرابات العاطفية الموسمية أحد أنواع الاضطرابات العاطفية الشائعة جداً حول العالم والمتعلقة بتغيرات الطقس الموسمية لذلك تحدث خلال فترات موسمية محددة من السنة و تكثر بين الاعمار من 18-30 سنة ، إذ وَجَد العلم الحديث أن العديد من الهرمونات البشرية العاطفية تتأثر بطبيعة الاحوال الجوية الموسمية السائدة ، و قد تحدث الاضطرابات العاطفية الموسمية بشكل تدريجي او بشكل مفاجئ ، كما تتسم الاضطرابات العاطفية الموسمية بعدم التوازن الكيميائي في الدماغ.

كيف تعرف أنك مصاب بالاضطرابات العاطفية الموسمية ؟

تتميز الاضطرابات العاطفية الموسمية بأنها تجعلك مكتئباً و شديد العصبية كما تخفف هذه الاضطرابات الموسمية من قدرتك على القيام بواجباتك ، و يضاف لذلك أنها تجذب لك اليأس و التشاؤم و المشاعر العاطفية السلبية عموماً ، و قد لوحظ في العديد من الدراسات أن الاضطرابات العاطفية الموسمية تسبب أيضاً زيادةً في الوزن و الانعزال الاجتماعي أحياناً أو قد يحدث العكس فتسبب نقصان في الوزن و فقدان الشهية للطعام و يرافق ذلك الأرق. و تحدث هذه الاضطرابات العاطفية خلال فترات موسمية محددة من السنة ، تبدأ غالباً في فصل الخريف وتستمر لأخر الشتاء و تغيب أعراضها خلال فصل الصيف و قد تحدث الاضطرابات العاطفية الموسمية عند بعض الأشخاص في الصيف بدلاً من الشتاء و تكثر في حالات تقلب الطقس كالطقس الغائم مثلاً.

ماهي التأثيرات الفيزيولوجية للاضطرابات العاطفية الموسمية " SAD " ؟

أثبتت الدراسات الحديثة أن انخفاض مقدار الأشعة الشمسية التي يتعرض لها الفرد يؤدي إلى اضطراب الساعة البيولوجية للجسم ، كما أن الاضطرابات العاطفية الموسمية تؤثر في مستوى السيروتونين بالجسم فتؤدي لانخفاضه و يذكر أن هذا الهرمون يرتبط بالحالات النفسية والعاطفية.

إضافة إلى أن الاضطرابات العاطفية الموسمية تسبب انخفاض الميلاتونين في الجسم مما يسبب اضطراب حالات اليقظة و النوم.

و الجدير بالذكر أن معدل الإصابة بالاضطرابات العاطفية الموسمية يتناسب عكساً مع البعد عن خط الاستواء إذ يزداد احتمال الإصابة بالاضطرابات الموسمية كلما ابتعدنا عن خط الاستواء وأكثر

20) مرض خطير.. ماذا تعرف عن السكري؟

السكري مرض مزمن يعاني الملايين منه حول العالم، وترتفع أرقام الإصابة به بشكل متزايد ما دفع منظمة الصحة العالمية إلى التوقع بأن يكون سابع عامل مسبب للوفاة بحلول عام 2030.

خبراء في مجال الصحة أعلنوا في تصريحات حديثة أن عدد المصابين بالسكري زاد ثلاث مرات منذ عام 2000، ما أسفر عن ارتفاع تكلفة علاج المرض عالمياً إلى 850 مليار دولار سنوياً. ولا تعكس التكلفة العالية لعلاج السكري أسعار الأدوية فقط، بل تشمل تكلفة علاج مجموعة من المضاعفات مثل بتر الأعضاء وأمراض العيون.

وفي ما يلي حقائق عن هذا المرض:

- إجمالي عدد المصابين بالسكري حالياً 451 مليون شخص، من المتوقع أن يصل عددهم إلى 693 مليوناً بحلول عام 2045 إذا استمرت معدلات الإصابة على هذا المنوال، حسب إحصاءات الاتحاد الدولي للسكري.
- يصاب واحد من كل 11 بالغاً في العالم بالداء الذي يظهر عندما ترتفع نسبة السكر في الدم إلى مستويات عالية، حسب الاتحاد الدولي للسكري.
- يعتبر السكري وفق منظمة الصحة العالمية السبب الرئيسي لفقدان البصر والفشل الكلوي والنوبات القلبية والسكتات الدماغية وبتر الأطراف السفلى.
- يسجل النوع الثاني من السكري 90 في المئة من حالات الإصابة بالمرض حول العالم.
- تنتسب السمنة وقلة ممارسة الأنشطة البدنية بمعظم الإصابات بالنوع الثاني من هذا الداء الذي بدأ يظهر بين الأطفال بعدما كان يشخص لدى البالغين فقط.
- النوع الأول من السكري هو الأكثر خطورة، إذ لا تعرف أسباب الإصابة به ولا يمكن الوقاية منه، ويعتمد المصابون به على تعاطي الأنسولين بشكل يومي.
- 75 في المئة من المصابين بالسكري يقيمون في بلدان ذات دخل منخفض ومتوسط.

21) عناقيد الغضب

عناقيد الغضب هي أكثر الأعمال الأدبية غضباً وهجوماً ضد حالة الفقر والعوز التي أصابت الفرد في حالة كساد الاقتصاد القومي. وهي إلى ذلك أكثر الأعمال مهاجمة لطبقة الرأسمالية التي وجدت أفواه جائعة بالإمكان تشغيلها بأرخص الأثمان للحصول على أرباح هائلة بأرخص الأثمان. عائلة توم جود، المكونة من ما يقارب العشرة أفراد يقررون النزوح إلى كاليفورنيا للحصول على عمل كما تقول ذلك المنشورات الدعائية. فتبدأ المسيرة: سيرة الهجرة من أرض إلى أرض أخرى بحثاً عن العمل والطعام. من خلال هذه الرحلة المجهولة يضع جون شتاينيك في ذهن القارئ كيف سيكون مصير العمال حين لا يكون هناك نقابة عمالية تدافع عنهم. وكيف يستغل رجال الأعمال هذه الوفرة من العمال الباحثين عن عمل، فيوظفون بعضهم براتب قليل، وما إن يرفض العامل هذا الراتب حتى يأتي بعامل آخر وبسعر أقل من السعر الذي كان. هذا التحكم في الأجور حول عائلات ومجموعات بأكملها قسم الأفراد إلى طبقتين: أسياد وعبيد. ولكن هذه المرة تحت سمع ونظر ومباركة القانون. وكذلك تظهر تلك الصورة الجهنمية حول أسعار السلع، وكيف أصبح دخل عائلة كاملة في يوم واحد لا يساوي أكثر من وجبة عشاء متواضعة لليلة واحدة.

هذا الانهيار والتحطيم في النفس البشرية مستمر حتى الآن وفي أغلب الدول. في بعض هذه الدول بالإمكان تحطيم هذا الرعب عبر القانون، ولكن في دول أخرى لن يكون التغيير إلا بالدم. المؤسسات الغير واضحة المعالم والمتحكمة بمصير أمة من البشر، وملاك الأراضي يعرفون التاريخ، لكن قليل منهم استوعب تلك الدروس. الحقيقة التاريخية الكبرى – عندما تتركز الملكية في أيدي قليلة جداً، يصبح ضياعها أمراً حتمياً. والحقيقة الأخرى: عندما تكون أغلبية الناس جوعى ومقهورين فسيأخذون بالقوة ما يحتاجون إليه، والحقيقة الصغرى التي تصرخ عبر التاريخ كله: القهر لا يؤدي إلا إلى تقوية المقهورين وتوحيدهم، ولكن هؤلاء يصمون آذانهم عن صيحات التاريخ الثلاث. تجاهلوا حال الاقتصاد المتغير، وخطط التغيير، ولم يتدبروا إلا في وسائل تحطيم التمرد بينما أسبابه ما تزال تستشري :

كيف يمكن أن تخيف رجلاً لا يسكن الجوع في أحشائه فقط، ولكن في بطون أطفاله الخاوية؟ لا يمكنك أن تخيفه – لقد عرف خوفاً لا يفوقه خوف!

سلك جون شتاينبك في عمله هذا طريقة سرد فني مختلف بحيث استطاع أن يجمع ما بين السرد الروائي المباشر، وسرد غير مباشر ومتحرر من كل الضغوط المحكوم بها الروائي. هذه الطريقة في السرد قد تسبب ضياع القارئ، فيبحث في النص عن طريقة لإخضاع النص لسلطة القارئ من جديد، فما بين السرد المباشر والغير مباشر فرق شاسع. ولذلك، جمع المؤلف ما بين هذه الطريقتين في فصول منفصلة عن بعضها البعض، بحيث يبدأ الفصل الأول وكأننا أم نص صغير للغاية يصلح بأن يكون قصة قصيرة، ثم يتوالى النص الأدبي هكذا إلى نهاية الرواية. السرد المباشر محكوم بأبطال النص والمكان. أما الغير مباشر فيتنوع بطريق مختلفة. في أحد الفصول الغير مباشرة نقرأ حواراً يدور بين شخصيات مختلفة ويصف الحالة النفسية التي غرق فيها هؤلاء الأبطال. ولكم من هم الأبطال؟ لا اسم لهم ولا يوجد تفريق بين بطل وآخر. فيتداخل الحوار مع بعضه البعض ولا يمكن التفريق فيما بينهم إلا في حالة ردة الفعل. وفي فصول أخرى يخرج المؤلف عن نطاق أبطاله ولكن يحكم نفسه بالمكان، فيهاجم بلا هوادة المؤسسات المالية والآلة الميكانيكية. هذا الهجوم قد يقرأه القارئ نثراً غنائياً بديعاً رغم ضراوة الأمر وتحطيمه للفرد، مثل الفصل الخامس الذي أصفه بأحد أفضل فصول الرواية على الإطلاق. هذا الفصل يصف دخول الآلة في المزرعة، فنرى الأرض من خلال لا وعي أحد الأبطال المجهولين وهو يصف التربة التي استوطن فيها الوحش فأصبح يزرع دون أن يقيم علاقة مودة وعطف بين الإنسان والنبات، وبين الإنسان والتربة. وعندما ينمو المحصول ويتم الحصاد فلن يمسك إنسان بقطعة دافئة من طين الأرض، ويترك ترابها ينساب بين أصابعه. البذرة التي لم يمسه إنسان ولم يتلف على نموها أحد، الناس تأكل ما لم تزرع وليس ثمرة ما يربطها بخبزها، والأرض تئن تحت وطأة الحديد، وتحت الحديد تموت ببطء، لأن أحد لم يحبها أو يكرهها، ولا صلى من أجلها أو لعنها.

22) ما أهمية العمل في حياة الانسان

تنطلق أهمية العمل من أنه الحالة التي تُعبّر عن مدى جدوى الإنسان في الحياة، ففي العمل تحقيق للذات في المقام الأول، وفي نفس الوقت نفع للوطن. كما أن أسس المجتمع ودعائمه لا تقوم بغير تكاتف أفرادهم وعملهم، واليد التي لا تعمل لا تستطيع جلب قوت يومها والعيش في ظلّ عالم أصبح الحصول فيه على لقمة العيش ليس بالأمر السهل.

ويمكن تعريف العمل بأنه بذلُ جهدٍ عقليّ أو عضليّ لتحقيق نتائج مُحدّدة، فما يقوم به الإنسان من أنشطة مُختلفة في كافة المجالات الاقتصادية، والاجتماعية، والسياسية، والثقافية لغرض غير التسلية واللّهو يُسمّى عملاً. وقد عرّف أندري لالاند العمل في موسوعته الفلسفية بأنه عملية يُجريها كائن، وتُعتبر من نتاجه بالذات لا من نتاج علة خارجية. كما أنّ للعمل معنىً تقنياً في الميكانيكا، حيث هو نتاجُ طاقة من خلال زمن.

ويهدف العمل إلى تحقيق الذات وإدراك معنى الحياة، وذلك من خلال توظيف قدرات الفرد وإمكانياته في سبيل تحقيق أهدافه، باذلاً فُصارى جهده فيها. وبالرغم ممّا يُصيبه من تعبٍ ومشقةٍ، إلا أنه يكون راضياً بما يرى من ثمار جهوده أمام عينيه، وبما يُخلّفه العمل من أثارٍ في شخصيته، ومن هذه الآثار: تطوير الشخصية وتحقيق الذات عن طريق رؤية نتاج العمل على الواقع الملموس.

تكوين رؤية ومُخطّط واضح للمستقبل.

توفير مصدر دخلٍ لإعالة الأفراد والعائلات.

معرفة الذات وإدراك القدرات والمواهب، والتعرّف على نقاط قوّة وضعف الفرد.

تهذيب الأخلاق، وتنمية المهارات الاجتماعية، وتعليم أدب الحوار والاستماع، والتّواضع مع النّاس.

ترسيخ معنى العمل بروح الفريق؛ حيث يحترم الإنسان الآخرين ويبادلهم الاحترام.

ونتيجةً للعمل وأهميته قامت العديد من الحضارات؛ فقامت الحضارة المصرية على العمل الزراعيّ والمعماري، بالإضافة إلى براعتهم في المجال الكيميائي، كما اشتهر أيضاً الفينيقيون بنشاطهم التجاريّ وصناعتهم للأسلحة، واهتمّ البابليّون باستخراج المعادن. و بذلك تتجلى أهمية العمل للمجتمعات والدول من خلال ما يأتي:

23 (تعريف ذوي الاحتياجات الخاصة

تختلف الرؤية والمفهوم لذوي الاحتياجات الخاصة عند الأطباء عنه عند التربويين أو حتى عند مُقدّمي الخدمة المجتمعية، حيث ينظر كلّ منهم للموضوع من ناحية تخصصية بحسب العلم المعني به، لكن هناك اتفاق عام على أنّ هذا المصطلح استخدم كتسمية لمجموعة الأشخاص الذين لا يستطيعون ممارسة حياتهم بشكل طبيعيّ دون تقديم رعاية خاصة لهم نتيجة وجود قصور فكريّ، أو عصبيّ، أو حسيّ، أو ماديّ، أو مزيج من هذه الحالات كلّها بشكلٍ دائم، بالإضافة إلى حاجتهم لخدمة تفوق الخدمة المُقدّمة لأقرانهم من نفس العمر، ويُفضّل استخدام هذا المصطلح كبديل لمصطلح المُعاقين.

ويشترط توافر عدّة صفات في الشّخص يُطلق عليه بأنّه من ذوي الاحتياجات الخاصة، منها: وجود مشاكل في وظائف الجسم والهيكل، وصعوبة الحركة والقيام بالأنشطة، بالإضافة إلى وجود عوائق تحول دون المشاركة الطبيعية في الحياة.

و يُطلق على الشّخص بأنّه من ذوي الاحتياجات الخاصة نتيجة وجود اضطرابات تُقسم إلى عدّة أنواع: اضطرابات جسدية، أو حسية، أو نفسية، أو عصبية وفكرية. أكثر أنواع الإعاقات انتشاراً هي الإعاقة الجسدية يليها في المقام الثاني الإعاقة الذهنية والحسية

ويجب أن يحظى ذوو الاحتياجات الخاصة بعناية صحية طبيعية كغيرهم من البشر لممارسة حياتهم الطبيعية، لكنهم أكثر عرضة للخطر من غيرهم، لذلك فهم بحاجة إلى متابعة حثيثة من ذويهم، بالإضافة إلى إرشادهم لكيفية التصرف في حال تعرّضهم للدّعر والأذى. مُعانة أحد أفراد العائلة من إعاقة مُعيّنة قد يُؤدّي إلى إرباك العائلة بأكملها ووضعها تحت ضغطٍ نفسيّ وعصبيّ وأحياناً ماديّ كبير، لذلك يُنصح بتلقّي الإرشادات من المُختصّين، والتزوّد بمصادر لمعرفة كيفية التّعامل مع الحالة، وتوقع القادم والتّخطيط للمستقبل، ممّا يُساهم بشكل كبير في تحسين نمط الحياة.

وهناك عدّة أمور يجدر مُراعاتها عند التّعامل مع ذوي الاحتياجات الخاصة، منها: عدم افتراض أو تخمين احتياجاتهم أو مشاعرهم والتصرّف نيابةً عنهم، في حال الجهل بطريقة تقديم الخدمة أو المساعدة يجب سؤال صاحب الحالة، وتجنّب تقديم المساعدة قسراً دون طلبٍ من صاحبها، وعدم الشّعور بالاستياء في حال تم رفض المساعدة؛ فبعض ذوي الاحتياجات الخاصة يرغبون بخدمة أنفسهم دون تدخّل أشخاص آخرين، بالإضافة إلى وجوب التّعامل بشكل طبيعيّ معهم دون رفع الصّوت والتحدّث ببطء ممّا يتسبّب في جرح مشاعرهم وإحساسهم بأنهم غير طبيعيّين. لذلك يجب التّنوّه إلى حقّ ذوي

24) العولمة وسلبياتها

جاء لفظ العولمة من ترجمة المصطلح (بالإنجليزية) (Globalization)، ويترجمه البعض بالكونية، والبعض الآخر يترجمه بالكوكبة والشوملة، وهذه جميعها مصطلحات وألفاظ تُطلق على ما اشتهر أخيراً من قبل الباحثين وهو لفظ العولمة، والذي أصبح أكثر الترجمات شيوعاً وانتشاراً بين أهل الاقتصاد والإعلام، فما هي العولمة، وما حقيقتها، وما هي السلبيات التي نتجت عنها.

بيد أنه لا يوجد تعريف محدد لظاهرة العولمة يمكن الأخذ به، وكذلك لا يمكن حصرها وتحديدها بتعريف واحد؛ حتى وإن تميّز هذا التعريف بالدقة المتناهية، فتعاريفها مختلفة ومتعددة؛ بسبب تعدد أبعادها ومستوياتها، وتغيّرها الدائم والمستمر، ومن هذه التعريفات: -- العولمة هي سيطرة الرأسمالية على العالم، وهيمنة الدول القوية المسيطرة، وتحكّمها بمصير البشرية.

- العولمة هي العملية التي يتم فيها إلغاء الحواجز بين شعوب العالم، وهي الحالة التي تنتقل بها الشعوب والأمم من حالة الفرقة والتشتت إلى حالة من التوحد والاقتراب، ومن حالة الصراع إلى التوافق والانسجام، ومن حالة التمايز والتباين، إلى حالة من التماثل والتجانس، وهنا تتشكّل القيم العالمية الموحدة.

- العولمة هي تيّارٌ كاسح يحطّم جميع الحدود الإقليمية، ويُدّمر الثقافات القويّة، ويتحكّم بمصير البشرية.

- العولمة هي مرحلةٌ جديدةٌ من مراحل الحداثة والتطور تجتمع وتتحدّ فيها العلاقات الاجتماعية على صعيد عالمي بروابط اقتصادية، وسياسية، وثقافية.

- العولمة هي الانتشار العالمي للتكنولوجيا الحديثة في المجالات العديدة؛ كالإنتاج الصناعي، والاتصالات، وفي مجال التجارة، ورؤوس الأموال والمعلومات.

غير أنه ظهرت للعولمة سلبيات عديدة، وآثارٌ خطيرة، واختلالاتٌ كبيرةٌ تعود على الفرد والمجتمع، ومن هذه السلبيات:

- ظهور الاختلالات الاقتصادية والاجتماعية التي قامت بسبب اتحاد مجموعة من الأفراد مع بعضهم البعض؛ من أجل السيطرة على السوق الحر غير مبالين بما ينتج عن ذلك من الدمار الاجتماعي واستنزاف الثروات.

- سحق الهوية والشخصية الوطنية واستبدالها بهوية جديدة بعد صهرها وتشكيلها؛ وهي الهوية العالمية.

25) تفاعل الحضارات

إن التفاعل والاحتكاك بين الحضارات يعد مكسباً كبيراً يجب أن يُوظف ويُستغل في تحقيق التقدم والتطور، ويمكن القول إنه لا يمكن عزل أي حضارة عن أخرى إذ إنه لا توجد حضارة نشأت من تلقاء نفسها بمعزل عن الحضارات الأخرى، أو أنها لم تتفاعل مع غيرها من الحضارات، وذلك لأن الحضارة عبارة عن كيان ثقافي واسع وممتد وليس له حدود أو حتى بداية ونهاية محددة، كما أن الحضارات والثقافات غير ثابتة وتتغير مع الزمن وتتفاعل مع بعضها البعض الأمر الذي يؤدي إلى إثراء الحضارة الإنسانية بشكل عام، ففي تفاعل الحضارات تأخذ كل حضارة ما يناسبها وما يتفق مع طبيعتها، وتعطي الحضارات الأخرى ما تجود به بما يتلاءم مع نشاطها، والجدير بالذكر أنه لا يمكن أن تكمل أي حضارة مسيرتها دون حدوث تبادل وتفاعل مع الحضارات الأخرى والذي تحتمه طبيعة الحياة.

والثقافات التي تنتج عن تفاعل الحضارات هي نتاج إنساني تتغير وتتكيف تبعاً للحضارات المتفاعلة، فيُعاد تشكيل هذه الثقافات مُنتجة ثقافة جديدة في طبيعتها وفلسفتها إلا أنها تناسب ثقافة الحضارات المتفاعلة. وتعتمد شدة التأثير والتأثر الحاصل في هذا التفاعل والتبادل على قوة ومدى انتشار وسائل الاتصالات، وعلى الفرق في درجة التقدّم ومقدار القوّة بين الحضارات المتفاعلة، وكذلك على استعداد أفراد تلك الحضارات النفسي والعقلي وجاهزيتهم لهذا التفاعل.

إن التبادل والتفاعل بين الحضارات لا يلغي خصوصية أي حضارة، وإنما يزيد من وعي الأفراد بقيم الحياة ومقوماتها، كما أن من شأنه تقريب الصلات بين الأفراد وإزالة الكثير من المخاوف، وتخضع جميع الحضارات إلى مبدأ التفاعل. ويعدّ التفاعل الصحيّ بين الحضارات هو الذي يحدث في جو سليم ينعم بالحرية والرضى والتساوي، وتسفر عنه نتائج مثمرة، أما فساد التفاعل الحضاري فيكون عندما يحدث في أجواء الحرب، أو نتيجة الكبت والقهر، أو التفاعل الذي يحدث لمصلحة جهة معينة وإهمال مصالح الجهات الأخرى.

ومما يجدر التطرق إليه عند البحث في مفهوم تفاعل الحضارات هو مفهوم صدام الحضارات (بالإنجليزية Clash Of Civilizations)، وهي عبارة عن نظرية أو أطروحة ظهرت على يد أستاذ العلوم السياسية في جامعة هارفرد في عام 1993م، والذي يُدعى صموئيل هنتغتون حيث نشر في عام

26) كيف أخدم وطني

الوطن هو البيت الآمن لكلّ مواطن عليه، ولكن عندما يتعرّض هذا الوطن للأذى والإضطهاد، فيجب علينا جميعاً أن نهبّ لنجدته، وهذا لا يتم ونحن نائمون في بيوتنا، بل بالعمل والجد، والإجتهد، وهناك العديد من الطّرق التي من شأنها أن نخدم بها الوطن، وهي كالتّالي :

1- يمكنك عزيزي القارئ أن تخدم وطنك بالدّفاع عنه ضد أي عدوان يشن عليك، ولا تقل لي أنّك لا تملك سلاحاً، فحديثي عن خدمة الوطن واسع المدارك، يبدأ بالسّلاح وقد ينتهي بالقلم، فيمكنك أن تدافع عن وطنك بالسّلاح في أرض المعركة، وأن تستشهد في سبيله، وأن تبقي رايته مرفوعة قدر المستطاع، كما ويمكنك أن تستخدم القلم، لتفضح به جرائم الإحتلال، وتناصر الشعب المنكوب بالقلم فقط، فكل ما عليك فعله أن توصل كلماتك لجميع الجهات المعنية، وإعمل على أن تكون كلماتك واضحة ومفهومة، وإن إستطعت، فيمكنك نشرها بأكثر من لغة، وهكذا فإنّ ذلك سيصبح الأفضل على الإطلاق .

2- يمكنك أن تخدم وطنك بالحفاظ عليه، وعلى ممتلكاته، وأن ترحب بزائريه، خاصّة السيّاح منهم، وأن تعاملهم بإحترام لأن ذلك يعكس صورة الوطن ككل، ويقوّي الأواصر بين بلدك وباقي البلدان الأخرى .

3- خدمة وطنك لها العديد من الأبعاد تتعدى الأبعاد السياسيّة وغيرها، فيمكنك بقصيدة شعر أو بنكتة أن تخدم وطنك، فتظهر فيها ملامحه الرائعة، وتمحي بها كل السوء الذي لحق به، كما ويمكن عزيزي القارئ أن تستلهم حبّ الوطن وخدمته من حب وخدمة بيتك، فالوطن هو البيت الكبير .

4. وأخيراً إن أردت أن تخدم وطنك، عليك أن تظهر الولاء والإنتماء له، فلا تبيعه من أجل حفنة من النّفود، التي يعطيها العدوّ للجواسيس والعملاء، وإخلص لوطنك تجد إخلاصاً منه تجاهك.

27 أهمية النشاط المدرسي

تظهر الدراسات الرائدة في مجال تأثير الأنشطة اللامنهجية على نمو الطفل بأن الدرجات الأكاديمية والسلوك المدرسي للأطفال تتحسن عند مشاركتهم في الأندية والرياضات الجماعية المدرسية؛ فالطفل يتعلم شيء جديد خلال هذه الأنشطة، مما يساعدهم على تحسين فهمهم للمواد الدراسية حتى وإن لم تكن مرتبطة بشكل مباشر بالدراسة؛ فشعور الطفل بأن لديه المهارة والموهبة لفعل شيء ما يمنحه شعوراً جيداً، ويزيد من ثقته وشغفه، ويُترجم ذلك كله على تحصيله الدراسي.

ويساعد تطوير المهارات الاجتماعية على مشاركة الطلاب في النشاطات غير الدراسية وتوسيع الشبكة الاجتماعية للطلاب من خلال فتح المجال للتعرف على أشخاص جدد، وهو أمر مفيد لإيجاد وظيفة بعد التخرج، ويساعدهم في تخطي الصدمة الثقافية التي سيتعرضون لها في حال خروا للدراسة أو العمل في بلد آخر، وحتى لو اعتمد الأطفال على علاقاتهم القائمة، فإنّ الأنشطة المدرسية تؤيد من مهاراتهم الاجتماعية من خلال تعليمهم كيفية العمل الجماعي كفريق واحد لتحقيق هدف مشترك، وهي مهارة مهمة لمستقبلهم، بالإضافة إلى استكشافهم لقدراتهم الخاصة في البيئات الجديدة، وتطوير مهاراتهم القيادية، ومساعدة الآخرين، ومشاركة الأفكار.

و توفر الأنشطة المدرسية للأطفال فرصاً لتطوير مهاراتهم في تحديد الأهداف؛ فمعظم الأنشطة اللامنهجية تسعى إلى الوصول إلى هدف ما وتحقيقه، مما يساعد الطلاب على العمل من أجل هذه الأهداف والاستمتاع بوقتهم في آن واحد، بالإضافة إلى أنّ المشاركة في الأنشطة المدرسية تمكن الأطفال من إتقان مهارات جديدة، مما يساعد في بناء ثقتهم بأنفسهم، واحترامهم لذاتهم، وعلاوة على تعليمهم كيفية تنظيم الوقت، وأتباع العادات الصحية والتي غالباً ما تشجع عليها هذه النشاطات.

ومن الجدير بالذكر أنّه يجب عدم دفع الطفل للمشاركة في الأنشطة المدرسية والمبالغة في ذلك، فيجب أن يختار الطفل النشاط الذي يفضله، ويلتزم به، كما أن المبالغة في المشاركة في الأنشطة قد تستنزف قواهم وتركيزهم، مما يؤثر على تحصيلهم الدراسي.

28) أسباب حوادث المرور

يعرف الحادث المروري على أنه عبارة عن صدام ما بين نوعين من المركبات أو بين مركبة وأشخاص معينين أو الصدام بحيوانات أو أجسام صلبة ومختلفة ومتواجدة على الطرقات، وتعد الحوادث المرورية من الأمور التي تحدث بشكل مفاجئ، وبدون أي تخطيط لها بشكل مسبق، وتؤدي هذه الحوادث إلى العديد من الأضرار سواء المادية أو البشرية.

و للحوادث التي يتعرض لها الكثير من الأشخاص مجموعة من الأسباب التي تؤدي إلى حدوثها وهي:

- شعور السائق بالإجهاد والتعب والإرهاق، والذي يؤدي إلى عدم قدرة السائق على القيادة بالشكل الصحيح والمطلوب، مما يؤدي إلى عمل الحوادث المختلفة.

- عدم قدرة السائق على التركيز في القيادة، وذلك بسبب انشغاله في القيام بأي شيء آخر أثناء قيادته للمركبة، مما يؤدي إلى عدم القدرة على القيام بأمرين في ذات الوقت، وهذا سبب رئيس في الكثير من الحوادث التي تحصل في هذه الأيام.

- مخالفة القوانين المرورية الموضوعية، وخاصة عدم الالتزام بالإشارات المرورية التي تؤدي إلى تنظيم حركة السير، وهذه المخالفات تؤدي إلى حصول الحوادث المرورية.

- السرعة الزائدة والتهور أثناء القيادة، تؤدي إلى عدم قدرة السائق على التحكم بمركبته، وبالتالي حصول الحوادث الخطيرة، وتعد السرعة من أخطر الأسباب المؤدية للحوادث، والتي تؤدي في كثير من الأحيان إلى فقدان السائق لحياته.

- إهمال السائق للقيام بعمل صيانة وفحص دوري لمركبته، وتكمن أهمية هذه الفحوصات في إصلاح التلف والعطل الموجود في أي جزء من أجزاء المركبة، وتجنب الحوادث الناتجة عن عطل في المركبات.

- تعرض الطريق الذي تسير فيها المركبات للعديد من الأمور التي تؤدي إلى حصول الحوادث؛ كوجود منحنيات خطيرة في الطريق أو أعمال الصيانة على الطرقات، أو عدم وجود عوامل السلامة على هذه الطرقات.

- وأخيرا فإن للأحوال الجوية دورٌ كبير في حصول الحوادث الكثيرة، خاصة في فصل الشتاء، وتكون المطر والضباب، الذي يؤدي إلى عدم القدرة على الرؤية بوضوح.

A series of 25 horizontal dashed lines spanning the width of the page, providing a template for handwriting practice.

(29) القضاء على الملل

الملل هو شعور ينتاب الشخص في لحظة معينة يجعل منه كومةً من الحزن واليأس، فيشعر كأنه محبوس في زنزانية انفرادية، وهو أمر طبيعي لأن الحياة مليئة بالأشياء المملة، ولكن إذا استمر الشعور بالملل لفتراتٍ طويلة يُعيقُ حياة الإنسان ويعيق الانخراط في الحياة والتمتع فيها، ولذلك حتى نقضي على الملل علينا أولاً معرفة الأسباب وبعد ذلك إيجاد الحلول للقضاء عليه. وفيما يلي بعضاً من أسباب الملل:

الابتعاد عن الحياة الاجتماعية: في العصر الحالي ظهرت التكنولوجيا ووسائل التواصل الاجتماعي وأثرت بشكل كبير على حياة الإنسان، فالبعض يجلس لساعاتٍ طويلة دون أن يشعر فتذهب حياته دون أن يتمتع بها مع الآخرين، والمشكلة الحقيقية لا تكمن في كون الشخص يقرأ أو يتعلم على الإنترنت بل المشكلة هي التخاطب والتحاوّر مع الآخرين كتابةً دون مقابلة شخصية مما يجعل الحوار بارداً ومبتذلاً أحياناً، ومع مرور الوقت يشعر الإنسان بالملل والانطواء والعزلة عن الحياة شيئاً فشيئاً.

عدم الاهتمام بالوقت: الوقت مهم جداً ويجب استغلاله بالشكل الصحيح، وإذا كانت حياة الشخص دون هدف أو عمل أو حتى هواية تُصبح الأيام شبيهة ببعضها البعض، والنتيجة هي الملل.

التفكير في المشاكل: الجميع لديه مشاكل، ولم يولد أحد إلا وتولد معه المشاكل فهذه هي سنة الحياة، لكن التفكير المفرط بهذه المشاكل وعدم حلها والتعامل معها بطرقٍ صحيحة تجعل من الشخص يائساً فيملّ من الحياة ويغرق في المشاكل دن أن يشعر بالحياة حوله.

الغفلة عن الأمور البسيطة والممتعة: إذا حاول الشخص الذي يعاني من الملل أن يلتفت حوله ويرى كم من الأشياء الجميلة حوله والتي يمكن أن تسعده وتُدخل السرور عليه، فإنه سيجد الكثير من الأشياء التي تُعتبر حلماً عند الآخرين، فلو حاول الشخص الجلوس مع أحد والديه والتكلم معه فسيشعر بسعادة لا تتوفّر للكثيرين من الناس.

فإذا ما أراد الفرد القضاء على الملل فإن عليه إتباع بعضاً من النصائح الآتية مثل:

الانخراط في الحياة الاجتماعية: فالاندماج مع الحياة ومشاهدتها من الخارج أمر ضروري، ولن يشعر الشخص بهذه المتعة إلا عندما يزور صديق أو أخ أو عندما يجلس مع العائلة، فدائماً يجب تخصيص وقت للتمتع مع الآخرين والتحدّث معهم والترفيه عن النفس.

30) لماذا يجب الترشيد في استهلاك المياه

الماء هو أساس الحياة، فمن منا يستطيع العيش من دون ماء، لا بشر ولا حيوانات ولا نباتات تستطيع العيش بلا ماء، ولكن وللأسف أصبحت عملية توفير الماء تزداد صعوبة يوماً بعد يوم، فنتيجة الاحتباس الحراري وارتفاع درجة حرارة الأرض أصبح هطول المطر غير منتظم ويقل عاماً تلو الآخر، وأصبح البحث عن مصادر مياه جديدة أكثر إلحاحاً، ومن هنا تتبع أهمية العمل على ترشيد استهلاك المياه.

فمن الصعب إنكار أن كثير من الناس يعانون من انقطاع الماء المتكرر خلال فصل الصيف، إلا أن هذا الأمر يمكن تفاديه في حال تحمل كل فرد من أفراد المجتمع مسؤوليته تجاه ترشيد استهلاك المياه، فلأسف هناك العديد من الممارسات الخاطئة التي يقوم بها بعض الأشخاص والتي تؤدي إلى الإسراف في استهلاك الماء، فمثلاً يستعمل بعض الأشخاص خرطوم المياه لغسل السيارة بدلاً من استخدام الدلو، بالإضافة إلى إهمال البعض وعدم القيام بصيانة دورية لخزانات المياه للتأكد من عدم وجود أي تسريبات، والعمل على التفكير ملياً قبل هدر المياه في الاستحمام لساعات طويلة أو فتح مياه الصنبور بشكل متواصل ومستمر من أجل تنظيف الأسنان أو تنظيف المواقين.

ومن ثم تبرز أهمية ترشيد استهلاك الماء وذلك عن طريق الإلتزام بالإجراءات المتبعة من أجل التقليل والاقتصاد من استهلاك المياه للحدّ الذي يكون ضرورياً وحسب حاجة كل فرد من دون الإسراف أو إهدار المياه بشكل عبثي، ممّا يوفر المياه للاستخدامات الأخرى.

إن ترشيد استخدام الماء سيؤدي إلى إيجاد مياه نظيفة وصالحة للشرب للأجيال الحالية والأجيال القادمة، فمع ارتفاع درجة حرارة الأرض زادت عمليّة تبخر المياه، وبالتالي سيشكّل ذلك عائقاً أمام الأجيال القادمة في توفير المياه اللازمة لها، بالإضافة إلى تهديد الثروة الحيوانية بسبب زيادة الضغط على مياه البحار والمحيطات من أجل تحليتها، فالعمل على ترشيد استهلاك المياه سيساعد على إنقاذ كافة الكائنات الحية التي تعيش على الأرض.

كما ينبغي على الحكومة وصناع السياسة العمل على تأمين مصادر مائية لكافة أفراد الشعب من خلال اتباع خطوات محددة مثل البحث عن مصادر مياه جديدة من أجل الاستفادة منها والعمل أيضاً على زيادة احتياطي المياه. كما ينبغي العمل على تطوير مشاريع المياه والأبحاث الضرورية لتحلية مياه البحار والمحيطات من دون الإضرار بالثروة الحيوانية وزيادة وعي الطلاب في المدارس والجامعات

31) مقومات استقرار الأسرة

الأسرة هي اللبنة الأساسية التي يقوم عليها المجتمع، وتتكوّن من أفراد تربط بينهم صلة الرحم والقرابة، كما تساهم الأسرة في النشاط الاجتماعي في كلّ جوانبه الروحيّة، والماديّة، والاقتصاديّة وغيرها، ولكي ينسئى للأسرة القيام بوظائفها وتأدية دورها بشكل سليم لا بدّ أن تتوفر لها مجموعة من الأساسيات والمقومات التي تساعد على القيام بذلك، حتى يكون لها آثارها الإيجابية في حياة الأفراد. وفيما يلي بعضاً من هذه المقومات:

- **المقومات الاقتصادية:** أثبتت العديد من الدراسات أنّ الكثير من الانحرافات والمشاكل الأسريّة تعود إلى العجز عن ضبط النشاط الاقتصادي، وتوفير الخدمات والسلع الكافية لأفراد المجتمع، حيث إنّ عجز الفرد عن توفير احتياجاته الأساسيّة من مأكّل ومشرب ومسكن يدفعه إلى ارتكاب الجرائم، والمحرمات من أجل توفير الأموال كالسرقة، والنصب، فبالتالي يبتعد عن إطار أسرته، ويضعف قوامها وبنائها، وتبتعد بذلك عن الاستقرار والتنشئة السليمة.

- **المقومات الصحيّة:** تعتبر الصحة من أهم العوامل التي تحقّق استمرارية حياة الأسرة وحفظ النسل، وحتى تتحقّق سلامة النسل، لا بدّ من تنظيمه بحيث تكون عمليّة الإنجاب على فترات منظمّة ومتباعدة، وذلك لضمان حالة صحيّة جيدة للأمّ وجنينها، ومن جهة أخرى لضمان قدرة الأسرة على إشباع حاجات الطفل المتنوّعة، فحين يتعرّض الفرد للمرض والتعب فإنّ ذلك يؤثّر على أدائه ونشاطاته المختلفة، كما يؤثّر هذا العجز على مجرى حياته الأسريّة.

- **المقومات الاجتماعيّة:** إنّ الحياة الأسرية تقوم على الترابط والتكّيّف بين الأدوار الزوجية من ناحية الديمقراطية، والعواطف الوديّة، والإشباع الجنسيّة، وتربية الأبناء أو المشاركة في تقسيم العمل والمشاركة في السلطة، فعندما يتحول الزوجان نحو الأبوة تبدأ المسؤوليات الكبيرة على عاتقهما تجاه أبنائهما، فالآباء الذين يتقاسمان المسؤولية في تربية الأبناء يساهمان في تنشئة الأسرة بشكل سليم ومستقرّ بعيداً عن الانحطاط والتفكك الأسري والضعف.

- **المقومات الدينيّة:** يؤلف الدين في أيّ مجتمع بين واجبات الأفراد وحقوقهم، كما أنّ الدين يحكم تصرفات الفرد، ويضبطها، ويحافظ عليها من الانحطاط والضعف، والانحلال، والتفكك، كذلك يعتبر الدين قانون ونظام حياة متكامل من خلاله يوقع العقاب على كل من يتجاوز حدوده، ويتعدّى على حقوق

32) العلاقة بين الآباء والأبناء

تحتاج العلاقة بين الآباء والأبناء إلى الرعاية والاهتمام ورفدها دائماً بالمحبة للمحافظة عليها وعلى قوتها، فالعلاقة تبدأ منذ الصغر، حيث يجب على الوالدين الانتباه إلى أن البيت هو الموجّه الأول للأبناء والمؤثر الرئيسي في سلوكياتهم، فما يشاهدونه وما يحصلون عليه من طريقة تعامل، فإنهم يطبقونه في المستقبل، لذلك يجب أن يكون تعامل الآباء مع الأبناء تعاملًا لطيفاً وديمقراطياً ومعتدلاً. كما يجب الالتزام بالأخلاق الفاضلة والسلوكيات الجيدة من أجل أن يقتدي بها الأبناء وبالتالي تكوين علاقات طيبة فيما بينهم.

لكن مع تطور التكنولوجيا فقد حدثت هناك فجوة كبيرة بين الآباء والأبناء، فتجد الابن لديه الاستعداد للتحدث على مواقع التواصل الاجتماعي للساعات الطويلة مع أشخاص - ربما لم يمض على معرفتهم بهم إلا فترة قليلة - وليس لديه الاستعداد أن يجلس مع والديه، حيث يمل بسرعة أو يجلس صامتاً لا يشاركهم أحاديثهم أو ينشغل بهاتفه.

ويعود هذا الأمر إلى عدم وجود العوامل المشتركة بين الآباء والأبناء، فالأبناء ينجذبون للجلسات التي يشعرون بأنها ممتعة، وهنا يجب على الوالدين عدم إهمال هذه الناحية بل لا بد من التعامل بلطفٍ ولينٍ وبطريقة مريحة مع الأبناء ومراعاة حالتهم النفسية ومشاركتهم اهتماماتهم حتى لو شعروا بأنها ليست بذات قيمة، ولكن يجب التذكّر بأنها عند أبنائهم لها أهمية كبيرة.

ومن ثم يجب على الآباء تعويد الأبناء منذ الصغر على الجلسات الجماعية وعدم الانشغال عنهم بالأعمال الخارجية لتلبية متطلباتهم، فأحياناً الرعاية النفسية للأبناء أهم من توفير المسلتزمات والحاجات المادية لهم، كما يجب على الأم بالذات عدم تفضيل الانشغال بالأعمال البيتية على الجلوس مع أبنائها والاستماع إليهم وتعويدهم على التصريح بكل ما قد يتعرّضون له في حياتهم لمساعدتهم على تخطي أية مشكلة يواجهونها.

33) تأثيرات أجنبية على الرواية العربية

تحت تأثير كتاب غربيين كتبوا سيرهم بطريقة روائية مثل جان جاك روسو، وأرنست رينان، كتب طه حسين بعد أن أمضى سنوات طويلة في فرنسا، سيرته في "الأيام"، وفيها رسم صورة بديعة لسنوات طفولته في صعيد مصر. كما تبرز تأثيرات الروائيين الغربيين على طه حسن في روايته "أديب" التي يروي فيها سيرة مثقف مصري يدفعه شغفه بالثقافة الأوروبية إلى السفر إلى فرنسا للدراسة. وفي النهاية يغرق في ليل الجنون بسبب الصدمة القاسية مع الثقافة المذكورة.

وتتجلى تأثيرات كبار الروائيين الغربيين في أعمال توفيق الحكيم مثل "عودة الروح"، و"عصفور من الشرق"، و"زهرة العمر". كما تتجلى في "قنديل أم هاشم" ليحيى حقي، وفي "سبعون" لمخائيل نعيمة. وأما جبران خليل جبران فقد كتب جلّ أعماله تحت تأثير الرومانسين الغربيين.

ولم يكن الكاتب التونسي محمود المسعدي يخفي تأثيره بالفلسفة الوجودية كما تتجلى في الآثار الروائية لكل من جان بول سارتر، وألبير كامو، وغيرهما. وأما التونسي الآخر البشير خريف فلم يكن يخفي تأثيره بكتاب فرنسيين أمثال بروسبير ميريمي صاحب رائعة "كارمن" التي ألهمت ولا تزال تلهم كبار الموسيقيين الغربيين.

وقد لعبت الترجمات التي نقلت إلى لغة الضاد آثارا قصصية وروائية دورا كبيرا في تحفيز بعض الكتاب العرب على تجريب كتابة القصة. وهذا ما نعاينه عند المنفلوطي في كتابه "ماجدولين" الذي يتجلى فيه تأثير الكاتب الفرنسي بارنادان دو سان بيار. كما نلاحظه عند محمود تيمور الذي اتخذ من قصص الكاتب الفرنسي الآخر غي دو موباسان مثالا يحتذى به.

أما في تونس، فقد كتب علي الدوعاجي ومحمد العريبي أولى قصصهم التي ظهرت في الثلاثينات من القرن الماضي تحت تأثير قراءاتهم باللغة الفرنسية لقصص تشيخوف، وغوغول، وفلوبير وموباسان وببروسبير ميريمي.

وساهمت آثار كتاب القصة الأوائل مشرقا ومغربا في تطور اللغة العربية لتتحول من لغة محاكاة وانتحال لأساليب بالية وقديمة إلى لغة تعكس نبضات الواقع، وتتنطق بما فيه من أحداث وتحولات في جميع المجالات.

34) الهونزا، الفردوس التي لم تطأ أرضها الحضارة المادية

تعيش قبيلة الهونزا بمنطقة جبال الهمالايا المنعزلة عن العالم أجمع، وتتبنى أساليب حياتية بسيطة، تتيح لها التمتع بصحة جيدة، وعمر مديد، وتعد واحدة من أكثر المجتمعات سعادة على وجه الأرض، فضلاً عن أن الأمراض لا تعرف إلى مجتمعهم سبيلاً، فلم يظهر بينهم مصاب بأي من امراض القلب، أو السرطان، أو السكر، أو البدانة، أو ضغط الدم، أو أي من الأوبئة والأمراض المزمنة التي ظهرت وتفشيت في العالم اجمع .

ولمعرفة سر اعمارهم الطويلة، قام العلماء بالعديد من الأبحاث التي تناولت طريقة حياتهم وما يأكلون وما يشربون، وقد توصل الباحثون إلى وصايا تؤكد أن من يتبعها يمكن أن يزداد عمره ما بين 40-60 سنة . والغريب أن تمتع قبائل الهونزا بالعمر الطويل والصحة الممتازة يعود إلى ما لا يأكلون أكثر مما يعود إلى ما يأكلون، فهم لا يأكلون الكثير، ومجموع السرعات الحرارية لما يأكله الشخص البالغ منهم هو 1900 سعرة في المتوسط، في حين أن متوسط ما يأكله الفرد الأمريكي في اليوم يحتوي على 3300 سعرة حرارية، أما من ناحية الطعام الذي يأكله الهونزا فمعظمه من الخضار والبقول مع القليل من اللحم، وأقل منه من الدهون والزيوت.

يشير الباحثون إلى أن إطالة عمر الإنسان بمقدار 10 - 20 سنة يتمثل بزيادة كمية الجلونايتون وهي مادة طبيعية تتواجد في الخضار النيئة مثل القرنبيط والملفوف وبذور النباتات الخضراء وبعض أنواع الأعشاب والسنوبر وغيرها، وقد طبق الباحثون نمطهم الغذائي على الحيوانات فزادت أعمارها بنسبة 40%، ويقول الباحثون إن قبائل الهونزا تعيش في جو يحتوي على كمية كافية من الأوكسجين، وهم يتناولون المياه المعدنية النقية، ويمارسون أعمالاً تعادل التمارين الرياضية التي يمارسها الرياضيون، وكل ذلك يحسن دوران الدم في الجسم ويطرح السموم منه.

ان نمط طعام الهونزا يحتوي على الكثير من الخمائر، وهي مركبات تساعد على الهضم وتتوفر في الأعشاب التي يأكلونها ويتداوون بها وفضلاً عن ذلك يكثر من تناول الفاكهة، كما يقومون بجلسات تأمل لمدة ربع ساعة يومياً مما يؤدي إلى هدوء الأعصاب وزيادة القدرة على التركيز. وعندما قام البريطانيون بادئ الأمر باستكشاف هذه المنطقة في نهاية القرن التاسع عشر اندهشوا عندما التقوا أشخاصاً ادعوا بأن أعمارهم تزيد على 120 عاماً . ويؤمن سكان إقليم الهونزا بأنهم يعمرّون أكثر من سواهم في أرجاء المعمورة، ناسبين ذلك إلى طعامهم النقي الصحي.

(35) أخطر الامراض المصاحبة لإرتفاع ضغط الدم

لم يصبح أحد بعيداً عن التعرض للإصابة بإرتفاع ضغط الدم ، فبكل أسف إنتشر مرض إرتفاع ضغط الدم بشكل كبير وخاصة في السنوات الأخيرة الماضية ، وقد إزدادت نسب المصابين بإرتفاع ضغط الدم بشكل هائل وخطير ، فقد وصل عدد المصابون بإرتفاع ضغط الدم إلى حوالي 12 مليون شخص ، كما وصلت نسبة الوفيات نتيجة إرتفاع ضغط الدم إلى حوالي 9.4 مليون وفاة عالمياً بسبب مضاعفات إرتفاع ضغط الدم ، أو إرتفاع ضغط الدم ذاته ، أي أن نسبة كبيرة من مرضى ضغط الدم أو المرضى الذين يتعرضون للإصابة بامراض ناتجة عن ضغط الدم المرتفع يتعرضون للوفاة بشكل كبير ، وهو ما يشير إلى مدى خطورة مرض إرتفاع ضغط الدم ، فتسمية المرض بالقاتل الصامت أو مرض العصر القاتل كانت بالأساس نتيجة لهذه الإحصائيات المخيفة والمقلقة.

والمشكلة أنه نتيجة لإنتشار أمراض ضغط الدم بشكل كبير اعتبرها البعض أمراض بسيطة ، فالكثيرين يعانون منها ، لذلك فهي أمراض شائعة غير خطيرة أو مقلقة ، وهو ما ليس صحيحاً على الإطلاق ، فأمراض ضغط الدم أمراض خطيرة وتأثيراتها خطيرة أيضاً ، وما تحدثه من مضاعفات للجسم أخطر بكثير ، ويعرف ضغط الدم بأنه هو مدى مقاومة الشرايين للدم المتدفق خلالها ، والطبيعي أن تقاوم الشرايين القلبية الدم المتجقق منها ولكن بشكل معقول ، لكن المشكلة أنه عندما تزيد مقاومة الشرايين للدم ، فإن ضغط الدم يرتفع بشكل كبير ، وهذه الحالة تسبب متاعب كبيرة لمختلفة أعضاء الجسم ، فاللحظة التي يرتفع فيها مستوى ضغط الدم ، يتحمل القلب والشرايين ، والكبد ، والكليتين ، وحتى الدماغ أعباء صحية ثقيلة ، ولا ينتهي الخطر الذي يهدد هذه الاجهزة الهامة بالجسم إلا بإنخفاض ضغط الدم من جديد ، لذلك فإن أضرار ضغط الدم هي أخطر ما يتعلق بهذا المرض ، فهو يؤثر على جميع أعضاء الجسم.

و في أغلب الحالات لا يحدث إرتفاع ضغط الدم وحده ، بل تصاحبه بعض المشكلات الصحية أو الأمراض الأخرى ، فعلى سبيل المثال أثبتت بعض الدراسات أن حوالي 75 % من مرضى ضغط الدم يعانون من إرتفاع السكر في الدم أيضاً ، كما أن النسبة نفسها تشير إلى أن هؤلاء الأشخاص يعانون من إرتفاع الكوليسترول بالدم ، بالإضافة إلى مرضى القلب الذين يحدث بشكل كبير لهم إرتفاع ضغط الدم ، لذلك فيجب على مرضى ضغط الدم التعرف على المشكلات التي قد تواجههم نتيجة إرتفاع ضغط الدم ، حتى يتم التعرف على كيفية مواجهة هذه المشكلات وعلاجها ، لأن السبب الرئيسي لهذه

36) الكتاب الورقي.. هل تدفنه التكنولوجيا؟

بين عصر وعصر، تختفي وسائط المعرفة التقليدية وتبزغ وسائط جديدة، وبين هذه وتلك دائماً ما تثار الأسئلة عن التحديات وسبل البقاء ومواجهة الفناء.. يبدو هذا شديد الانطباق على الكتاب الورقي الذي أصبح الآن بين فريقين: أولهما يرى أن زمنه قد ولى انتهى ومصيره إلى زوال تحت تأثير الميديا الحديثة وثورة المعلومات الرقمية والاتصالات، وتوافر البدائل الرقمية المتعددة والمتنوعة للكتاب في صورته المادية التقليدية. يجسد هذا التصور ذلك الرسم الكاريكاتوري المثير للتأمل والنظر، فالكتاب هنا يشيع إلى مثواه الأخير (القبر)، وأما المشيعون الذي يرفعون جثته ويستعدون لمواراته التراب (هم/هي) أجهزة الآي باد والتابلت وأجهزة القارئ الإلكتروني في تمثيل رمزي لسطوة الوسائط الرقمية الحديثة.

فريق ثان ما زال متمسكاً بدافع الحنين والنوستالجيا وأمل خفي في بقاء الكتاب الورقي، يؤكد هذا الفريق أنه لا يمكن الاستغناء عنه مهما توافرت البدائل الرقمية وانمحت الحدود والمسافات، التجربة والممارسة التي يستند إليها مؤيدو هذا الفريق، أنه بالرغم من الثورة الإلكترونية الحاصلة، وتوافر كل سبل الحصول على المعلومات واستقاء المعرفة، فإن الواقع والحقيقة يؤكدان عزوف رواد الميديا الحديثة ومواقع التواصل الاجتماعي عن التعامل مع الوسائط الرقمية في القراءة بشكل كامل، ربما كسلاً أو تكاسلاً، وربما عدم تمرس واعتياد، لكن الأكيد أن السهولة المتناهية في الوصول إلى المعرفة وجمع المعلومات قد صار بوجه من الوجوه سبباً في قلة البحث والتدقيق والتوثيق ومراجعة المعلومات في مظانها الأصلية (الكتب الورقية القديمة).

في بقاع متعددة من العالم، ومنها عالمنا العربي، تبدو الإشكالية أكثر تعقيداً وتداخلاً، فالكتاب الورقي لم يعد يلقي رواجاً كبيراً، وقد أحجم عن قراءته جمهور كبير، فكيف بقراءة الكتاب الإلكتروني البعيد عن الشبوع والاستخدام حتى الآن، في الوقت الذي مازال فيه الكتاب الكبار والقراء من الأجيال التي تجاوزت الخمسين يفرعون من الكتابة الإلكترونية ولا يزالون يثقون بالورق والكتابة بالقلم، فكيف يكون استقبالهم للكتاب الإلكتروني ويتخلون عن الكتاب الورقي؟ هذا في ظن البعض "مستحيل" وخارج نطاق التصور فضلاً عن التحقق!

ما بين الممكن والمستحيل تتجلى عبقرية الإنسان وفق حركية التطور والتاريخ..

A series of 25 horizontal dashed lines spanning the width of the page, providing a template for handwriting practice.

37) كيف تكون صداقات ناجحة

إن الصداقة هي حالة اجتماعية تحدث بين البشر، ويكون أساسها المحبة والصدق، حيث إن البعض يلجأ إلى محبة الآخرين من أجل التخلص من إحساس الوحدة، ويكون المعنى الدقيق للصديق، بأنه الشخص الذي تقربه منك، وتقوم باطلاعه على جميع أسرارك وأمورك الشخصية، كما أن الصداقة هي مفتاح الحياة السعيدة، وبالتالي فإن الصداقة من أجمل الأمور التي قد يجدها الإنسان، فلا يستطيع الإنسان العيش وحيداً، كما أنه لا يستطيع الاكتفاء بالأهل الذين يعيشون معه، بل هو بحاجة إلى يد الأصدقاء. يقال بأن الابتسامه هي الطريق للوصول إلى قلوب الآخرين، كما أنها تعطي الشخص الإذن بالدخول إلى قلوب الآخرين .

كيف يمكن للإنسان أن يكون الصداقات الناجحة؟

لا تصاحب شخص لا تعرف عنه شيئاً، فليست كل علاقات الصداقات التي يقوم بها الإنسان خلال حياته تدوم فترة طويلة معه، حيث إن الخلل يكون في الطريقة التي بدأ فيها الصداقة، أو قد تكون من خلال المعايير الخاطئة التي اتخذها من أجل الحكم على علاقته بهذا الشخص، حيث إن الكثير من الأصدقاء يفضلون مصادقتك من أجل الحصول على مصلحة مؤقتة، ومن ثم اللجوء إلى غيرك، وبالتالي لا بد للإنسان أن يكون حذراً خلال تصرفاته، وخلال علاقاته بالآخرين. كما يجب أن يتذكر الإنسان دوماً أن الصديق هو العين التي يرى الدنيا من خلالها، كما أن المرء على دين خليله، فلا بد للإنسان أن يكون حريصاً في صداقاته، فيجب أن يحذر الإنسان من أصدقاء السوء، كما لا يجب أن يقوم الإنسان بمصادقة شخص لا يعرف عنه شيئاً، وذلك من أجل تفادي أن يكون لهذا الشخص ماضي سيء.

لا تدع الابتسامه تفارق وجهك:

إن الابتسامه غالباً هي الطريق إلى قلوب الآخرين، وهي بمثابة إشارة للحصول على محبة الآخرين، كما أن الابتسامه تعطي الشخص المقابل لك انطباعاً بأنك شخص جيد وحنون، ولا تكن الحقد والضغينة على أحد،

تقرب من الآخرين:

حاول أن تكون قريباً من الشخص الذي تريد أن تتخذه صديقاً لك، حيث إنّ القرب يعطي المجال للشخص بأن يجد نقاط التشابه بينه وبين صديقه، كما أن الإنسان يكون دوماً بحاجة إلى شخص ما من أجل تبادل الأحاديث معه دون الشعور بالضيق، أو دون الشعور بالحرج أثناء الحديث معه، فأساس علاقات الصداقة الناجحة هي التشابه الكبير بين الأصدقاء، ومن الممكن أن يكون أفضل مؤشر على التشابه بين الأصدقاء أن يكونوا في نفس العمر مثلاً.

حاول أن تنال محبة الآخرين:

التقرب من الآخرين لنيل محبتهم هي الطريق المختصر من أجل الوصول إلى العلاقات الناجحة في جميع المجالات، كما أن هناك طرق كثيرة من أجل أن يعبر الإنسان من خلالها عن محبته للآخرين، كما أنها يجعل منك محط إعجاب الجميع، كما أن الإنسان لا بد أن يتخذ من الكلمة الطيبة سبيلاً له سواء مع الأشخاص الذين يحبهم أو الأشخاص الذين لا يحبهم، فهي عنوان الشخص. وكما نرى بأن الإنسان لا يستطيع البقاء لوحده فترة طويلة، فيشعر دوماً بحاجة إلى وجود الآخرين معه.

الصداقة علاقة أخوة:

يجب أن يقوم أساس الصداقة على رابط الأخوة، وهي الخوف على صديقه كما يخاف على نفسه، حيث إنّ الأخ هو الشخص الوحيد الذي يمكن أن يخاف على أخيه، فالصديق الحقيقي يفرح لفرحة صديقه ويحزن على حزنه تماماً كما يحزن هو على نفسه. كما أن الصديق يحاول دوماً تعديل الأخطاء التي يقترفها صديقه، ولكن بطريقة بناءة، وليس بطريقة هادمة وبطريقة بعيدة عن التجريح أو الإحراج. وتبقى الصداقة دوماً هي أجمل العلاقات التي يمكن أن يمتلكها الإنسان ويحافظ عليها، كما أن علاقة الصداقة الحقيقية من الممكن أن تدوم فترات طويلة جداً فقد تصل إلى نهاية العمر.

(38) أهمية تنظيم الوقت

يُعتبر تنظيم الوقت من الأمور المهمة التي يجب أن تكون من الأولويات في حياة كل فرد، وضربت الكثير من الأمثال التي تدل على عظمة الوقت وأهميته في حياتنا، فيقول المثل الإنجليزي: (الذي لديه وقت لديه حياة)، فمن يُضيع وقته يُضيع حياته، ومن يكسب وقته يحصد إنجازاته، فيقول المثل العربي: (الوقت من ذهب إن لم تقطعه قطعك). ولتنظيم الوقت أهمية كبيرة في إنجاز الأعمال والسعي إلى تحقيق الأهداف، فمن يُنظم وقته جيداً يحصد النتائج المرجوة، فالوقت أثمن ما في الوجود.

طرق تنظيم الوقت:

- سجل نشاطاتك اليومية خاصة التي تُمارسها بشكل يومي، فعلى سبيل المثال سجل موعد استيقاظك من النوم، وما الذي تحتاجه من أجل بدء يومك، كالإفطار، أو الحلاقة، والوقت الذي يبدأ به دوامك، وما الذي تفعله بعد إنهائك لتلك الواجبات، كممارستك لهواية ما أو لقاء الأصدقاء.

- سجل النشاطات الاستثنائية التي ستحدث خلال الأسبوع، فعادة ما تحدث ظروفًا استثنائية على برامجنا الأسبوعية، والتي نعلم بحدوثها قبل وقت، كالمناسبات الاجتماعية الخاصة، فيجب أن نكون على استعداد لها.

- ضع جدولاً بالوقت الذي تحتاجه للقيام بكل نشاط فذلك أمر مهم جداً، إذ يُساعد على تنظيم اليوم بشكل سليم دون التأثير في البرنامج العام.

- ألغي الأنشطة التي لا فائدة منها، والتي تهدر الوقت والجهد، فلست مُجبراً على حضور كافة المناسبات والدعوات.

- رتب وقتك وفقاً للأهمية، بحيث تبدأ بإنجاز الأمور الأساسية في الحياة، كالعمل، والدراسة، والنوم، والأكل، ثم الأعمال الأقل أهمية، فالأقل.

- امتنع عن التأجيل، فمن شأن ذلك أن يهدم مخططاتك، وبرنامجك، فالتسوية يُنهى يومك دون إنجاز الأشياء بشكل تام.

- تجنب مجالات التسلية خلال القيام بالنشاطات الضرورية، حيث يؤدي الخلط بين المهم، والأقل أهمية إلى خسارة الأمور الأساسية.

39) كيف تكون ناجحاً في دراستك الجامعية

يُعدّ النجاح الأكاديمي من الغايات الحياتية الأساسية التي يسعى البشر إلى تحقيقها أثناء مراحل تعليمهم المختلفة، ابتداءً من المراحل التعليمية المبكرة الأولى، انتقالاً إلى التعليم الثانوي والجامعي وما بعد ذلك؛ حيث يتطلب تحقيق هذه الغاية بذل جهودٍ استثنائيةٍ تضمن ذلك، وفيما يلي سنخصّص الحديث عن أبرز السبل الكفيلة بتحقيق النجاح في الدراسة الجامعية على وجه التحديد، والتي تُعدّ المرحلة الدراسية الأهم؛ لأنها تُحدّد المستقبل المهني للفرد. ومن أهم هذه السبل:

- لا بدّ لك أن تحدّد الأهداف الرئيسية التي تسعى إلى تحقيقها أثناء دراستك الجامعية؛ حيث يُتيح لك ذلك السير بخطىً وثابتةً وواضحةً نحو هدفك، كما يجب عليك تحديد السبل والأدوات التي تدعم بدورها تحقيق هذه الأهداف في المواعيد المحددة لها.

- من المهمّ جداً أن تكون لديك رغبةً كبيرةً في خوض غمار التخصص الذي تدرسه؛ إذ تُعدّ أساساً لتحقيق النجاح المطلوب.

- من الجيد أن تكون متفرّغاً للدراسة؛ فالدراسة الجامعية تتطلب المتابعة المستمرة، والمشاركة في الفعاليات والأنشطة المختلفة، وحضور المحاضرات الخاصة بالمساقات الإلزامية والاختيارية.

- عليك امتلاك المهارات الأساسية؛ للقيام بالابحاث العلمية، التي تُعدّ من الركائز الأساسية في الدراسة الجامعية.

- عليك امتلاك مهارة تنظيم الوقت وإدارته، والتخطيط جيداً للدراسة، وعدم تكديس المساقات لحين أوقات الاختبارات الرسمية، حيث يُشكّل ذلك عبئاً كبيراً عليك، ويؤثر على تحصيلك الدراسي.

- عليك الاهتمام بصحتك البدنية والذهنية، وكذلك الفسيولوجية؛ فالقلق والتوتر، ونقص الفيتامينات، والمشاكل الصحية جميعها تؤثر سلباً على التركيز، والذكاء، والقدرة على الفهم والاستيعاب، وتقلل من فعالية القدرات الذهنية، ممّا ينعكس بصورة سلبية على التحصيل الأكاديمي.

- يجب أن تخصص بيئةً ومكاناً مناسباً للدراسة، وأن تبعد تماماً عن مُشتتات الذهن والتركيز، سواءً الضوضاء، أو أماكن تجمّع الأصدقاء والأهل، أو الأماكن المزدحمة، والأماكن ذات الإضاءة العالية، كما وينصح المختصّون في مجال التعليم باختيار أوقات الصباح للدراسة، بدلاً من أوقات الليل التي يقلّ فيها نشاط الجسم والذهن.

40) كيف أقضي وقت فراغي

يشتكى الكثير من الناس من مشكلة طول وقت الفراغ لديهم، حيث يشعرون بأن الوقت طويل، وممل، ويمر ببطء شديد، الأمر الذي يؤثر بشكلٍ سلبيٍّ على طبيعة حياتهم، إذ إنَّ الكثير من الناس يجهلون كيفية التعامل مع الوقت، والاستفادة منه، واستغلاله فيما يفيدهم وينفعهم، علماً أنه من الممكن القيام بعدة أمور لقضاء وقت الفراغ في كل ما هو مفيد ونافع مثل ما يلي:

- **البحث والتأمل:** يستطيع الشخص أن يقوم بالتأمل، وأن يجلس مع نفسه ويحاورها عن كل ما ترغب بالقيام به، حيث يبدأ بتحقيق هذه الهوايات والأحلام، فمثلاً إن كانت هذه الهوايات تحتاج إلى أدوات، فمن الممكن شراء هذه الأدوات، والاستمتاع بما يفيد وينمي المهارات، ويريح الأعصاب، ويعدل المزاج، ويقضي الوقت بكل الأمور الممتعة.

- **ممارسة التمارين الرياضية:** يمكن الاستفادة من وقت الفراغ باستغلاله في ممارسة التمارين الرياضية، والالتزام بها، علماً أنها تلعب دوراً أساسياً في الحصول على جسم عالي اللياقة، ورشيق، وذو قوام متناسق، كما أنها تخفّف الوزن الزائد، ومن الممكن الاشتراك في النوادي الرياضية لضمان الالتزام بالتمارين، وتكوين صداقات جديدة، والاستمتاع مع الأصدقاء الجدد.

- **حضور الندوات:** يمكن حضور الندوات، والاشتراك فيها، أو التسجيل في الدورات، والمراكز الثقافية، الأمر الذي يساهم في اكتساب المعرفة، والثقافة، وتوسيع المدارك، وزيادة الوعي، وعدم الشعور بطول وقت الفراغ.

- **الاشتراك بالأعمال التطوعية:** يستطيع الإنسان تقديم المساعدة للأفراد والمجتمعات، إذ من الممكن دهن الأرصفة، أو تنظيف الشوارع، أو تقديم المساعدة للفقراء، وإدخال البهجة إلى قلوبهم، ولا بدّ من الإشارة إلى أنّ مثل هذه الأمور تزيد الشعور بالسعادة، والراحة، وتشعره بأهمية وجوده في المجتمع، وقدرته على التغيير.

- **قراءة الكتب:** تعود قراءة الكتب على الفرد بالنفع الكبير، إذ تزيد معرفته وثقافته، وتنشط ذاكرته، علماً أنه من الممكن قراءة القرآن الكريم، أو المجلات، أو الكتب التعليمية، أو القصص المسلية، وينبغي تحديد وقت لقراءة كل ما يحبه ويفضله.

41) كيف حقق نظام التعليم في فنلندا الجودة والتميز ؟

يعتمد نظام التعليم في فنلندا على رؤية تربوية أصيلة منبثقة من ظروف الحياة والواقع المعيش في فنلندا، وطبعًا هذا لا ينفي الاطلاع على تجارب الآخرين والتأثر بها، ولكن بدون النسخ والنقل الحرفي عن مصادر خارجية أجنبية!

وتؤكد الرؤية التربوية في فنلندا على مبدأ المساواة وتكافؤ الفرص بين جميع المتعلمين، فالمدارس حكومية مدعومة وممولة من الدولة، ولا فرق في المستوى بين مدارس المدن أو الأحياء الريفية والمدارس في مجمعات قروية أو أحياء شعبية. وحظّ المدارس الخاصة في فنلندا شبه معدوم، ولا تشجع الدولة على فتح مثل هذه المدارس! ويضمن دستور البلاد حقّ التعليم المجانيّ للجميع وفي كلّ المراحل، ولا فصل أو عزلة للطلاب ذوي الاحتياجات الخاصة، بل يتعلمون مع بقية الطلاب، ويحظون كغيرهم للعناية والاهتمام.

والتعليم في فنلندا يهدف إلى تنمية شخصيّة الطالب المتكاملة في جوانبها وأبعادها المختلفة: العقلية والبدنية والنفسية والروحية والاجتماعية والجمالية. وتؤكد الرؤية، كذلك، على إكساب منظومة قيم إيجابية للطلاب تتمثل في غرس قيم الاستقامة والعدل والتسامح والتعددية وقبول المختلف والانتماء والعباء.

وتوفّر فنلندا للطلاب مؤسسات ومدارس عصرية، فالمباني والغرف واسعة مزودة بجميع التجهيزات ووسائل الراحة والتعليم، وهناك المختبرات وأماكن الاستراحة والأكل، وهناك مرافق أخرى كالمكتبات والملاعب الرياضية وقاعات الأنشطة والمسارح وكلّها مجهزة لتستجيب لحاجات المتعلمين للعب والتسلية والتعلم والرياضة.

ويحظى المعلمون في فنلندا بمكانة مرموقة قد توازي مكانة الأطباء والمحامين – وربما تزيد أحيانًا – وتسعى الدولة إلى جذب الممتازين واستقطابهم لهذه المهنة، وتقوم بإعدادهم وتأهيلهم بصورة مكثفة وموسعة في الجامعات في مواضيع تخصصهم المتنوعة الحديثة التي تمكّنهم من أداء مهامهم والتعامل مع مستويات الطلاب وقدراتهم المتباينة، ويلاقى المعلمون الدعم والتشجيع والإثراء بعد تخرّجهم وانخراطهم في العمل في المدارس مع الطلاب.

ولتسهيل العمل ونجاحته لا يدرّس المعلّمون أكثر من 4 حصص/دروس في اليوم، أمّا بقية الوقت فيقومون بالتخطيط والتحضير لعملهم أو بإرشاد الطلاب وتوجيههم، أو بإثراء أنفسهم بكلّ جديد يرتبط بعملهم، أو بالتشاور والتنسيق والتعاون مع بعضهم البعض.

يتمتع المعلّمون بالاستقلالية في التدريس وبالمشاركة الفعّالة في إعداد المناهج الدراسية وبلورتها، وفي اختيار المضامين التي تلائم طلابهم.

ويتمّصف المعلّمون بالحرفيّة/المهنيّة في عملهم، ويعتبرون التدريس رسالة ومسؤوليّة وطنيّة، ويتحلّون بالدافعيّة والحماس في ممارسة عملهم، ولا يشعرون بالملل والإحباط، وغالبًا ما يستمرون في وظائفهم حتّى الخروج للتقاعد.

أمّا علاقة المعلّمين ببعضهم – داخل مدارسهم أو مع معلّمين خارجها – فهي علاقة وديّة وتعاون وانفتاح ممّا يثريهم ويرقى بمعارفهم وأدائهم.

ويبتعد التعليم في فنلندا عن أساليب التلقين والحفظ والإيداع، بل يهتمّ بتعليم الطلاب المهارات الأساسيّة، وتنمية التفكير والإبداع والنقد، وإكساب مهارات التعلّم الذاتيّ لمواجهة ظاهرة انفجار المعرفة وتراكمها وتقادمها، من هنا حاجة المتعلّم للتعلّم الذاتيّ، وللبحث والتحميص والغربلة، واتخاذ المواقف والإحكام، وللتعلّم الدائم بعد التخرّج.

ولا يُنقل المعلّمون على الطلاب، فلا اختبارات ولا امتحانات معيارية خارجية مُرهقة ومزعجة، ولا وظائف بيئية ممّلة – إلّا ما ندر ولوقت محدود جدًّا – ودور المعلّمين هو تشخيص الطلاب ومعرفة قدراتهم ومستواهم ليلائموا لهم المواد والمضامين التي تتناسب مع التشخيص.

42) تقويم أداء المعلم : الأهمية – المفهوم – الكيفية

نظراً لما يتميز به دور المعلم من أهمية في تربية الناشئة وضرورة توفر أساسيات علمية تدعم أدائها التدريسي والتربوي للقيام بهذه المهمة بنجاح، فقد احتل تقويم عمل المعلم مكانته بين قائمة مواضيع البحوث والدراسات التربوية “فالمعلم يمثل الدعامة الأساسية التي يُؤسس عليها النمو المتكامل لدى الناشئة في أي مجتمع من المجتمعات، وذلك لأن مهمة المعلم لا تقتصر فقط على تلقين المادة العلمية باستخدام عدد من الأساليب والأنشطة التعليمية، وإنما تتعدى ذلك ليكون قادراً على متابعة تعلم التلاميذ ونموهم”. ومن هذا المنطلق يصبح تقويم أداء المعلم أمراً في غاية الأهمية وذلك لأنه ومن خلال التقويم يمكن الكشف عن مدى إلمام المعلم بمهامه و مستوى إتقانه لها.

ويتفق الكثير من المختصين في تعريف عملية تقويم أداء المعلم بأنها العملية التي يتم فيها إصدار حكم حول أداء المعلم من الناحية المهنية. ويقوم بإجراء هذه العملية كل من المدراء والمعلمين والموجهين للتأكد من النمو المهني المستمر لديه. ومن أهم مجالات تقويم المعلم:

- **المهارات المعرفية:** وهي حصيلة ما كونه المعلم من معلومات وأفكار من خلال سنوات تأهيله كمعلم أو من خلال سنوات عمله بالتدريس، وهذه الحصيلة تتصل بخصائص المدرسة التي يعمل فيها وأهدافها، ووسائل الاتصال وقنواته، ونظام المعلومات والحقائق المتعلقة بكيفية تسيير العمل وتطويره وتقويمه.

- **المهارات الإنسانية:** وهي تلك المهارات التي تتصل بفهم كيفية التعامل مع أنماط العلاقات الإنسانية المختلفة، فالمدرسة تمثل نسيجاً اجتماعياً بما تضمه من زملاء، و التلاميذ وعائلاتهم التي تنتمي بدورها إلى شرائح متعددة من المجتمع، بالإضافة إلى علاقات التلاميذ مع بعضهم البعض، وكل هذا يمثل الوسط المدرسي.

وهناك طرق محددة لتقييم أداء المعلم من أهمها:

أ- **التقويم خلال العمل:** وهي ملاحظة المعلم أثناء عمله لجمع المعلومات المتعلقة بنوعية التدريس ومهاراته.

ب- **تدريبات الأداء:** ويكون ذلك في صورة واجبات أو تعيينات، أو تصميم بعض المواد، وذلك للكشف عن قدرة المعلم على الفهم والأداء.

43) مخاطر استخدام الأطفال للهواتف المحمول

من المؤكد إن استخدام الهواتف المحمولة بالنسبة للأطفال قد يكون له أضرار تفوق أضرار استخدامه من قبل الكبار. فمن المعلوم أن جسم الأطفال ينمو في فترات الطفولة المختلفة، ويكتمل تكون الدماغ، والجهاز العصبي أيضاً، ومع صغر سن الطفل يكون جهازه العصبي والمناعي ضعيف، مما يجعله أكثر عرضة من غيره من الكبار للتعرض للأضرار المختلفة، لذلك تعتبر الهواتف المحمولة أكثر خطورة على الطفل من على الكبار.

وتعتبر أولى الدراسات التي ركزت على أضرار الهاتف المحمول على الاطفال الصغار، هي دراسة سويدية أجريت في 2000، حيث أوضحت هذه الدراسة أن الاطفال الذين يستخدمون الهواتف المحمولة لفترات طويلة يصبحون أكثر عرضة من غيرهم من الأطفال للإصابة بأورام المخ، حيث يزيد استخدام المحمول وما يصدره من اشعاعات على نمو الخلايا السرطانية في المخ، وقد أجريت هذه الدراسة لمدة 10 سنوات، وخضع لها عدد كبير من الاطفال منهم من يستخدمون الهواتف المحمولة، ومن لا يستخدمونها، وتم التوصل إلى أن الاطفال الذين يستخدمون هذه الاجهزة تحدث العديد من التغيرات السلبية في جسمهم ويزيد احتمال إصابتهم بالسرطان.

ولم تتوقف الدراسات عند هذا الحد، فقد أجريت أيضاً دراسة أمريكية في جامعة فرجينيا، حيث أوضحت الدراسة أن مخاطر الإصابة بأمراض الدماغ تزيد عند المراهقين، حيث أن الموجات الكهرومغناطيسية الموجودة في المحمول تتوغل في رأس المراهقين، وهو ما يجعلهم عرضة للعديد من الاضرار الصحية الخطيرة.

وتبعت هذه الدراسة دراسة أخرى أجريت في معهد تشخيص الاعصاب، أشارت إلى أن إجراء الطفل لمكالمة واحدة من الهاتف المحمول لمدة دقيقتين فقط تجعل موجات الهاتف المحمول تتوغل في منتصف الدماغ تماماً،

وليست الأذن، وهذا يعطينا فكرة عن كم الاضرار التي يمكن أن تسببها هذه الهواتف الذكية للأطفال

وحيث أن الهواتف المحمولة أصبحت جزء لا يتجزأ من حياتنا اليومية، فقد اجتمعت الأبحاث والدراسات على مجموعة من القواعد لكي يستخدم الاطفال الهواتف المحمولة، دون التعرض لأضرارها الخطيرة، وهي:

44) الطب البديل

يتطور العالم وتتطور معه الحياة التي نعيشها في كل المجالات، فالثورات العلمية متلاحقة، ورفاهية الإنسان متحققة، إلا أن ما يفسد الفرحة بهذه الإنجازات هو أن الأمراض تتوحش، فالسرطان يقوى وتنتشر أعداده، وكذلك الفشل الكلوي، والفيروسات الكبدية الفتاكة، بالإضافة للإيدز والسكر وضغط الدم وأمراض القلب.. الخ. ورغم تطور الطب وإمكاناته إلا أنه يقف عاجزاً أمام هذه الأمراض، مما جعل "الطب البديل" يزدهر ويقوى، ويصبح له دعاة ويصبح له سوق أيضاً.

ولأن هذا الطب البديل يهدد مصالح شركات الأدوية والأطباء والصيدالة، فقد كانت هناك حملات شديدة وواسعة لتشويه العاملين فيه والداعين إليه، والتشكيك في جدواه وفاعليته.

وفي هذه السطور نتحدث مع أساتذة وأكاديميين ومتخصصين في الطب، حتى لا يتهمنا أحد بالجهل كما اتهموا العاملين بالطب البديل، نتحدث عن حقيقة هذا الطب ومجالاته وفاعليته.

مرتكزات الطب البديل:

وفكرة الطب البديل تعتمد على إثارة الجسم للشفاء بالطرق الطبيعية، وقد انتشرت في الآونة الأخيرة مراكز الطب البديل، وحقت نجاحات كبيرة، وخصوصاً في الأمراض المزمنة، وفي ظل تنامي الآثار الجانبية لمعظم الأدوية الكيماوية.

تتبع أهمية الطب البديل من اهتمامه بالإنسان ككل أي ما يدعى النظرة الشمولية ولا تقتصر نظرتة فقط على المرض كما أنه أثبت فاعلية كبيرة في علاج أمراض استعصت على الطب المضاد الغربي الحديث، كما تتبع أهميته بقلة أو انعدام آثاره الجانبية، إضافة لرخص الثمن، وتوفره، وعدم احتكاره من قبل شركات عملاقة لا يهتما إلا الربح المادي. ومع اعتراف منظمة الصحة العالمية بأغلب فروع الطب البديل أخذ ينتشر في العالم ويتعرف عليه الناس، بفضل جهود كثير من الاختصاصيين في هذا المجال الذين أفنوا عمرهم في إيجاد علاج لأمراض كثيرة أصابت الإنسان وما زالت تصيبه.

ومن طرق ووسائل الطب البديل، العلاج بالإبر الصينية، والمغناطيس، والأعشاب الطبية، ورحيق الزهور، والعلاج بالألوان والأشكال الهندسية، والعلاج بالطاقة والماء. والأساس العلمي لمعظم هذه العلاجات يعتمد على أن الجسم فيه طاقة التي تمنحه الحياة، وتلك الطاقة تأتي من العناصر الوراثية، ومن الأب والأم، ومن الطاقة الطبيعية من البيئة، وتلك هي الطاقة المكتسبة.

45) الفرق بين السكن مع عائلة، والسكن الخاص عند الدراسة في بريطانيا

إن من الأمور التي تُورق الكثير ممن يرغبون الدراسة في بريطانيا هي تكاليف الدراسة وكذلك الأمور المتعلقة بالسكن، وهو أمر في غاية الأهمية، ويحتاج إلى اهتمام من الدارس وإلى وقت كافٍ للبحث عن سكن مناسب يوافق احتياجاته، ويلبي رغباته. ومن ناحية السكن في بريطانيا للطلاب فإنه أمام عدة خيارات مختلفة تتمثل في إما السكن الخاص أو السكن مع عائلة بريطانية. وكل له مميزاته وعيوبه.

أولاً: السكن مع عائلة: قد يحتاج الدارس في المعاهد البريطانية إلى السكن مع عائلة، وقد يضع تصورا في مخيلته عن مميزات الدراسة في بريطانيا مع عائلة ومشاركة السكن معهم ثم حين يواجه الحقيقة يجد أن الأمر ليس كما تصوره لذلك نوضح هنا مميزات السكن مع عائلة أثناء الدراسة. وأهم تلك المميزات الخاصة بالدراسة في بريطانيا مع عائلة هو اكتساب اللغة الانجليزية وتطوير المهارات الخاصة بالتحدث بفضل التعامل مع أفراد العائلة البريطانية التي يسكن معها، وذلك لأن دراسة اللغة الإنجليزية أمر ضروري للمعيشة في لندن للمبتعثين، وقد يوفر ذلك على الدارس أيضا تكاليف دراسة اللغة الانجليزية في بريطانيا.

ويوفر الكثير من المصاريف الحياتية فضلا عن قيمة الاستئجار فالطالب سيوفر قيمة فواتير الكهرباء والإنترنت.. الخ.

أما سلبياته فتتلخص في تقييد بعض من حرية الدارس الشخصية مثل تقييده بموعد للاستيقاظ ومواعيد معينة للخروج أو الدخول إلى المنزل. وكذلك فهناك بعض من الدارسين الذين لم يستطيعوا التوافق في سكن مع العائلات البريطانية بسبب الاختلاف في الثقافات والعادات، وصعوبة الاندماج في المجتمع الإنجليزي.

ثانياً: السكن الخاص: وهو أن يستأجر الدارس سكنا خاصا به يعيش فيه بمفرده. فبعض الدارسين يفضلون المعيشة بمفردهم في سكن خاص فالسكن الخاص هو أنسب مكان لهم لممارسة حرياتهم في خصوصياتهم الحياتية مثل عدم التقييد بمواعيد معينة، واستضافة من يريدونه من أصدقاء.. الخ.

أما السلبيات التي يواجهها الساكن في مكانه الخاص فهي الملل وعدم وجود من يتحدث إليه ويؤنس وحدته.

كذلك هو عبء على الدارس من حيث تحمل النفقات المضافة إلى تكاليف الدراسة فالدارس سيتحمل

مصارييف الاستئجار وكل ما يتعلق بالأمر الحياتية من الطعام والشراب والفواتير الخاصة بالشقة من الكهرباء والانتترنت والمياه..الخ.

وكذلك افتقاد الدارس لمن يعينه على تطوير مهارة التحدث باللغة الانجليزية فدراسة اللغة الإنجليزية في بريطانيا هي أمر مهم للمعيشة في لندن للمبتعثين سواء في تعاملاته الحياتية أو مجال دراساتهم المختلفة.

نصائح للدارسين في المعاهد البريطانية عند اختيارهم السكن مع العائلة:

الدراسة في بريطانيا مع عائلة تستلزم من الدارس أن يأخذ بعدة نصائح تساعد على الاندماج مع العائلة نتناول أهم نقاطها فيما يلي:

1. اختر بعناية العائلة التي سوف تسكن معها بحيث تكون ظروفها موافقة لظروفك.
2. اختر العائلة التي تتكون من أشخاص كبار في السن أو أطفال إن كان ذلك ملائما لك حتى تتمكن من دراسة اللغة الانجليزية وتطوير مهاراتك في التحدث بها
3. اختر المكان المناسب بحيث يكون قريبا من مكان دراستك.
4. تعرف على قوانين العائلة ونظامها وادرسها جيدا واحترمها.
5. المحافظة على نظام ونظافة الأماكن التي تعيش فيها مع العائلة.
6. لابد أن تكون صورة حسنة وسفيرا لبلادك بتعاملاتك وأخلاقك.

46) دوافع البحث عن العمل أثناء الجامعة : كيف تحصل على عمل أثناء الجامعة ؟

دوافع البحث عن العمل أثناء الجامعة : الشباب عامة والطلبة الجامعيون على وجه الخصوص، دائماً ما يكونون بحاجة إلى مزيد من المال. قد يكون من أجل الحاجات الضرورية كالغذاء واللباس ونفقات التعليم، كما قد يكون لغايات كمالية تتطلبها مرحلة الشباب لدفع نفقات مختلف الأنشطة من رياضة وسينما ورحلات وما إلى ذلك. الأكد أن الشباب من كلا الجنسين حين يقتحمون الحياة الجامعية يميلون بسرعة للبحث عن الاستقلالية وتحمل المسؤولية، وأولئك الذين ينجحون في الحصول على عمل بالموازاة مع دراستهم الجامعية، هم من يختصرون الطريق إلى ذلك.

كيف تحصل على عمل أثناء الجامعة: قد يكون من الصعب العمل بداية من السنة الأولى، ولا ينصح في الغالب بذلك، نتيجة عدم وفرة الوقت إلى جانب كون السنة الأولى عموماً صعبة على الطلبة حيث يتغير المحيط كلياً من حولهم وتكون عملية تكيفهم صعبة وتأخذ في أحسن الحالات بعضاً من الوقت. لذلك ينصح البدء في البحث عن العمل بداية من السنة الثانية، حيث تتوفر بعض المساحات في جدول الطالب، كما يكون قد اكتسب خبرة كافية للتعامل مع دروسه بالموازاة مع عمله.

أول مكان يجدر بك البحث فيه هو الجامعة نفسها، إذ أن الجامعات تعرض بانتظام فرص عمل موجهة لطلبتها. العروض تشمل العمل في المكتبة، في المطعم، أو في التحضير لمختلف النشاطات الثقافية والعلمية. وبالرغم من أن الراتب في الغالب منخفض نسبياً، إلا أنها توفر الكثير من الإيجابيات المعتبرة، وأهمها أخذ الجامعة على عاتقها تنظيم ساعات العمل مع ساعات فراغك، وبالأخص كونك ستعمل بالقرب من حجرة الدرس، ما سيسهل عليك بالتأكد التنقل بين العمل والدراسة. لا تتردد في قبول أي عروض مطروحة من قبل الجامعة، وبالأخص، عليك مباشرة البحث منذ بداية الموسم الجامعي كون عروض العمل تكون محدودة جداً مقارنة بعدد الطلاب ما يجعلها تنفذ بسرعة كبيرة.

وجهة الطلاب المفضلة خارج الجامعة تكون في الغالب العمل بدوام جزئي في المطاعم والمراكز التجارية ومختلف محلات الألبسة والخدمات. ذلك أن المدن التي تحتوي على جامعات تتميز بحركة كبيرة وفي الغالب ما تحتوي على عدد كبير من المطاعم والمحلات. حضر عدة نسخ من سيرتك الذاتية، واقصد كل الأماكن التي يمكنها أن تمنحك الفرص. اسأل بأدب إذا ما كان المحل يعرض فرص عمل للطلبة، قدم سيرتك الذاتية دون محاولة للإسهاب في وصف معارفك وخبراتك فهم يعلمون أن جل الطلبة لا يملكون الخبرة ويركزون في الواقع على احترامك للوقت ولمسؤوليات العمل. على كل

47) طرق الصيد عند الحيوانات

تحتاج الحيوانات جميعها إلى الغذاء كي تنمو وتبقى على قيد الحياة، وللحيوانات أساليبها المختلفة في الصيد؛ فالحيوانات غير اللاحمة التي تتغذى على الأعشاب ما عليها سوى المشي باتجاه الحقول والمراعي الخضراء بحثاً عن الغذاء، أما الحيوانات المفترسة فعليها أن تبحث عن حيوان لتصطاده، فإما أن تصطاد بالمطاردة، أو المباغثة، أو الحيلة والفخ. **الصيد بالمباغثة**

نَعْنِي بالمباغثة أنَّ الحيوان لا ينتقل من مكانه للبحث عن فريسته؛ بل يَبْقَى ثابتاً في مكانه، مع استخدام الوسائل التي تساعده على الإيقاع بفريسته، وذلك مثل التخفي والتنكر بتغيير اللون، كالحرباء مثلاً، إذ تغير لون جلدها المطاطي، ثم تهجم فجأةً على الفريسة؛ فالحرباء تصطاد الحشرات عن طريق إخراج لسانها بسرعة باتجاه الحشرة الهدف، ثم تسحبها بلسانها حيث تكون قد التصقت به، ثم تقرضها وتبتلعها، كما يتمكن الحبار من مباغثة فريسته عن بُعد بفضل ذراعيه الطويلتين القادرتين على التمطط.

الصيد بالمطاردة

تصطاد بهذه الطريقة الحيوانات السنورية كالأسد، والنمر، والفهد، وكذلك الحيوانات الكواسر كالنسر، والصقر، وسمك القرش؛ حيث يتطلب هذا الأسلوب التنقل للبحث عن الفريسة، ثم عند تحديد موقعها والتأكد من تشتت انتباهها يتم الاقتراب منها بهدوء حيث تنقض عليها وتفتك بها، وغالباً ما تشعر الفريسة بالخطر قبل الانقضاء عليها فتسارع بالهرب، وتبدأ المطاردة حيث تستغرق بضع دقائق فإما أن تنجو الفريسة، أو تقع بين أسنان ومخالب مطاردها، فالأسد مثلاً يمتلك أنياباً طويلة حادة، ومخالب معكوفة، مما يُمكنه من تمزيق لحم فريسته وكسر عظامها، أما نهجه في الصيد فيكون عندما يصبح الأسد على بعد خمسة عشر متراً من فريسته فإنه يندفع بأقصى سرعته نحوها، ثم يُمسك بعنق الفريسة أو رأسها، ثم يخنقها، ويحدث أحياناً بأن تصطاد الأسود مجتمعةً، حيث تختبئ بعضها بينما يقوم البعض الآخر بالإحاطة بالفريسة، ثم يطاردها باتجاه الأسود الكامنة بين الحشائش الطويلة، ومن الملاحظ أن أنثى الأسد هي من تصطاد الفرائس في الغالب، أما الذكور فهي لا تشارك في الصيد إلا نادراً، وبعد النيل من الفريسة يتقدم الأسد الذكور ليأكل منها أولاً، ثم تليه باقي أفراد الزمرة.

الصيد بالخدعة والحيل

تستعمل العناكب هذه الحيلة حيث تنصب شباكها بمثابة فخ لتوقع بفريستها، ثم تختفي وتراقب وقوع الفريسة في الفخ، كما أن بعض العناكب تختبئ وسط الأزهار دون حركة، منتظرةً أن تحط نحلة أو

48) نقص المناعة عند الأطفال

جهاز المناعة: الجهاز المناعي هو المسؤول عن عملية مقاومة الأمراض ومكافحة الجراثيم والأوبئة التي قد تدخل إلى الجسم، ويتكوّن هذا الجهاز من أنواعٍ مختلفةٍ من الخلايا، تلعب كلُّ منها دوراً في المحافظة على سلامة الجسم. فلولا هذا الجهاز لاستطاعت الفيروسات والجراثيم أن تُهاجم الجسم وتضعفه مما قد يؤدي إلى الوفاة؛ حيث يعمل هذا الجهاز كأنظمة الحماية من الفيروسات في أجهزة الكمبيوتر. ويُعتبر الأطفال هم الفئة الأكثر التي تعاني من الإصابة بالأمراض نتيجة عدم تطوّر جهاز المناعة لديهم وبالتالي سهولة تعرضهم لهجوم الجراثيم ومسببات الأمراض.

نقص المناعة عند الأطفال: نقص المناعة هو عدم قدرة جهاز المناعة على مكافحة الجراثيم والأوبئة، وقد يكون نقص المناعة مكتسباً مع الأيام، وقد يكون وراثياً يولد مع الطفل؛ حيث يكون عبارة عن مجموعةٍ من الأمراض التي تنتقل من الأم إلى الأبناء. تظهر أعراض إصابة الطفل بنقص المناعة بإصابته بالأمراض بشكلٍ كبيرٍ وشديدٍ، فمن الطبيعي أن يُعاني الطفل من نزلات البرد من ثلاث إلى أربع مراتٍ سنوياً، ولكن عندما تزيد عدد مرات البرد بشكلٍ شديدٍ، بحيث تتفاقم هذه الإصابات لتؤدي إلى دخول الطفل بنوباتٍ من السحايا أو الإسهال المزمن أو ظهور التقيحات على الجلد أو تحول التهاب الحلق إلى التهابٍ رئوي حاد يحتاج الطفل إلى الدخول إلى المستشفيات لتلقّي العناية والاهتمام فإنّ ذلك يدلّ على نقصٍ في المناعة. كما تكون إصابة الطفل بالميكروبات متكرّرة، مثل التهابات الأغشية الخلوية، وتسمّم الدم، والتهاب العظام لأكثر من مرةٍ في العام.

طرق زيادة كفاءة عمل جهاز المناعة عند الأطفال:

- تقديم التغذية السليمة للطفل، وخاصةً الخضار والفواكه الطازجة؛ حيث تحتوي على الفيتامينات والبروتينات والأملاح المعدنية، وكلها يحتاج إليها جهاز المناعة عند الطفل، والتركيز على تناول اللحوم والدواجن والأسماك، وإذا كان الطفل ما زال رضيعاً فمن الأفضل الاستمرار بالرضاعة الطبيعية لأنها تزيد من مناعة الطفل بشكلٍ كبيرٍ وتزوّده بما يحتاج إليه من عناصر غذائية.

- إعطاء الطفل مقداراً كافياً من النوم، فجسم الطفل يحتاج إلى الراحة والنوم لتجديد النشاط وزيادة كفاءة عمل جهاز المناعة، فحرمان الطفل من النوم يؤدي إلى إضعاف جهاز المناعة لديه.

49) أسباب تأخر الكلام عند الأطفال وعلاجه

هناك تفاوت بين القدرات التي يمتلكها الأطفال في العديد من الجوانب التي تمرّ بهم وبحياتهم في مرحلة الطفولة، كالتفاوت في البدء في الكلام، فهناك أطفال يتكلمون في سنّ مبكّر من طفولتهم، وهناك قسم آخر يتأخّرون في الكلام مقارنة مع غيرهم من الأطفال، وفي بعض الحالات يكون التأخّر أمراً طبيعياً ولا يحتاج إلى القلق، ويكون ناتجاً عن عدم قيام الأهل بالحديث بشكل متواصل وكبير مع الطفل، وحالات أخرى يكون التأخّر لسبب غير طبيعي ويحتاج إلى متابعة ومعالجة من قبل الأهل، حتّى يتمكّنوا من حلّ مشكلة تأخّر الكلام عند طفلهم، وجعله قادراً على الكلام بالشكل الطبيعي. ولتأخّر الكلام عند الطفل مجموعة من الأسباب وهي:

- **الأسباب العضوية:** وهذه الأسباب تعود إلى حدوث خلل في أعضاء الطفل والمتعلقة بالنطق كمشكلة اللسان المربوط، وهذه المشكلة يعاني منها الكثير من الأطفال، وتكمن هذه المشكلة في أنّ الطفل يولد ولسانه مربوط بواسطة حزام نسيجي يربطه إلى الجهة السفلى من اللسان، لكن هذه المشكلة ليست بالأمر الخطير، بل طريقة علاجها سهلة ولا تستدعي القلق، وذلك من خلال قيام الطبيب المختص بإجراء عملية سهلة وبسيطة، عندما يلاحظ الطبيب وجود هذه المشكلة بالفعل عند الطفل.

- **الأسباب النفسية:** تؤدّي هذه الأسباب إلى عدم قدرة الطفل على النطق بشكل طبيعي، ومواجهة الصعوبة في إخراج الأحرف من مخرجها الصحيحة، وهذه الأسباب تحدث للطفل عند تعرضه لبعض المواقف التي تؤثر بشكل سلبيّ على نفسيته كفقدانه لشخص عزيز عليه كالأم أو الأب أو التحدث معه بطريقة تؤدّي إلى تخويفه وقلقه أو قلّة الحديث مع الطفل.

- **اختلاف اللغة:** تؤدّي هذه الحالة إلى تأخر الكلام عند الطفل، وذلك عندما يكون أحد الأبوين من جنسية مختلفة أي عدم وجود لغة مشتركة بين الأبوين، أو نشأة الطفل في موطن غير موطنه الأصلي لسبب عمل الأهل واستقرارهم في ذلك البلد، ممّا يؤدّي إلى تأخر في نطق الطفل، لأنّ عقله يتشكّل عندما سماعه لأكثر من لغة.

ولحلّ مشكلة التأخر في الكلام يجب القيام بالعديد من الخطوات التي تؤدّي إلى علاج هذه المشكلة وهي:

- القيام بالعديد من الأمور التي تؤدي إلى لفت انتباه الطفل للأصوات المختلفة كصوت الجرس الخاص بالباب، وترك الطفل يقوم بتجربته لأكثر من مرة، ويمكن لفت انتباهه من خلال إحضار له الألعاب التي تصدر منها أصوات مختلفة كصوت الحيوانات وغيرها من الأصوات.

- مشاركة الطفل عند قيامه باللعب، والعمل على إصدار بعض الأصوات من قبل فم الشخص الذي يقوم بملاعبة الطفل.

- عند الحديث مع الطفل يجب أن يتم إدخال بعض المقاطع الصوتية البسيطة والسهلة للكلام كقول "توت".

- القيام باستخدام بعض الإشارات عند الحديث مع الطفل، كالقيام بحركات معينة بواسطة اليد، ويكون ذلك عند القيام بتحذيره في حالة ارتكابه لأي خطأ باول كلمة لا مع القيام بإشارة تدلّ على ذلك وتكون باليد.

- تعليم الطفل اسمه وكيفية النطق به، ومناداته به بشكل مستمر، ومناداة من حوله من الأشخاص بأسمائهم.

- المواظبة على الحديث معه عند القيام بأي أمر يتعلق به.

- تعليم الطفل الألوان المختلفة ويكون ذلك من خلال العديد من الوسائل المتبعة في ذلك كالكرات الملونة.

- التدرّج مع الطفل مع تعليمه وتلقينه كيفية تركيب والنطق ببعض الجمل البسيطة.

50 صعوبات العيش في الريف

لا شك أنّ الحياة الريفية هي حياة بسيطة تتميز بالهواء النقي والصحة التي تخلو من الأمراض، حيث يهتم الفلاح بزراعة الأراضي من محاصيل القمح، والخضروات، وأشجار الزيتون، وأشجار الفاكهة بأنواعها، والمرأة الريفية تهتم بالماشية والدواجن فتُطعم الأغنام والأبقار للحصول على الحليب لتصنع منه الألبان والأجبان، وكذلك الحصول على البيض من الدجاج، وتحضر الخبز بالطرق التقليدية، وهي التي تدير المنزل وتهتم بزوجها والأولاد. تتساوى الحياة بين الناس في الحياة الريفية ولا توجد فروقات طبقية بينهم، وغالباً ما نجدهم مترابطين؛ حيث تكون علاقتهم مبنية على أساس التكافل والمحبة، فهم متقاربون جداً من بعضهم، لكن بالرغم من بساطة الحياة في الريف وجمالها وفي ظل تقدم المدينة نرى أنّ القرية لا تخلو من الصعوبات التي تؤدي بالسكان للهجرة إلى مكان آخر، وفيما يلي نعرض لأهم صعوبات الحياة الريفية.

- **صعوبة المواصلات؛** فالريف بعيد عن المدينة، لذلك يعاني سكان الأرياف من عدم توفر المواصلات التي تنقلهم إلى المدن، إما بسبب بعد القرية عن المدينة، وإما بسبب الطرق الوعرة الرديئة التي تؤدي للريف، والطرق الضيقة الموجودة في الريف، مما يجعل الخروج للمدينة أمراً صعباً.

- **عدم توفر الخدمات الصحية والتعليمية،** فيخلو الريف عادة من المستشفيات لذا عند الحالات الطارئة التي لا تعالجها المراكز الصحية يتم نقل المريض إلى مستشفيات المدينة لتلقي العلاج، أما من الناحية التعليمية فقد يقيم في الريف المدارس الأساسية لكنّها تخلو من المرحلة الثانوية، مما يجبر الطالب أن يكمل دراسته في المدارس الثانوية التي بجوار سكنهم، لكن ما يزعج الطالب حينها المسافة الطويلة، وصعوبة المواصلات خصوصاً في فصل الشتاء، بالإضافة إلى تكلفة الدراسة.

- **شعور سكان الريف بالعزلة عن المدينة،** بسبب عدم توفر وسائل الاتصال والإنترنت وأجهزة الاتصالات، وعدم الوعي الكامل بكيفية العمل على الأجهزة الحديثة التي تساعد على التقارب والاتصال بين المدينة والريف.

- **تدني دخل الفرد في الريف** فهو يعتمد على الزراعة، إذ يعتمد الفلاح في الريف على ما ينتجه من محاصيل زراعية لتحقيق الاكتفاء الذاتي إذا كانت مساحة أرضه صغيرة، أما إذا كان يزرع الأراضي الكبيرة فقد يعاني من قلة الأيدي العاملة، وصعوبة نقل إنتاجه وتسويقه في المدينة مما قد يخسر في تكلفة الإنتاج الذي أنتجه في السنة.

51) وسائل الاتصالات قديماً وحديثاً

وسائل الاتصال هي المعدات والأدوات والطرق التي يتم بواسطتها تبادل الأفكار والأخبار والمعلومات بين أفراد المجتمع من ناحية وبين شعوب العالم من ناحية أخرى، ويتم ذلك بعدة أشكالٍ.

- أشكال الاتصال وأنواعه ووسائل الاتصال المسموعة : مثل الراديو، التلفون. وسائل الاتصال المقروءة : مثل الصحف، والمجلات، والنشرات، والرسائل، بالإضافة إلى الإنترنت. وسائل الاتصال المرئية: مثل التلفزيون، والملصقات، والندوات، والمحاضرات.

- وسائل الاتصال القديمة: عاشت المجتمعات البشرية لفتراتٍ طويلةٍ تفتقر لوسائل الاتصال الفعالة؛ فاستخدم الحمام الزاجل كوسيلة اتصالٍ لتوصيل معلوماتٍ عسكريةٍ بشكلٍ خاصٍ، فقد استغلَّ الإنسان ميزة هذا النوع من الحمام بعودته إلى موطنه الأصلي وأيضاً قدرته على قطع المسافات البعيدة وتحديد مساره، حيث كانت توضع رسالةٌ تعلق برقبة الحمامة ويتم إطلاقها في الهواء وتطير إلى المكان المطلوب ثم تتجه عائدةً إلى موطنها، وكانت تخصص أبراجٍ لهذه الغاية وعند وصولها إلى البرج المحدد يتم الحصول على الرسالة.

بعد ذلك تطوّر الوضع وأصبحت الرسالة يحملها شخصٌ يركب دابةً لها قدرةٌ على تحمّل الظروف الجوية القاسية مثل الجمل، فيتمّ إيصال الرسالة بواسطة هذا الشخص وهذه الطريقة كانت متبعةً لإرسال رسائل الحاكم أو الملك إلى ولاته في الأقاليم، كما استخدم الإنسان بعض الإشارات مثل إشعال النيران، وتساعد الدخان كرسالةٍ بين مجموعتين. بقي الاتصال بين الناس بهذا الشكل حتى جاءت الثورة الصناعية فاختراع الإنسان التلغراف؛ إذ يتمّ من خلال هذه الآلة إرسال إشاراتٍ لاسلكيةٍ يتم استقبالها بواسطة جهاز استقبالٍ من قبل مختصّين يحوّلون الإشارات إلى حروفٍ مقروءةٍ.

- وسائل الاتصال الحديثة: أوّل مظاهر هذا التطور كان باختراع الهاتف الذي يعمل بواسطة الأسلاك؛ فكانت تنتشر شبكة من هذه الأسلاك في المدن والأرياف مرفوعةً على قطعٍ من الخشب؛ حيث يربط خط رئيسي بمقسمٍ، ومن المقسم تتوزّع خطوط الهاتف في أنحاء المدينة أو القرية وجميع الخطوط ترتبط بمقسمٍ رئيسي.

تطوّر قطاع الاتصالات بشكلٍ كبيرٍ بعد اختراع الأقمار الصناعية التي ربطت أجزاء الكرة الأرضية ببعضها؛ فانتشرت الهواتف الخلوية التي تعمل على الموجات الكهرومغناطيسية دون أسلاكٍ؛ حيث تنتشر هذه الموجات ضمن أنظمةٍ محددةٍ ويتمّ استقبالها ضمن نظامٍ محددٍ أيضاً وأصبحت أجهزة

52) كيف تتعاملين مع الطفل كثير الحركة (مفرط النشاط)؟

يملك جميع الأطفال كثيرًا من الطاقة والقدرة على اللعب والحركة المستمرة تقريبًا طيلة النهار، لكن أحيانًا يعاني بعض الأطفال من حالة تسمى النشاط المفرط عند الأطفال، لكن كيف يفرق الأبوان بين النشاط العادي لأي طفل والنشاط الزائد، إذ يود بعض الآباء أن يكون الابن هادئًا جدًا ومطيعًا، فاللعب والحركة من أهم عناصر النمو الجسماني والنفسي والذهني والاجتماعي للطفل.

أعراض النشاط المفرط:

- يبدأ ظهور النشاط المفرط لديه في سن الثالثة تقريباً
- يبلغ بذروته في سن المدرسة فيكون كثير الحركة والقلق والتلمل وقليل التركيز وشارد الذهن وغير قادر على توطيد صداقات ولا الجلوس طويلاً في مكان واحد.
- ليس لديه قدرة على الراحة والاسترخاء
- الحركة المستمرة مع عدم الجلوس إلا بمصاحبة الاهتزاز والقفز.
- عدم القدرة على التركيز لفترة كبيرة، والتحدث بصوت عالٍ وبكثرة مع الشرود بالكلام وإطلاق الصرخات المفاجئة.
- عدم القدرة على النوم بسهولة والتقلب كثيراً أثناء النوم.
- يظهر عدوانياً في حركاته وسريع الانفعال ومندفعاً دون هدف محدد.
- سريع التحول من نشاط إلى نشاط آخر، وكأنه محرك يعمل دون توقف.
- يتأخر في نموه اللغوي أحياناً.

الأسباب:

أسباب عضوية كالأنيميا وضعف الغدة الدرقية أو نقص السكر في الدم أو ضعف السمع أو البصر أو إصابات في المخ يتعرض لها الطفل أثناء الحمل أو الولادة أو نتيجة تعرض الأم للأشعة السينية أو السموم أو الحصبة الألمانية .

أسباب اجتماعية ونفسية: بسبب سوء معاملة الأبوين لبعضهما البعض أو للطفل والعقاب البدني المتكرر والحرمان من الرعاية الاسرية.

طرق العلاج:

-العلاج الغذائي بالتقليل من الحلوى لأنها تزيد من الطاقة

-العلاج السلوكي من الأبوين والمربين: عبر تعليمه السلوكيات الجيدة وتقليل ممارسته للسلوكيات غير المقبولة.

كيفية التعامل المثلى مع الطفل مفرط النشاط

- لا تعتمد على أفكار تحتاج للكتابة أو لمجهود ذهني كبير حتى لا يمل.
- أظهر له محبتك وحنانك لكن لا تفرطي في تدليله
- كافئيه على الهدوء والامتناع عن السلوك غير المطلوب.
- تجاهلي حركات الطفل المستفزة أحياناً. لا تكوني منتقدة على الدوام
- لا تستخدم أسلوب الترهيب بل الترغيب.
- لا ترغميه على ما لا يريد بل أفتعيه.
- لا توبخيه أمام الآخرين

55) سماء أوروبا ملبدة بغيوم اليورو . وتوقعات باستمرار الأزمة حتى 2013

أزمة اليونان .. وشبح الخروج

ومن الجدير هنا ان نشير إلى أن شبح الخروج من منطقة اليورو لم يكن يلاحق إسبانيا فحسب، بل سبقتها بأيام قليلة جارتها، اليونان، والتي قالت حكومتها أوائل يونيو الجاري بأن وزارة المالية أقرت مساعدة قدرها 81 مليار يورو لأكبر أربعة من بنوكها، لتؤهل بذلك البنوك المتعثرة للحصول مجدداً على تمويل من البنك المركزي الأوروبي، في خطوة منها لتحقيق نوعٍ من الاستقرار لقاعدة رأس المال التي استنفدت تقريباً لبنوك ناشيونال بنك وألفا ويوروبنك وبيريوس . . . وقالت الوزارة حينها : ” هذا الضخ لرأس المال يعيد مستويات كفاية رأس المال لدى هذه البنوك ويضمن لها القدرة على الوصول للتمويل النقدي من البنك المركزي الأوروبي.“

57) أعلن الائتلاف الوطني السوري المعارض أنه يسعى إلى جمع الفصائل المسلحة ضمن جيش موحد يسهل تمويله وتسليحه.

وقال عضو الائتلاف ميشال كيلو أمس في مقابلة أجريت معه في باريس إنه يتعين إعادة تنظيم الجيش الحر وهيكلته بقيادة حقيقية وانضباط وأشار إلى رغبة الائتلاف في إنشاء مجلس تنفيذي من عشرة أعضاء يتولى إعادة التنظيم.

وأضاف أنه يجب إدماج الضباط السابقين الموجودين حالياً في الأردن وتركيا في الجيش الذي يعترزم الائتلاف الوطني بناءه. وتواجه كتائب الجيش الحر انتقادات في بعض المناطق التي تنتشر فيها بعدم انضباط بعض أفرادها وفشلها في تشكيل قوة موحدة تكون قادرة على مواجهة القوات الموالية للرئيس السوري بشار الأسد.

وفي المقابل هناك فصائل مقاتلة إسلامية مثل كتائب أحرار الشام توصف بأنها الأكثر تنظيماً وانضباطاً وهي في الغالب تعارض التنظيم تحت سلطة الائتلاف السوري المعارض.

وقال كيلو إن الائتلاف سيسعى إلى انتخاب المجلس التنفيذي المؤلف من عشرة أعضاء، الذي سيرشرف على إعادة تنظيم الفصائل المسلحة خلال اجتماع يعقد الشهر القادم.

وأضاف أن هذا المجلس سيكون بمثابة جهاز لخدمة السوريين في المناطق الخاضعة لسيطرة المعارضة وتحدث عن نية الائتلاف إنشاء جهاز مالي للاستفادة من الأموال التي تحول من السوريين في الخارج أو التي يمكن تحصيلها من الأنشطة الاقتصادية في المناطق الخارجة عن سيطرة النظام.

ويشكل تسليح فصائل الجيش الحر المسألة الأكثر إلحاحاً بالنسبة إلى الائتلاف الذي انتخب قبل أسابيع أحمد الجربا رئيساً جديداً له.

وقالت مصادر من الجيش الحر إنه بدأ يتلقى في الأيام الماضية أسلحة نوعية، خاصة منها المضادة للدروع. ولا تزال الدول الغربية تحجم عن إمداد المعارضة بالأسلحة خشية أن تقع في أيدي فصائل توصف بالمتشددة.

وقال مسؤول أميركي أمس إن إدارة الرئيس باراك أوباما أحرزت تقدماً باتجاه التغلب على المعارضة التي يبيدها عدد من نواب الكونغرس لتسليح المعارضة السورية.

61) الأخطار الطبيعية

الأخطار الطبيعية هي الظواهر الجوية والمناخية القاسية والمتطرفة التي تحدث بصورة طبيعية في شتى أنحاء العالم، مع تعرض بعض المناطق، أكثر من غيرها، لأخطار معينة. وتُعد الأخطار الطبيعية كوارث طبيعية إذا ما تسببت في القضاء على حياة الإنسان وسبل العيش. والخسائر التي تتسبب فيها الكوارث الطبيعية، سواء كانت بشرية أو مادية، عقبة كأداء في طريق التنمية المستدامة. ويمكن حماية الأرواح والممتلكات من خلال إصدار تنبؤات وإنذارات دقيقة في شكل يسهل فهمه، وكذلك من خلال تعليم الجمهور كيفية التأهب للأخطار قبل أن تتحول إلى كوارث.

وتقوم المنظمة (WMO) بتوحيد وتنسيق أنشطة الحد من مخاطر الكوارث مع المنظمات الدولية والإقليمية والوطنية الأخرى، كما تقوم بتنسيق الجهود التي تبذلها المرافق الوطنية للأرصاد الجوية والهيدرولوجيا (NMHSs) من أجل الحد من الخسائر في الأرواح والممتلكات من خلال تحسين خدمات التنبؤ والإنذار المبكر وتقييم المخاطر، وكذلك من أجل إنقاذ ووعي الجمهور.

وينصب التركيز في عملية الحد من مخاطر الكوارث على أن: استثمار دولار واحد على التأهب للكوارث يمكن أن يحول دون وقوع خسائر اقتصادية متصلة بالكوارث قدرها سبعة دولارات – وهو عائد استثماري كبير. وتهدف المنظمة (WMO) إلى تخفيض متوسط عدد الوفيات التي حدثت بسبب الكوارث الطبيعية المتصلة بالطقس والمناخ والماء في السنوات العشر المنقضية بين عام 1994 وعام 2003 بنسبة 50 في المائة بحلول عام 2019. وتحدث الأخطار الطبيعية على نطاقات زمنية ومكانية مختلفة، وكل منها فريد في طبيعته. فتنسم أعاصير التورنيديو والفيضانات الخاطفة بأنها ظواهر قصيرة المدة ولكنها عنيفة تؤثر على مناطق صغيرة نسبياً. وبخلاف ذلك، فالجفاف مثلاً يستشري ببطء ولكنه يمكن أن يؤثر على معظم أنحاء قارة من القارات وعلى جميع السكان لشهور أو حتى لسنوات. ويمكن أن تنطوي ظاهرة جوية متطرفة على أخطار عديدة في آن واحد، أو تنطوي على أخطار متعددة سريعة التعاقب. ويمكن أن تؤدي العواصف المدارية، وكذلك الرياح الشديدة والأمطار الغزيرة إلى حدوث فيضانات وانهيارات وحلّية. وفي خطوط العرض المعتدلة، يمكن أن يكون الطقس القاسي في فصل الصيف (العواصف الرعدية والبرقية أو أعاصير التورنيديو) مصحوباً ببرّد كثيف وفيضانات خاطفة. وقد تسهم أيضاً العواصف الشتوية المصحوبة برياح شديدة وتلوج غزيرة أو أمطار متجمدة في حدوث تيهورات في بعض المنحدرات الجبلية وفي حدوث جريان سطحي وفيضانات شديدة لاحقة في موسم الذوبان.

**AN ASSESSMENT OF SOME TYPES
OF TRANSLATION TEXTS:**

Literary Texts

Literary translation, as other types of translations, makes the reader aware of the existence of literary works of other cultures. It helps him or her read such works and appreciate them, thus fostering cultural dialogue. Indeed, literary works of various cultures have been translated into other cultures all over the world. One can talk about a universal literary canon that was established via literary translation. Literary figures in almost all cultures are universally acknowledged, thanks to the role of translation in promoting such a work. Who does not know about Shakespeare's *Romeo and Juliet* or *One Thousand and One Nights*? Translating literary texts is not an easy task. It is more demanding than other types of translation since it deals with two cultures, a source culture and a target one. The translator has the duty of a social mediator between both cultures since it is necessary to decide on how to translate concepts represented in the SL and TL using different ideas and images and how to translate idiomatic expressions that may carry extra meaning in the translated literary genre. Furthermore, sometimes translated work is published and this makes the job more demanding since the demands of the publisher, readers and writers have to be met.

The basic literary genres that will be dealt with in this part are fiction, drama and poetry. Each section will tackle the distinctive features of the genre, problems encountered in translation and strategies to deal with these problems.

Fiction:

The word ‘fiction’ is used in literature to refer to a literary genre that is characterized by narration. It is usually prose written in the form of a novel, a short story or a novella and this section will discuss these types of fiction. You can refer to any introductory book on literary genres for other types. As a literary genre, fiction has been sub-classified into themes such as mystery, historical, romance, fantasy, western, science fiction, action/adventure, humour, medical, tragedy, thriller, horror, in addition to other types. Translating fiction is challenging in general since it relies heavily on narration. Each sub-genre of fiction has its linguistic characteristics. Furthermore, the translator has to make a decision regarding being source-language-oriented or target-language-oriented. Adapting, managing or monitoring are other issues that the translator of fiction is faced with while translating different genres of fiction. When translating from English into Arabic, the translator’s job is even more demanding since these languages belong to two different language families. Arabic is a Semitic language while English is Indo-European. Both languages have different syntactic, phonological and lexical systems, in addition to the complicated cultural differences. This section will present some exercises to help you practise strategies for translating some extracts from novels and short stories from English into Arabic.

Narrative texts: discourse problems

Narration is the most distinctive feature of fiction. It forms the plot of the story or the novel which has a specific setting and a point of view that is the voice of the narrator. The reader is taken on a journey by the narrator to follow a conflict that builds up to reach a climax and is usually followed by a resolution. The translator's awareness of elements of fiction and narrative techniques facilitates the translation process.

Narrative as a genre has a fibula that consists of chronologically related events; a narrative text has two types of spokesmen where one does not play a role in the fibula whereas the other one does. Narrative texts contain three layers: the text, the story and the fibula, and they deal with a series of connected events caused or experienced by the actors. More details on prose and narration can be found in other books.

Discourse problems are related to the aspects of cohesion and coherence in Arabic and English. Arabic, for example, relies heavily on conjunction as a cohesive device while English uses more subordination. It is usual to have run-on sentences in Arabic since punctuation is not traditionally utilised as a cohesive device. While English uses subordinates and general words as lexical cohesive devices, Arabic favours repetition of the same lexical item.

According to a comprehensive taxonomy, cohesive devices in English can be classified as reference, substitution, ellipsis, conjunction and lexical cohesion. Each device is dealt with inclusively, and is applied to samples of narrative texts. Reference, conjunction and lexical cohesion are expected to be more frequent than substitution and ellipsis, which might be more frequent in drama.

3. ‘Fact, fact, fact!’ said the gentleman. And ‘Fact, fact, fact!’ repeated Thomas Gradgrind. ‘You are to be in all things regulated and governed,’ said the gentleman, ‘by fact. We hope to have, before long, a board of fact, composed of commissioners of fact, who will force the people to be a people of fact, and of nothing but fact. You must discard the word Fancy altogether. You have nothing to do with it. You are not to have, in any object of use or ornament, what would be a contradiction in fact. You don’t walk upon flowers in fact; you cannot be allowed to walk upon flowers in carpets. You don’t find that foreign birds and butterflies come and perch upon your crockery; you cannot be permitted to paint foreign birds and butterflies upon your crockery. You never meet with quadrupeds going up and down walls; you must not have quadrupeds represented upon walls. You must use,’ said the gentleman, ‘for all these purposes, combinations and modifications (in primary colours) of mathematical figures which are susceptible of proof and demonstration. This is the new discovery. This is fact. This is taste.’ (from *Hard Times* by Charles Dickens)

Glossary			
a board	مجلس	modifications	تعديلات
commissioners	مفوضون	susceptible of	قابل ل
contradiction	تناقض	discovery	اكتشاف
combinations	مزج		



Narrative texts: syntactic problems

Syntax is another problematic area for translators working with Arabic and English texts. Though both languages share some syntactic universals, many differences still challenge the translator. While English is usually considered an SVO (Subject-Verb-Object) language, Arabic is basically a VSO language since SVO structures are less frequent. A translator from English into Arabic must take this difference into consideration. English makes use of auxiliary verbs in questions and negation. Such use is not frequent in Arabic. Therefore, auxiliary verbs are not always translated into Arabic.

Tense also constitutes a challenge for translators who are not fully aware of the Arabic tense. Arabic tense is classified into past, present and future. It depends on inflections of both the verb and the subject to convey the meaning associated with the use of a certain tense. One form of the verb is used to convey different categories of past or present. Adverbs are used sometimes to indicate different tenses. Study the following English sentences:

Mark went to school.

Mark has gone to school.

Both sentences are rendered by:

ذهب مارك إلى المدرسة.

When I had finished my work, I went for a walk.

عندما أنهيت عملي خرجت في نزهة.

I finished my work yesterday.

أنهيت عملي أمس.

The progressive aspect is not rendered by auxiliary verbs in Arabic though some varieties of colloquial Arabic do have equivalents for auxiliaries used

with the progressive aspect. Standard Arabic, however, depends on the use of adverbs to convey the progressive aspect. It combines كان and its derivatives with the past progressive as illustrated in the following examples:

My sister is waiting for me at the park.

أختي تنتظرني في المنتزه.

Alice was beginning to get very tired of sitting by her sister on the bank, and of having nothing to do.

كانت أليس قد بدأت تتعب من الجلوس بجانب أختها على ضفة النهر ومن عدم وجود شيء لتفعله .

Translate the following texts into Arabic.

1. Alice was beginning to get very tired of sitting by her sister on the bank, and of having nothing to do: once or twice she had peeped into the book her sister was reading, but it had no pictures or conversations in it, ‘and what is the use of a book,’ thought Alice ‘without pictures or conversation?’

So she was considering in her own mind (as well as she could, for the hot day made her feel very sleepy and stupid) whether the pleasure of making a daisy-chain would be worth the trouble of getting up and picking the daisies, when suddenly a White Rabbit with pink eyes ran close by her.

There was nothing so VERY remarkable in that; nor did Alice think it so VERY much out of the way to hear the Rabbit say to itself, ‘Oh dear! Oh dear! I shall be late!’ (When she thought it over afterwards, it occurred to her that she ought to have wondered at this, but at the time it all seemed quite natural.) (From *Alice’s Adventures in Wonderland* by Lewis Carroll)

2. Under none of the accredited ghostly circumstances, and environed by none of the conventional ghostly surroundings, did I first make acquaintance with the house which is the subject of this Christmas piece. I saw it in the daylight, with the sun upon it. There was no wind, no rain, no lightning, no thunder, and no awful or unwanted circumstance, of any kind, to heighten its effect. More than that: I had come to it direct from a railway station: it was not more than a mile distant from the railway station; and, as I stood outside the house, looking back upon the way I had come, I could see the goods train running smoothly along the embankment in the valley. I will not say that everything was utterly commonplace, because I doubt if anything can be that, except to utterly commonplace people – and there my vanity steps in; but, I will take it on myself to say that anybody might see the house as I saw it, any fine autumn morning. (From *The Haunted House* by Charles Dickens)

Glossary			
circumstances	ظروف	vanity	تكبر
make acquaintance with	يتعرف إلى	commonplace	مألوف
embankment	سكة القطار		

Cultural problems, domestication and foreignisation

Translation is not simply a matter of translating words. When you translate, you are working with language and culture. Language is one of the many social activities through which the culture of its speakers is manifested. As a translator, you need to understand the culture of the audience you are communicating with. You are standing as a mediator between the SL and TL. If the SL is your mother tongue, then half of the problem is solved. All that you need to do is to understand the cultural background of the target reader/audience so as to be able to convey the SL message to them. You need to develop a strategy that can help you tackle culture-bound idioms for instance. Cultural problems in translation are also related to the sociolinguistic aspects of language such as politeness and terms of address, as well as aspects related to discourse. Such aspects involve speech acts, maxims of speech, implicature, inference and presupposition. The translator should be aware of how these concepts are manifested in each culture.

There are various ways to deal with these aspects of cultures as they occur in texts. You can make use of the following steps for translating culturally bound words:

- Making up a new word.
- Explaining the meaning of the SL expression in lieu of translating it.
- Preserving the SL term intact.
- Opting for a word in the TL which seems similar to or has the same ‘relevance’ as the SL term.

The following strategies are suggested to deal with culturally bound words:

- Functional Equivalence: where a referent in the TL culture whose function is similar to that of the SL referent is used.
- Formal Equivalence, ‘linguistic equivalence’ or ‘word-for-word’ translation.
- Transcription or ‘borrowing’ (i.e. reproducing or, where necessary, transliterating the original term): it stands at the far end of SL-oriented strategies.
- Descriptive or self-explanatory translation: using generic terms to convey the meaning.

As we see, different authors give different names to strategies for dealing with these words. In general, Newmark (1988) provides two methods to deal with cultural problems in translation, namely, transference and componential analysis. He states that transference gives ‘local colour’, keeping cultural names and concepts, and this includes transliteration. Newmark stresses the importance of the translation process in communication suggesting componential analysis, which he describes as being ‘the most accurate translation procedure, which excludes the culture and highlights the message’. It involves ‘comparing an SL word with a TL word which has a similar meaning but is not an obvious one-to-one equivalent, by demonstrating first their common and then their differing sense components’.

Translate the following texts into Arabic.

1. ALL around everything was still as far as the ear could reach. The mist of his feelings shifted between us, as if disturbed by his struggles, and in the rifts of the immaterial veil he would appear to my staring eyes distinct of form and pregnant with vague appeal like a symbolic figure in a picture. The chill air of the night seemed to lie on my limbs as heavy as a slab of marble.

‘I see,’ I murmured, more to prove to myself that I could break my state of numbness than for any other reason.

‘The Avondale picked us up just before sunset,’ he remarked, moodily.

‘Steamed right straight for us. We had only to sit and wait.’ (From *Lord Jim*, Joseph Conrad, Chapter 12)

Glossary			
disturbed	مضطرب	symbolic	رمزي
immaterial	روحي	numbness	خدر
distinct	مميز		

There are other strategies that can be utilised to bridge cultural gaps in translation. These include domestication and foreignisation. Domestication aims at making the translated text closer to the TL culture where ‘the foreign text is imprinted with values specific to the target-language culture’. Foreignisation, on the other hand, preserves the values of the ST in the sense that it ‘resists dominant target-language cultural values so as to signify the linguistic and cultural difference of the foreign text’. Foreignisation is seen as an ethical issue because in English it ‘can be a form of resistance against ethnocentrism and racism, cultural narcissism and imperialism, in the interests of democratic geopolitical relations’.

Those who support domestication argue that it helps the reader understand the text easily. Others suggest that domestication blurs acculturation and discourage critical thought that challenges the TL.

The following examples illustrate the distinction between domestication and foreignisation.

English	Domesticated Arabic Translation	Foreignised Arabic Translation
Thousands were killed in the raid.	استشهد آلاف في الغارة.	قتل آلاف في الغارة.

Drama

Drama as a literary genre differs from fiction. In essence, it is written to be performed on stage. Therefore, dialogue plays a considerable role in drama. Moreover, drama is not only a literary piece; it is a cultural one. The translator deals with both linguistic and meta-linguistic elements that include body language and gesture. All linguistic aspects of the play have to be taken into consideration. Special attention should also be paid to prosodic features, since ‘the dialogue will be characterized by rhythm, intonation patterns, pitch and loudness, all elements that may not be immediately apparent from a straightforward reading of the written text in isolation’.

Adaptation and domestication are usually the most frequent techniques used in translating drama since ‘adaptation is sometimes regarded as a form of translation which is characteristic of particular genre, most notably, drama’. Adaptation is also viewed as a ‘reterritorialization’ of the original work and an ‘annexation’ in the name of the audience of the new version.

Adaptation is defined as a set of translative interventions which result in a text that is not generally accepted as a translation but is nevertheless recognised as representing a ST. It involves the following adaptation procedures:

1. Transcription of the original or word-for-word reproduction of part of the text in the original language, usually accompanied by literal translation.
2. Omission: the elimination or implication of part of the text.
3. Expansion: the addition or explication of source information either in the body or in footnotes or a glossary.
4. Exoticism: substitution of stretches of slang, dialect, nonsense word, etc. in the original text by rough equivalent in the TL.

5. Updating: the replacement of outdated or obscure information by modern equivalents.
6. Situational or cultural adequacy: the recreation of a context that is more familiar or culturally appropriate from the target reader's perspective than the one used in the original.
7. Creation: a more global replacement of the original text with a text that preserves only the essential message/ideas/functions of the original.

Adaptation could be caused by (ibid.):

1. Cross-code breakdown where no lexical equivalents exist between the SL and TL especially when translating meta-language.
2. Situational or cultural inadequacy where the context or views referred to in the original do not exist or apply in the target culture.
3. Genre switches: a change from one discourse type to another.
4. Disruption of the communication process: a new epoch or approach or the need to address different readership.

These conditions cause two types of adaptation: a local one applying to some parts of the original texts and caused by internal factors without affecting it as a whole, and a global one that is determined by factors outside the text and which affects the text as a whole.

The following extracts from *Pygmalion* by George Bernard Shaw have been translated into Arabic using adaptation. Names of characters and places have been replaced by Arabic names.

THE FLOWER GIRL:

[taking advantage of the military gentleman's proximity to establish friendly relations with him.] If it's worse it's a sign it's nearly over. So cheer up, Captain; and buy a flower off a poor girl.

THE GENTLEMAN:

I'm sorry, I haven't any change.

THE FLOWER GIRL:

I can give you change, Captain,

THE GENTLEMAN:

For a sovereign? I've nothing less.

THE FLOWER GIRL:

Garn! Oh do buy a flower off me, Captain. I can change half-a-crown.

بياعة الورد (تستغل قرب الشرطي منها لتلطف الجو معه): لو كانت أسوا فمعتنتها رح تخلص

عشان كده خلاص يا باشا فرفش واشتري وردة من بنت مسكينة.

السيد المحترم :متأسف مش معي فكة.

بياعة الورد : بفكلك يا باشا

السيد المحترم :معاكي فكه جنبيه ؟ عشان معيش اقل منه.

بياعة الورد : وبعدين يا باشا! اشتري وردة مني وأنا معاكي فكة ولو نص جنيه.

Notice here that the names as well as the currency have been adapted to suit the target audience. Since the theme of the play is how to teach a lady to speak properly, standard Arabic would not have been a good choice. The colloquial gives more room for the flower girl to use a variety of utterances associated with a low social status.

Translate the following texts into Arabic.

1. THE SARCASTIC ONE:

[amazed] Well, who said I didn't? Bly me!* You know everything, you do.

THE FLOWER GIRL:

[still nursing her sense of injury] Ain't no call to meddle with me, he ain't.

THE BYSTANDER:

[to her] Of course he ain't. Don't you stand it from him. [To the note taker] See here: what call have you to know about people what never offered to meddle with you? Where's your warrant?

SEVERAL BYSTANDERS:

[encouraged by this seeming point of law] Yes: where's your warrant?

THE FLOWER GIRL:

Let him say what he likes. I don't want to have no truck with him.

THE BYSTANDER:

You take us for dirt under your feet, don't you? Catch you taking liberties with a gentleman!

THE SARCASTIC BYSTANDER:

Yes: tell him where he comes from if you want to go fortune-telling.

THE NOTE TAKER:

Cheltenham, Harrow, Cambridge, and India.

(From Pygmalion, George Bernard Shaw, Act 1)

*Bly me: usually spelled 'blimey' = a Cockney exclamation of surprise (reduced form of 'God blind me')

2. HIGGINS: I was going to India to meet you.

PICKERING: Where do you live?

HIGGINS: 27A Wimpole Street. Come and see me tomorrow.

PICKERING: I'm at the Carlton. Come with me now and let's have a jaw over some supper.

HIGGINS: Right you are.

THE FLOWER GIRL [to Pickering, as he passes her]: Buy a flower, kind gentleman. I'm short for my lodging.

PICKERING: I really haven't any change. I'm sorry [he goes away].

HIGGINS [shocked at girl's mendacity]: Liar. You said you could change half-a-crown.

THE FLOWER GIRL [rising in desperation]: You ought to be stuffed with nails, you ought. [Flinging the basket at his feet]:
Take the whole blooming basket for sixpence.

(From *Pygmalion*, George Bernard Shaw)

Poetry

Poetry is a literary genre that has its distinctive and challenging features. Perhaps it is thought to be the most challenging to the translator. What distinguishes poetry from other genres is its reliance on figurative language, rhyme and rhythm. To be a poet is to deviate from the usual linguistic norm of expression. To deviate is to be able to play with words and twist them to suit your needs. Such foregrounding strategies employed by poets put a lot of pressure on the translator, especially when the two languages are linguistically and culturally distant as is the case with Arabic and English. Before initiating the translation task, you should read the SL poem carefully, understand it and read about the poet, his or her ideology and most frequent metaphors, since each poet has his or her own diction that can be elicited from reading more than one poem. This will give you a basis and a direction in the translation.

Strategies for translating poetry

Various scholars have emphasised the fact that poetry is a special kind of language that requires particular translation strategies. The following could be implemented:

1. Phonemic translation: attempts to recreate the sounds of the SL in the TL, transferring the meaning at the same time.
2. Literal translation: involves word-for-word translation.
3. Metrical translation: reproduces the original meter into the TL.
This strategy is not always successful since each language has its own metrical structure.
4. Verse-to-prose translation: producing the TL as prose instead of the ST which is a poem. This method has some weaknesses, the biggest of which is the loss of the beauty of the original poem, or the beauty of the poetic shape.

5. Rhymed translation emphasises transferring the rhyme of the original poem to TL. The result will be appropriate phonetically but tends to be semantically inappropriate.
6. Free verse translation. With this method the translator may be able to achieve the accurate equivalents in the TL at the expense of the literary value.

It has become clear that poetry is a difficult genre because it is a condensed form of language that is rich with meaning. In addition, poetry applies imagery and the use of figures of speech, especially metaphor, which makes poetry even more challenging for the translator. The following procedures for translating metaphors could be used:

1. Reproducing the same image in the TL.
2. Replacing the image in the SL with a standard TL image.
3. Translating metaphors as similes.
4. Translating metaphors (or similes) as similes plus sense.
5. Conversion of metaphor into sense (explanation).
6. Deletion.
7. Translating the same metaphor, but combined with sense.

2. Tears, idle tears, I know not what they mean,
Tears from the depth of some divine despair
Rise in the heart, and gather to the eyes,
In looking on the happy Autumn-fields,
And thinking of the days that are no more.
Fresh as the first beam glittering on a sail,
That brings our friends up from the underworld,
Sad as the last which reddens over one
That sinks with all we love below the verge;
So sad, so fresh, the days that are no more.
Ah, sad and strange as in dark summer dawns
The earliest pipe of half-awakened birds
To dying ears, when unto dying eyes
The casement slowly grows a glimmering square;
So sad, so strange, the days that are no more.
Dear as remembered kisses after death,
And sweet as those by hopeless fancy feigned
On lips that are for others; deep as love,
Deep as first love, and wild with all regret;
O Death in Life, the days that are no more.
(Tears, Idle Tears by Alfred, Lord Tennyson)

2. Hail to thee, blithe Spirit!

Bird thou never wert,
That from heaven, or near it,
Pourest thy full heart
In profuse strains of unpremeditated art.
Higher still and higher
From the earth thou springest
Like a cloud of fire;
The blue deep thou wingest,
And singing still dost soar, and soaring ever singest.
In the golden lightning
Of the sunken sun,
O'er which clouds are bright'ning,
Thou dost float and run,
Like an unbodied joy whose race is just begun.
The pale purple even
Melts around thy flight;
Like a star of heaven
In the broad daylight
Thou art unseen, but yet I hear thy shrill delight –
Keen as are the arrows
Of that silver sphere
Whose intense lamp narrows
In the white dawn clear
Until we hardly see – we feel that it is there.
All the earth and air
With thy voice is loud,

Economics Texts

Economics is a discipline that is related to the study of production and consumption as well as transfer of wealth. It is subdivided into microeconomics, which deals with industries and economic activities on the individual level, and macroeconomics, which is the study of the economics of the entire country or the international market. There is an increased need for the translation of economics texts due to globalisation and the proliferation of companies worldwide. This has led to more cooperation and partnership between business organisations internationally, more translations made for documents related to loans, purchasing shares and establishing multinational companies. Economic translation is required for marketing and commerce, banking and the investment sector, the insurance industry, accounting and auditing, and marketing research. It deals with various types of documents such as business plans, blocks of tender documents, invoices, account statements, consignment bills, offers, credit requests, guarantee letters, feasibility reports, audit reports, other financial reports and many other documents of economic use.

Features of economic discourse

Though economics is related to everyday language, it has its own linguistic features: sometimes the jargon of a specialist group seeps into the common language of the wider community. This is particularly likely to happen where the activities of that sub-group are fashionable or impinge directly on the life of the wider community.

Economic texts often present visual information linguistically, making use of mathematical systems to represent economic facts. For instance, they may use mathematical symbols, segmental diagrams and tabular information, and

other visual data (statistical tables, maps and graphs). The language of economics in particular relies on grammatical structures (e.g. conditionals, passive structures, relative clauses and logical connectives) and rhetorical functions (e.g. assumption, hypothesis, prediction, explanation and generalisation).

Economic discourse is a global discourse. This globalisation has led to the emergence of many loan words. In English economic discourse, these loan words are mainly taken from French, Italian, German, Japanese, Greek and Spanish. ‘The enterprising spirit of the English people and their fondness for travel and colonization, as well as the great development of their commerce, have brought in miscellaneous words from every quarter of the world’.

Translation problems and strategies

Translating economic texts is demanding since translators must stick to the information in the SL. The whole document should be translated without leaving anything out. Figures and numbers, for example, should be given utmost attention, and no new numbers should be added, changed or removed. Another problem is related to false cognates or ‘false friends’. These are the words that look alike but have partially or completely different meanings in different languages, e.g. compare become in English with *bekommen* in German, which means ‘to get’ not ‘to become’. These words are also related to neologism as explained below.

Neologism

Neologism is considered one of the most common challenges for translators of economic texts. It is defined as ‘newly coined lexical units or existing lexical units that acquire new sense’. New terms are continuously being created and translators often cannot find available translations for them so they have to come up with their own. Newmark proposes twelve types of

neologisms and different translation strategies for each type. They are classified into two main categories, the first referred to as existing lexical items but with a new sense. This category is subdivided into words and collocations. Translation strategies suggested for them include transference with inverted commas, TL neologisms with composites, and TL derived words. The second category of neologisms covers the new terms introduced in the TL and they are subdivided into the following: new coinages, derived words, abbreviations, collocations, eponyms, phrasal words, transferred words, acronyms, pseudo-neologisms and internationalisms. Strategies to deal with this category include: naturalisation, recognised TL translation, functional terms, descriptive terms, literal translation and translation procedure combination.

Translate the following texts.

1. Uranium Purchases and Prices

Owners and operators of U.S. civilian nuclear power reactors ('civilian owner/operators' or 'COOs') purchased a total of 55 million pounds U₃O_{8e} (equivalent) of deliveries from U.S. suppliers and foreign suppliers during 2011, at a weighted-average price of \$55.64 per pound U₃O_{8e}. The 2011 total of 55 million pounds U₃O_{8e} increased 18 percent compared with the 2010 total of 47 million pounds U₃O_{8e}. (Uranium quantities are expressed in the unit of measure U₃O_{8e} (equivalent)). U₃O_{8e} is uranium oxide (or uranium concentrate) and the equivalent uranium-component of hexafluoride (UF₆) and enriched uranium. Nine percent of the U₃O_{8e} delivered in 2011 was U.S.-origin uranium at a weighted-average price of \$52.12 per pound. Foreign-origin uranium accounted for the remaining 91 percent of deliveries at a weighted average price of \$55.98 per pound. Australian-origin and Canadian-origin uranium together accounted for 31 percent of the 55 million pounds. Uranium originating in Kazakhstan, Russia and Uzbekistan accounted for 40 percent, and the remaining 20 percent originated from Brazil, China, Malawi, Namibia, Niger, South Africa, and Ukraine. Owners and operators of U.S. civilian nuclear power reactors purchased uranium for 2011 deliveries from 32 sellers, up from the 23 sellers in 2010.

Glossary			
nuclear power reactor	مفاعلات الطاقة النووية	Foreign-origin	اجنبي المنشأ
uranium oxide	اكسيد اليورانيوم	Civilian	مدني
enriched uranium	المخصب اليورانيوم		

3. EXECUTIVE compensation, and especially the big bonuses that characterised Wall Street pay in recent years, has come in for a great deal of criticism as financial markets have melted down – particularly given the massive government aid many financial institutions have received. Bail-outs have frequently come with strings attached, limiting or advising against lavish pay packages. But so far, little progress has been made on attempts to claw back bonuses already paid, to traders earning millions of dollars while their desks approached the precipice. But on this score, UBS is proving itself quite innovative:

‘Just as bonuses (Latin for “good”) are paid out for good performance, maluses (“bad”) will be meted out if the bank subsequently makes losses or if the employee misses performance targets, UBS said. The maluses could wipe out all previously agreed share bonuses and two thirds of all cash bonuses under stringent new rules designed to align the interests of executives and traders with those of shareholders.’

I’d say that the primary result of such a rule would likely be the quick departure from UBS of anyone able to find work elsewhere, but the Times story quoted above notes that UBS is pulling out the legal stops to see if it can hand ‘maluses’ to employees who have already left the firm.

Glossary			
Financial markets	الأسواق المالية	Shareholders	اصحاب الاسهم
Interests	مصالح / فوائد	Bonus	مكافأة نقدية
Traders	تجار		

Metaphors in economic discourse

Another problem in economic discourse is related to the use of figures of speech, puns and polysemes. Economic discourse makes use of metaphors. Metaphors used in economic texts are classified into three types. The first type is used for textual decoration or illustration, referred to as image metaphors. The second type is the generic-level metaphor which occurs generally in the language. The third type is the specific-level metaphor which is used to explain specific economic problems (Henderson 1982). The following strategies are suggested to translate metaphors::

1. Using an exact equivalent of the original metaphor.
2. Using another metaphorical phrase which would express a similar sense.
3. Replacing an untranslatable metaphor of the original with its approximate literal paraphrase.

Translate the following texts.

1. The euro-zone crisis

Fighting for its life

The euro zone is in intensive care

WHAT'S the French for "this sucker could go down"? Echoes of 2008, when the global financial system wobbled and George Bush gave his pithy view of the American economy, now resound on the other side of the Atlantic. Credit-default-swap spreads for European banks, a measure of how costly it is to buy insurance against their default, are at record highs -

The rates that banks charge each other for loans in the interbank market are rising, too, as they did then. Rumours swirl and panic flares: shares in BNP Paribas, a well-run French bank, dropped by 12% on the morning of September 13th following reports that no one would lend it dollars. BNP's denials saw the shares bounce back later in the day. Shares in Société Générale, another French bank, whipsawed too. The French banks' reliance on short-term dollar funding, which American money-market funds are increasingly leery of providing, is one reason why Moody's, a ratings agency, downgraded Société Générale on September 14th, though exposure to sovereign default is also a key factor.

The government at the heart of concerns again this week is that of Greece. Panicked officials are racing to plug a gaping hole in the budget and accelerate reforms in the face of speculation that international lenders will withhold the next €8 billion tranche of the country's bail-out. If the funds are not released within two weeks, the government risks being unable to pay wages and pensions. A hastily announced property tax should raise

Terminology: marketing

Terminology is a challenging issue especially for the non-professional translator. A number of terms have specific meanings in economics but are vague and general in everyday language. This problem could be dealt with once the translator has decided on the most appropriate dictionary to use. The text has to be scanned first so that the translator can decide on the basic economic genre being dealt with. Specific terms are identified and translated using specialised dictionaries before the translator starts the actual translation process. Knowledge of the discipline can undoubtedly facilitate the process of understanding economic terminologies, and rigorous training in translating economic texts can be very beneficial to the translator, equipping him or her with the translation terminologies, as well as the relevant strategies to deal with this text type.

Marketing terminology is mainly found in the translation of brochures, catalogues, offers, advertisements, web pages, marketing and business reports, marketing news and business articles, and business correspondence in general.

Translate the following English advert into Arabic.

What is Orange E-Shop?

It is the first online telecom E-Shop hosting a wide variety of our products and services that you can purchase with a simple click of a button.

What can I find here?

Here you can buy any product or service that you desire from the below lines:

- Mobile handsets
- Pay monthly mobile plans
- Mobile handsets with pay monthly mobile plans
- ADSL offers
- Pay monthly and cost control Internet Everywhere wireless internet subscriptions
- Pay as you go Internet Everywhere wireless internet subscriptions

Do you sell pay as you go lines for mobile subscriptions?

No, currently we are not selling any mobile pay as you go offers through E-Shop and this item might be sold in the future.

How can I buy any of the products featured on E-Shop?

Buying a product through E-Shop is very simple, all you need to do is following the below steps:

- Click on the “buy” button after choosing the product you would like to get
- After reviewing your order and the price to be paid, click on “next”
- Fill in the form that appears to you with your personal details and put a check mark next to “I have read and understood the terms and conditions” then click on next
- Validate your order information and price then click on “submit”

Terminology: investment

Investment discourse is used for companies with regard to benefits returned from various purchases. It covers various business documents such as contracts, agreements and documents related to insurance (health insurance, life insurance, car insurance, insurance of machinery and electronic sales, etc.). Investment written discourse is highly formal and is usually characterised by the use of passive, short sentences, use of directives and legal terminology. Accuracy is a very important issue that should be taken into consideration because any mistake in translation might have serious legal consequences.

Translate the following extracts from an insurance agreement.

INSURANCE SERVICES FRAMEWORK AGREEMENT

Dated: 26 August 2004, effective from 1 January 2004

BETWEEN:

- 1) Norwich Union Customer Services (Singapore) Pte Ltd, a company registered in Singapore with registration number 200303457R and whose registered office is at 4 Shenton Way, #27-02 SGX Centre 2, Singapore 068807 (the “Client”); and
- 2) Exlservice Holdings, Inc. a company registered in the State of Delaware and whose principal office is at 350 Park Avenue, 10 th Floor, New York, NY 10022 (“EXL Holdings (US)”).

1. DEFINITIONS AND INTERPRETATION

- a) In this Agreement, unless inconsistent with the context or otherwise specified, the definitions set out in schedule 1 shall apply.
- b) References to clauses and schedules are to clauses of and the schedules to this Agreement.
- c) The schedules form part of this Agreement and have the same force and effect as if expressly set out in the body of this Agreement.
- d) References to paragraphs are to the paragraphs of an Insurance Services Work Order.
- e) Words importing gender include each gender.
- f) References to persons include bodies corporate, firms and unincorporated associations and that person’s legal personal representatives and successors.

3. THE SERVICES

- a) EXL Holdings (US) shall supply each of the Insurance Services as set out in an Insurance Services Work Order to the Client in accordance with the terms of this Agreement and the Insurance Services Work Order.
- b) Subject to the Contract Change Control Procedures EXL Holdings (US) and the Client shall comply with the agreed Project Timetable set out in the applicable Insurance Services Work Order.
- c) Where the Client is under an obligation to pass on the Insurance Services to an Authorised Agent, Associated Company or Authorised User, EXL Holdings (US) shall as directed by the Client, supply the Insurance Services so that Client can pass them on or procure that they are passed on to that Authorised Agent, Associated Company or Authorised User as the case may be provided that the obligations of EXL Holdings (US) in respect thereof shall be to Client and not the Authorised Agent, Associated Company or Authorised User. The Client shall procure that such Authorised Agent, Authorised Company or Authorised User shall, as necessary, comply with the obligations of the Client hereunder. For the avoidance of doubt, it is expressly understood that Client shall be responsible for the payment of the charges.

Glossary			
Agreement	اتفاق	Assets	اصول الشركة
Insurance Services	خدمات تأمين	Procedures	اجراءات
Representatives	ممثلين	Comply with	يستجيب ل
Authorised to sign	مخول بالتوقيع	Procure	يتدبر

A series of 20 horizontal dashed lines, evenly spaced, spanning the width of the page, intended for writing or drawing.

Terminology: banking

Banking discourse involves the translation of annual reports, prospectuses, bank statements, investment marketing translation, macroeconomic survey translation, equity research translation, shareholder information, profit and loss reports, insurance policy translation, as well as banking, finance, and insurance websites. What distinguishes banking discourse from other economic discourse types is its heavy reliance on figures and statistics. Making use of TL-relevant templates facilitates the translation process by giving the translator more time to concentrate on the linguistic message to be conveyed rather than wasting time looking for a suitable presentation method.

Translate the following English extracts from account-opening forms.

Please complete ALL relevant areas on the form in BLOCK LETTERS. If you are applying for a Joint Account, please complete both applicants' details. You are required to submit to us all relevant information stated in the Checklist under section VIII with your application.

For Joint Account Only

We, the undersigned, hereby agree that the signature of any one of us on or in relation to any matter regarding the joint account will bind the other joint-account holders and expressly constitute an authorisation for each joint-account holder to have full powers to conduct any transaction on the joint account by way of instruction to the Bank and other instructions to operate the joint account including but not limited to notice of change in information declared at this form without requiring our joint signatures. We have read and understood the provisions relevant to joint account in the General Terms and Conditions of HSBC Bank (Vietnam) Ltd. and agree to be bound by them.

Translate the following description of profit and loss statement into Arabic.

What is a profit and loss statement?

The profit and loss statement is a summary of the financial performance of a business over time (monthly, quarterly or annually is most common). It reflects the past performance of the business and is the report most often used by small business owners to track how their business is performing.

As the name indicates the profit and loss statement (also known as a statement of financial performance or an income statement) measures the profit or loss of a business over a specified period. A profit and loss statement summarises the income for a period and subtracts the expenses incurred for the same period to calculate the profit or loss for the business.

Traders, partnerships and small proprietary companies are not required to prepare and lodge a profit and loss statement with their annual tax return.

However, they are very useful in helping you to objectively determine the financial performance of your business. Most accounting software packages will produce a profit and loss statement, but you may need the help of a bookkeeper or an accountant unless your business is very small.

All public companies and large proprietary companies are required by law to prepare a formal financial report that complies with Australian Accounting Standards for each financial year.

Translate the following news report into Arabic.

UK manufacturing growth slows

01 May 2012 – 09:38

UK manufacturing growth faltered in April as exports were hit by weaker demand from across the globe.

Markit's Purchasing Managers' Index registered 50.5 in April compared to 51.9 in March.

Any number over 50 on the index denotes growth with today's figures showing output rising at slowest rate of the year so far.

Consensus forecasts were for an expansion of 51.6.

However, it was the fifth month in a row that the manufacturing sector reported expansion.

New export orders fell at their steepest pace since May 2009 pushing total orders down slightly for first time in five months.

The drop in exports resulted from weaker demand from mainland Europe, the US and East Asia, Markit said.

After surging higher on the back of rising oil prices during March the latest figures showed an easing in cost inflationary pressures.

Companies nonetheless continued to report paying higher prices for chemicals, eggs, feedstock, fuel, metals, oil and polymers, Markit said.

A number of companies also indicated that suppliers were raising their charges to reflect increased transport costs.

More of a worry for policy-makers was a continued acceleration in average output price inflation in April.

Charges rose at the quickest rate for seven months, as manufacturers passed on increases in input costs to their clients.

Terminology: accounting and audit

Accounting and audit translations include various documents such as financial statements (accounts statements, balances, memos, memoirs, treasury reports, budget and variance reports, audit reports, accounting software, accounting standards and international accounting standards), in addition to articles on accounting and accounting books.

Translate the following report into Arabic.

Independent Auditors' Report

To The Shareholders of XXX Bank

Report on the Financial Statements

We have audited the accompanying consolidated financial statements of your Corporation and its subsidiaries [together 'the group'] which comprise the consolidated statement of financial position as at 31 december 2013 and the consolidated statements of income, comprehensive income, cash flows and changes in equity for the year then ended, and a summary of significant accounting policies and other explanatory information.

Board of Directors' Responsibility for the Financial Statements

The board of directors is responsible for the preparation and fair presentation of these consolidated financial statements in accordance with international financial reporting Standards, and for such internal control as the board of directors determines is necessary to enable the preparation of the financial statements that are free from material misstatement, whether due to fraud or error.

Auditors' Responsibility

Our responsibility is to express an opinion on these consolidated financial statements based on our audit. We conducted our audit in accordance with international Standards on auditing. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the consolidated financial statements are free from material misstatement.

Translate the following passages into Arabic.

1. There are three important starting points for understanding the current economic crisis. Firstly, what is happening at the moment represents the break-up of the interlocking set of arrangements by which the world economy has been governed since the mid-1980s. These arrangements represented a temporary ‘solution’ for capital to the crises which emerged a decade earlier. Secondly, the crises of the 1970s and the attempts to resolve them of the 1980s arose from a central contradiction within capitalism between the creation of profits in the sphere of production and the realisation of those profits in the sphere of circulation and exchange. Thirdly, the historically weak situation of British capital, at least that section of British capital territorially located in Britain, has left Britain especially vulnerable to the crisis. The crisis itself has a number of dimensions but three in particular are crucial. The first is the build-up of debt, both corporate and household debt, but especially household debt. Linked with this is the likelihood of a return to international monetary instability and of the refusal of the rest of the world to fund US (and UK) trade deficits. The third factor is the effect of the ecological crisis on the world economy, which brings with it the prospect of an end to two decades of low commodity prices. However, these should be seen as medium-term developments, determining the underlying tensions within which more immediate changes take place.

A Marxist analysis of the crisis needs to be based on an analysis which can grasp these underlying structural factors, see how these play themselves out in surface phenomena and also understand the competing strategies of capital as it attempts to manage the crisis.

2. Recession and the Financial Crisis

The most important current development in the wake of the banking crisis is the transmission of that crisis to the rest of the economy and its interaction with the more general economic crisis now emerging. The most obvious issue here is the onset of recession. The central reason for the recession is the dependence of consumer demand in particular but also business investment on high levels of debt over the last two decades.

Now that lending is contracting this debt-fuelled expansion is no longer possible and a sharp economic slowdown looks inevitable. The fall in house prices is also worsening the slowdown in consumer spending as households can no longer borrow against rising equity values.

There are two fundamental reasons for the reliance on debt. Consumption has come to depend on debt because of the contradiction between driving wages down to generate profits in production and needing to ensure demand in order to sell the goods produced and realise these profits. The most obvious manifestation of this is growing income inequality and it is no accident that the build-up of debt has been worst in countries with the greatest disparity in incomes, notably the UK and USA.

Linked to this is the way in which production in general, but especially investment, has come to rely on debt as a result of the weakness of profitability in the productive sector. As Robert Wade puts it ‘the rate of profit of non-financial corporation’s fell steeply between 1950–73 and 2000–06 – in the US, by roughly a quarter. In response firms “invested” increasingly in financial speculation’. Consequently, without debt being available to fund expansion recession appears inevitable.

Translate the following extracts into Arabic.

1. How to Brand a Next-Generation Product

When Apple launched its latest iPad, experts and nonexperts alike expected it to be dubbed ‘iPad 3’, a natural follow-on to the second-generation iPad 2. Instead, the company called the new iPad just that: ‘the new iPad’. Observers debated whether this was lazy branding or a very deliberate effort to market the iPad as a sibling to the Mac. Macs keep their names with each successive upgrade, analysts noted, while iPhones sport sequential numbers and letters to indicate improvements.

‘Consumers don’t necessarily read specs to learn about new features, but they’ll always notice a new name.’

Like Apple, most consumer-centric companies deal with the dilemma of how to brand the next-generation of an existing product. Product upgrades make up the majority of corporate research and development activity. That’s why Harvard Business School marketing professors John T. Gourville and Elie Ofek were surprised to find a dearth of academic research on the subject. ‘There’s a lot of research about new-product branding, but as best as we could tell, nobody had looked closely at the issue of how to brand a successive generation,’ Gourville says.

Translate the following text on international accounting standards (IAS).

IAS 1 Presentation of Financial Statements as issued at 1 January 2009

This extract has been prepared by IASC Foundation staff and has not been approved by the IASB. For the requirements reference must be made to International Financial Reporting Standard. This Standard prescribes the basis for presentation of general purpose financial statements to ensure comparability both with the entity's financial statements of previous periods and with the financial statements of other entities. It sets out overall requirements for the presentation of financial statements, guidelines for their structure and minimum requirements for their content.

A complete set of financial statements comprises:

- a) a statement of financial position as at the end of the period;
- b) a statement of comprehensive income for the period;
- c) a statement of changes in equity for the period;
- d) a statement of cash flows for the period;
- e) notes, comprising a summary of significant accounting policies and other explanatory information; and
- f) a statement of financial position as at the beginning of the earliest comparative period when an entity applies an accounting policy retrospectively or makes a retrospective restatement of items in its financial statements, or when it reclassifies items in its financial statements.

Glossary			
Financial statements	كشف الحساب	Comprehensive income	الدخل الشامل

Scientific Texts

Scientific texts are considered the most challenging for the translator. The term ‘science’ covers a wide range of disciplines that could include, but are not limited to, physics, biology, chemistry, astronomy, mathematics, geology, biochemistry, astrophysics, ecology and engineering sciences. Scientific texts differ from other texts basically because ‘scientific language draws on humanistic education, while workshop terms are non-literary, practical, colloquial and sometimes humorous’. Scientific texts are ‘set out and presented in unqualifiedly objective terms for the reader of SL and TL text alike’. They are more challenging, for example than literary texts, especially because ‘if the text is perceived as an object that should only produce a single invariant reading, any “deviation” on the part of the reader/translator will be judged as transgression’.

Part of the difficulty in translating such texts arises from their use of specialized terminology: a large number of very specific terms and concepts, as well as numbers, symbols, graphs and diagrams. This can be challenging for the translator who does not have sufficient knowledge of these fields. Indeed, exceptional language and writing skills are required to enable the translator to transmit technical content in one language into another in a clear and precise manner. Furthermore, translators have to keep themselves completely up to date with the continuous changes in scientific terminology, neologisms and new technological advances.

However, many of these new terms used in scientific texts might not have a direct translation in the TL. If the text contains a lot of unknown terms, or terms coined for the first time, a common strategy is for translators to leave the term in the original language and apply a footnote to fully explain it in the

TL. In some cases there may be fairly extensive glossaries of terms in the original text. Again, this poses a particular challenge to the scientific translator. But providing a faithful translation of a glossary of terms is likely to be a very difficult task since there are no dictionary equivalents for many of the terms being used.

Translation strategies

The translator of scientific texts needs to choose the most appropriate strategy that facilitates the accurate transfer of the message from the SL to the TL. Though the easiest is not necessary the most appropriate, it could function as a first step towards finding the strategy that works. This section reviews some strategies employed in translating scientific texts.

1. Borrowing

This strategy involves introducing the SL term into the TL, and it is done in the following three ways:

- Total borrowing, where a full phonological borrowing of the terms takes place. For instance, computer is translated as كمبيوتر . Such borrowing accepts derivation so the word computers is translated as كمبيوترات . This strategy works best for new scientific terms that have no equivalents in the TL, new inventions, new diseases or scientific discoveries. It is usually referred to as Arabisation.
- Loan translations or calque, which involves providing a translation of the new term in TL. For example, atomic number is translated as الذري العدد and atomic mass as الذرية الكتلة.
- Naturalisation, where the SL term is adapted to the morphology of the TL. This strategy is common with the terminology of computer sciences and technology, chemistry and biology. Examples:
 - face books (plural) فيسبوكات
 - To face book: يفسبك
 - computers كمبيوترات
 - e-mails: إيميلات
 - faxes: فاكسات .

2. Coinage

With this strategy new terms are created in the TL. The following are the three basic strategies for coinage in Arabic:

1. Derivation: according to this process, Arabic derives new terms by analogy based on its derivation system. Nominal and verbal forms are derived from the trilateral root. Derivation is considered ‘the most natural way of enriching the language without altering its identity’ (ibid.). For example, data is translated as معطيات (givens), taken from أعطى (give).
2. Al-istinbāt (discovery): involves the revival of old words by extending their meanings to express new concepts, e.g. cloning is translated as استنساخ.
3. Loan translations: the meaning of the term is translated literally into Arabic. For example, electronic e-mail is translated as الإلكتروني البريد.

Other solutions suggested by scholars for the problem of technical terms as well as other difficult words in the SL tackle the lack of lexical correspondence between the ST and TT at the word level, above word level, and textual equivalence: coping with cohesion and coherence. These problems will be discussed below with various suggestions for translation methods to deal with these issues.

Translation problems and practical steps

Accuracy is a major issue to be taken into consideration when translating scientific texts. The translator should make sure that the translation conveys the same objectives of the SL, thus contributing to the major scientific areas introduced in the SL. Proficiency in the TL is not sufficient since translators need to know the language of the discipline they are dealing with, as well as its jargon and historical background, so that they can articulate their ideas competently in the TL following the content and the style of the ST. Scientific translation is sometimes viewed as a *communicative service*, which offers new information for a new audience; its basic goal is to deliver scientific information that may be used *easily, properly and effectively*. If certain terminology in the original text requires more elaboration in the TL, the translator must ensure that this extended explanation (e.g. added in a footnote) remains within the grasp of the reader. For this purpose, the scientific translator should be a good researcher to keep up with all new development, since scientific discoveries evolve very rapidly.

The first step involves understanding the scientific content of the article so that a conceptual map of the original text is created. This process involves analysing the text on two levels, lexical and grammatical. Lexical analysis involves looking up the technical terms, using a good technical dictionary, and identifying the text's register. Grammatical analysis involves a contrastive analysis of grammatical structures in the SL and TL. In the case of translating from English into Arabic, there are many differences as far as the grammar of both languages is concerned. English is characterised by a scarcity of connectives, little repetition of keywords, extensive use of passive forms, and the verbs *to be* and *to have*. Arabic, on the other hand, uses more

connectives, repeats key words more often and favours active structures. Tense and aspect are also problematic in both languages.

Translate the following passage into Arabic.

Dual Therapy with Aliskiren plus ACE Inhibitor or ARB Is Linked to Hyperkalemia

Risk was about 50% higher with dual therapy than with monotherapy. Angiotensin-converting-enzyme (ACE) inhibitors and angiotensin-receptor blockers (ARBs) block different steps of the renin-angiotensin system. Aliskiren (Tekturna) directly inhibits renin (the first step of the renin-angiotensin system) and is approved for treatment of hypertension. Although seemingly attractive, dual therapy with ACE inhibitors and ARBs is associated with elevated risks for acute kidney injury and hyperkalemia. Whether the same is true for dual therapy with aliskiren plus an ACE inhibitor or an ARB is unclear.

In this meta-analysis of 10 randomized controlled trials involving more than 4800 people, risk for hyperkalemia was significantly higher among patients receiving dual therapy with aliskiren plus an ACE inhibitor or an ARB than among patients receiving monotherapy with an ACE inhibitor or an ARB (relative risk, 1.6; number needed to harm, 43) or aliskiren (RR, 1.7; number needed to harm, 50). Risk for acute kidney injury was not higher among patients receiving dual therapy with aliskiren plus an ACE inhibitor or an ARB than among patients receiving monotherapy with an ACE inhibitor, ARB, or aliskiren.

Comment: Dual therapy with aliskiren and an ACE inhibitor or an ARB is associated with excess risk for hyperkalemia. Notably, the Aliskiren Trial in Type 2 Diabetes using Cardio-Renal Endpoints (ALTITUDE) was recently terminated because patients randomized to aliskiren plus an ACE inhibitor or an ARB experienced elevated risk for adverse events including hyperkalemia, 'renal complications,' and nonfatal stroke (Novartis media

Translation problems: more practice

Arabic is a highly inflected language compared to English which uses very few inflections. Arabic has inflections for tense, number and gender. Furthermore, while English has inflection for plural only, Arabic has inflections for singular, dual and plural. For example, English uses the pronoun 'it' to refer to both the electron and the atom while Arabic treats the electron as masculine and the atom as feminine. This grammatical gender distinction is shown in the inflections of the verbs that follow these nouns. For instance, if you want to translate the sentence 'the proton is located in the centre of the atom', you should treat the proton as masculine saying:

يقع البروتون في مركز الذرة.

The word 'atoms' in the sentence 'Atoms are the smallest particle into which an element can be divided.' is treated as feminine plural and therefore the verb is inflected with feminine inflection at the beginning:

الذرات أصغر الجزيئات التي يمكن أن تقسم لها العناصر

Translate the following passage into Arabic.

Atoms and Molecules

Most of the Universe consists of matter and energy. Energy is the capacity to do work. Matter has mass and occupies space. All matter is composed of basic elements that cannot be broken down to substances with different chemical or physical properties. Elements are substances consisting of one type of atom, for example Carbon atoms make up diamond, and also graphite. Pure (24K) gold is composed of only one type of atom, gold atoms. Atoms are the smallest particle into which an element can be divided. The ancient Greek philosophers developed the concept of the atom, although they considered it the fundamental particle that could not be broken down. Since the work of Enrico Fermi and his colleagues, we now know that the atom is divisible, often releasing tremendous energies as in nuclear explosions or (in a controlled fashion in) thermonuclear power plants.

Subatomic particles were discovered during the 1800s. For our purposes we will concentrate only on three of them, summarized in Table 1. The proton is located in the centre (or nucleus) of an atom, each atom has at least one proton. Protons have a charge of +1, and a mass of approximately 1 atomic mass unit (amu). Elements differ from each other in the number of protons they have, e.g. Hydrogen has 1 proton; Helium has 2.

The neutron also is located in the atomic nucleus (except in Hydrogen). The neutron has no charge, and a mass of slightly over 1 amu. Some scientists propose the neutron is made up of a proton and electron-like particle.

The electron is a very small particle located outside the nucleus. Because they move at speeds near the speed of light the precise location of electrons

Problems of word level equivalence

Problems with finding the right scientific equivalents are basically related to the types of words used. The following types of words require special care in translation (Baker 1992/2006: 21–6).

- Culture-specific concepts
- The SL concept is not lexicalised in the TL
- The SL word is semantically complex
- The SL and TL make different distinctions in meaning
- The TL lacks a superordinate
- The TL lacks a specific term (hyponym)
- Differences in physical or interpersonal perspective
- Differences in the expressive meaning
- Differences in form
- Differences in frequency and purpose of using specific forms
- The use of loan words in the ST

The following strategies could be followed to deal with these items.

- Translation by a more general word (superordinate)
- Translation by a more neutral/less expressive word
- Translation by cultural substitution
- Translation using a loan word or loan word plus explanation
- Translation by paraphrase using a related word
- Translation by paraphrase using unrelated words
- Translation by omission
- Translation by illustration (Baker 1992/2006: 26–42)

Translate the following passages into Arabic.

1. Etiology

Sources

Coronaviruses (CoVs) are found in a wide range of animal species, including in cats, dogs, pigs, rabbits, cattle, mice, rats, chickens, pheasants, turkeys, and whales, as well as in humans. They cause numerous veterinary diseases (e.g. feline infectious peritonitis, avian infectious bronchitis); they can also cause upper and, more commonly, lower respiratory tract illness in humans (group 1 [human CoV 229E] and group 2 [human CoV OC43]).

The near absence of SARS-CoV antibodies in persons who did not have SARS

demonstrated that SARS-CoV had not circulated to any significant extent in humans before 2003 and was introduced into humans from animals. Preliminary data after the outbreak started suggested that animals in the markets of Guangdong province in China may have been the source of human infection. However SARS-CoV like viruses were not found in animals prior to arrival in the markets.

A wide range of other coronaviruses in bats has been found, suggesting that bats are the most likely animal reservoir for the SARS outbreak. SARS infection in animals before arrival in the markets was uncommon, and these animals were probably not the original reservoir of the outbreak, although they may have acted as amplifying hosts. The proximity in which humans and livestock live in rural southern China may have led to the transmission of the virus to humans.

2. Pathophysiology

The lungs and gastrointestinal tract have been demonstrated to be the only major organ systems that support SARS-CoV replication.

After establishment of infection, SARS-CoV causes tissue damage by (1) direct lytic effects on host cells and (2) indirect consequences resulting from the host immune response. Autopsies demonstrated changes that were confined mostly to pulmonary tissue, where diffuse alveolar damage was the most prominent feature.

Pathologic slide of pulmonary tissue infected with severe acute respiratory syndrome–associated coronavirus. Diffuse alveolar damage is seen along with a multinucleated giant cell with no conspicuous viral inclusions. Courtesy of the US Centers for Disease Control and Prevention.

Multinucleated syncytial giant cells were thought to be characteristic of SARS but were rarely seen. Angiotensin-converting enzyme-2 (ACE-2), being a negative regulator of the local rennin-angiotensin system, was thought to be a major contributor to the development of this damage.

The other mechanism was thought to be the induction of apoptosis. The SARS-CoV–3a and –7a proteins have been demonstrated to be inducers of apoptosis in various cell lines. Immunologically, SARS is characterized by a phase of cytokine storm, with various chemokines and cytokines being elevated.

Glossary			
Gastro	معدي	Immunologically	مناعيا
Infection	عدوى	Multinucleated	متعدد النوى
Apoptosis	الموت الخلوي المبرمج	Major contributor	عامل أساسي

3. Cellular binding

Single-stranded ribonucleic acid (RNA) viruses such as the SARS-CoV have no inherent proofreading mechanism during replication. Accordingly, mutations in the RNA sequence replication of coronaviruses are relatively common. Such mutations can cause the resulting new virus to be either less or more virulent.

The surface envelop S protein of SARS-CoV is thought to be a major determinant in establishing infection and cell and tissue tropism. This protein, after binding to its receptor – which is thought to be angiotensin-converting enzyme 2 (ACE-2) and is expressed in a variety of tissues, including pulmonary, intestinal, and renal – undergoes conformational change and cathepsin L-mediated proteolysis within the endosome.

The binding of SARS-CoV to DC-SIGN (dendritic cell-specific intercellular adhesion molecule-grabbing nonintegrin), which recognizes a variety of microorganisms, does not lead to entry of the virus into dendritic cells. It instead facilitates the transfer and dissemination within the infected host.

Immune response

The type I interferon (IFN-alfa/beta) system represents a powerful part of the innate immune system and has potent antiviral activity. However, SARS-CoV discourages attack by the IFN system. Replication of the virus occurs in cytoplasmic compartments surrounded by a double membrane layer. Such concealment within cells probably causes a spatial separation of the viral pathogen-associated molecular patterns (PAMPs) and the cellular cytoplasmic pattern recognition receptors (PRRs).

In addition, the activation of IFN regulatory factor-3 (IRF-3) is actively inhibited by SARS-CoV, with IRF-3 being targeted by 5 known SARS-

4. Epidemiology

In November 2002, an unusual epidemic of severe pneumonia of unknown origin in Guangdong Province in southern China was noted. There was a high rate of transmission to health care workers (HCWs). Some of these patients were positive for SARS-CoV in the nasopharyngeal aspirates (NPA), whereas 87% patients had positive antibodies to SARS-CoV in their convalescent sera. Genetic analysis showed that the SARSCoV isolates from Guangzhou had the same origin as those in other countries, with a phylogenetic pathway that matched the spread of SARS to other parts of the world.

The 2002–2003 SARS outbreak predominantly affected mainland China, Hong Kong, Singapore, and Taiwan. In Canada, a significant outbreak occurred in the area around Toronto, Ontario. In the United States, 8 individuals contracted laboratory-confirmed SARS. All patients had travelled to areas where active SARS-CoV transmission had been documented.

SARS is thought to be transmitted primarily via close person-to-person contact, through droplet transmission. Most cases have involved persons who lived with or cared for a person with SARS or who had exposure to contaminated secretions from a patient with SARS. Some affected patients may have acquired SARS-CoV infection after their skin, respiratory system, or mucous membranes came into contact with infectious droplets propelled into the air by a coughing or sneezing patient with SARS.

Leaky, backed-up sewage pipes; fans; and a faulty ventilation system were likely responsible for a severe outbreak of SARS in the Amoy Gardens residential complex in Hong Kong. Transmission may have occurred within the complex via airborne, virusladen aerosols.

Problems above word level equivalence

These problems are related to collocation, idioms and fixed expressions (Baker 1992: 46–77). For collocations, the following problems were identified:

- The engrossing effect of ST patterning
- Misinterpreting the meaning of SL collocation
- The tension between accuracy and naturalness
- Culture-specific collocations
- Marked collocations in the ST

The solutions suggested by Baker include the following steps:

- Take the effect of SL into consideration
- Put the translation draft aside for a few hours and return to read the target text so that the possible interfering influence of source text patterning is reduced
- Evaluate the significance of a potential change in meaning
- Translation by a marked collocation depending on the constraints of the target language and the purpose of the translation

For idioms and fixed expressions, the following problems are identified:

- Recognition
- No equivalent in the TL
- A similar counterpart in the TL with a different context of use
- An idiom used in the ST both in its literal and idiomatic sense at the same time
- Difference between the convention, context and frequency of use in the SL and TL

The suggested methods include:

- Resourcing

- Using an idiom of similar meaning and form
- Using an idiom of similar meaning but differing form
- Paraphrase
- Omission
- Compensation
- Rewording
- Translation by paraphrase using unrelated words
- Translation by illustration

Translate the following passages into Arabic.

1. Prognosis

WHO data indicate that mortality from SARS is highly variable. The mortality rate has been found to range from less than 1% in patients below age 24 years to more than 50% in patients aged 65 and older. Certain risk factors, including the following, have been associated with a poorer prognosis:

- Older age
- Chronic hepatitis B infection
- Laboratory features - Including marked lymphopenia and leukocytosis, elevated lactate dehydrogenase level, hepatitis, high SARS-CoV viral load, and comorbidities such as diabetes mellitus.

Elevated levels of interferon-inducible protein 10 (IP-10), monokine induced by IFN γ (MIG), and interleukin 8 (IL-8) during the first week, as well as an increase of MIG during the second week, have also been associated with a poor prognosis.

A study of SARS survivors found that most of these had significant improvement clinically, radiographically, and in their pulmonary function studies. However, 27.8% of patients still exhibited abnormal radiographs at 12 months. Significant reductions in the diffusing capacity of carbon monoxide and in exercise ability (6-min walking distance) were also documented at 12 months. Polyneuropathy and myopathy associated with critical illness, avascular necrosis (possibly steroid induced), steroid toxicity, and psychosis were some of the other long-term sequel observed in the SARS survivors.

Morbidity and mortality

2. Alzheimer's disease: Your Role as Caregiver Do You Realize How Much You Do?

Your role as caregiver to a loved one suffering from Alzheimer's disease can be very involved.

- You help maintain the quality of life for your spouse, parent, family member, or friend with Alzheimer's disease.
- You have become educated about symptoms, treatments and the progression of the disease.
- You probably keep track of appointments with the doctor, medication schedules, and exercise.
- You offer the love and support necessary to meet the challenges of Alzheimer's disease.

You are a caregiver. While many patients retain their independence for a period of time after being diagnosed with Alzheimer's disease, some may need more help with performing daily activities. For others, the diagnosis may come after weeks or months of you coping with symptoms that did not have a name. Regardless of how long you've been dealing with Alzheimer's disease or to what degree, in some way Alzheimer's has affected your life and responsibilities – physically, emotionally, or economically.

Recommended Related to Alzheimer's

Alzheimer's disease Diagnosis

Unfortunately, getting an Alzheimer's disease diagnosis is not simple. Your doctor can't check for the disease by doing a quick blood test. That's because signs of Alzheimer's disease do not appear in your blood. Instead, Alzheimer's disease is the result of a problem inside your brain. The only way to be 100% certain a person suffers from Alzheimer's disease is to

examine samples of brain tissue. This can only be done during an autopsy, after a person has died.

Read the Alzheimer’s disease Diagnosis article

The role you have taken on is not an easy one. However, the following tips offer some guidance on how to maintain and improve your caregiving relationship:

- **Take time for yourself.** Make sure you have time to relax. If necessary, enlist the help of other family members or even hire someone to help out.
- **Learn as much as you can about your loved one’s disease** so you will know how you can help. You’ll also understand what changes to expect in your loved one’s behavior or symptoms.

Glossary			
Symptoms	اعراض	Consult	يستشير
Diagnosed	مشخص	Caregiving	تقديم الرعاية
Autopsy	تشريح		

Textual equivalence: cohesion and coherence

Cohesion and coherence are two main aspects of discourse. Coherence is defined as 'a tacit, but discernible, thematic or emotional development running through the text' (Dickins 2005: 128) as shown by the following example:

I was hungry. I went downstairs. I knew the kitchen was on the ground floor. I was pretty sure the kitchen was on the ground floor. I didn't expect to find it easily. I made myself a sandwich. (Ibid. p. 135)

The Arabic version is:

لقد كنت جائعا. ذهبت إلى الطابق الأرضي. كنت أعرف أن المطبخ كان بالطابق الأرضي. كنت متأكد بأن المطبخ كان بالطابق الأرضي لم أتوقع أن أجده بسهولة. أعددت لنفسني شطيرة.

According to Dickins, although the above text lacks cohesive markers to link the sentences, it is nonetheless coherent as a result of the chronological narrative structures.

The following problems and strategies are related to maintaining cohesion and coherence between the SL and TL:

1. The tension between word order and communicative function.
Suggested strategies: voice change, change of the verb, nominalisation, and extraposition.
2. Maintaining a balance between accuracy and naturalness as far as the cohesion of the text is concerned.
Suggested strategies: gender adding, person deleting, verb tense reordering, restrictions of word order, producing different lexical chains, change of meaning explicitation according to word order deictic, rechunking (reorganising or renumbering paragraphs, sentences), and text-type repunctuating (Baker 1992: 166–215).

Translate the following passage into Arabic.

Cardiac enzyme studies measure the levels of the enzyme creatine phosphokinase (CPK, CK) and the protein troponin (TnI, TnT) in the blood. Low levels of these enzymes and proteins are normally found in your blood, but if your heart muscle is injured, such as from a heart attack, the enzymes and proteins leak out of damaged heart muscle cells, and their levels in the bloodstream rise.

Because some of these enzymes and proteins are also found in other body tissues, their levels in the blood may rise when those other tissues are damaged. Cardiac enzyme studies must always be compared with your symptoms, your physical examination findings, and electrocardiogram (EKG, ECG) results.

Why It Is Done

Cardiac enzyme studies are done to:

- Determine whether you are having a heart attack or a threatened heart attack (unstable angina) if you have chest pain, shortness of breath, nausea, sweating, and abnormal electrocardiography results.
- Check for injury to the heart after bypass surgery.
- Determine if a procedure, such as percutaneous coronary intervention (PCI), or a medicine to dissolve the blockage (thrombolytic medicine) has successfully restored blood flow through a blocked coronary artery.

How to Prepare

No special preparation is required before having this test.

Many medicines may affect the results of this test. Be sure to tell your health professional about all the nonprescription and prescription medicines you take.

Talk to your doctor about any concerns you have regarding the need for the test, its risks, how it will be done, or what the results will mean. To help you understand the importance of this test, fill out the medical test information form.

How It Is Done

The health professional drawing your blood will:

- Wrap an elastic band around your upper arm to stop the flow of blood. This makes the veins below the band larger so it is easier to inject a needle into the vein.
- Clean the needle site with alcohol.
- Put the needle into the vein. More than one needle stick may be needed.
- Attach a tube to the needle to fill it with blood.
- Remove the band from your arm when enough blood is collected.
- Put a gauze pad or cotton ball over the needle site as the needle is removed.
- Put pressure on the site and then put on a bandage.

Translate the following passages into Arabic.

1. DNA AND MOLECULAR GENETICS: the physical carrier of inheritance

While the period from the early 1900s to World War II has been considered the ‘golden age’ of genetics, scientists still had not determined that DNA, and not protein, was the hereditary material. However, during this time a great many genetic discoveries were made and the link between genetics and evolution was made.

Friedrich Meischer in 1869 isolated DNA from fish sperm and the pus of open wounds. Since it came from nuclei, Meischer named this new chemical, nuclein. Subsequently the name was changed to nucleic acid and lastly to deoxyribonucleic acid (DNA). Robert Feulgen, in 1914, discovered that fuchsin dye stained DNA. DNA was then found in the nucleus of all eukaryotic cells.

During the 1920s, biochemist P.A. Levene analyzed the components of the DNA molecule. He found it contained four nitrogenous bases: cytosine, thymine, adenine, and guanine; deoxyribose sugar; and a phosphate group. He concluded that the basic unit (nucleotide) was composed of a base attached to a sugar and that the phosphate also attached to the sugar. He (unfortunately) also erroneously concluded that the proportions of bases were equal and that there was a tetranucleotide that was the repeating structure of the molecule. The nucleotide, however, remains as the fundamental unit (monomer) of the nucleic acid polymer. There are four nucleotides: those with cytosine (C), those with guanine (G), those with adenine (A), and those with thymine (T).

During the early 1900s, the study of genetics began in earnest: the link between Mendel’s work and that of cell biologists resulted in the

Media Texts

Media texts deal with the main means for receiving information and entertainment, the language usually found in articles and advertisements published in newspapers or broadcast on radio, TV, websites, etc. These depend on the addressee and their main function is to express the message in an effective way, so they emphasise the layout and mode of presentation. In newspapers, for example, the message is aided with much focus on the display of headlines/banners (font size, organisation, prominence and other typographical features) in the way most appealing to readers.

Being a sub-category of non-fiction, media texts do not always apply the literary use of language. First, media texts tend to adopt a different structure. Careful structuring is important for all types of text, 'whether you're writing a novel, a letter to a friend, or a recipe, clear structuring is the key of effective communication'. Indeed, structuring of texts is vital not only for strengthening one's argument, but for the coherent flow of information. However, unlike conventional writing, media texts often have a different opening and emphasis. While literary texts, for example, habitually offer a clear introduction, media texts open with what is often referred to as a 'lead' which is used to 'create suspense or surprise, or shock or arouse emotions in the reader'.

Moreover, the language of media texts is characterised by being more free than standard language. The media style, unlike the literary, is often geared towards the production of news and information in a very limited timeframe. The nature of news production necessitates a simple style, with very short sentences and subtle cohesive devices that are almost absent. On the sentence and paragraph level, therefore, sentences and paragraphs are short and economical, and on the grammatical level, the use of active rather than passive

verbs is preferred and the presence of adjectives is limited. Especially when the language is attention-grabbing (e.g. a headline), it tends to be free from grammatical constraints. For example, a newspaper headline would read, 'State population to double by 2040; babies to blame.' instead of a more grammatical sentence such as 'The state population is expected to double by 2040 and babies are the ones to blame.' It is clear how short the headline is, omitting functional words and focusing only on the meaningful lexis. According to Reah (2002: 13), 'the headline has a range of functions that specifically dictate its shape, content and structure, and operates within a range of restrictions that limit the freedom of the writer'. These restrictions are indicated in the condensed heading or title that is often used for marketing purposes, and with the intention of attracting the reader. To this end, 'headline writers use a wide range of devices to create a very specific style, which is sometimes called headlines'.

Internally also, media language is less elaborate than other types. In Arabic, for instance, media sentences are less complex, with the main function of conveying information away from the creative stylistic aspects of the text. Rhetorical and aesthetic features are minimised, with more emphasis on plain language to convey the meaning. The elaborate cohesive devices that are the ingredients of the Arabic writing style are less common in media texts. Sentences and paragraphs are often connected by the conjunctive device *wa* (and). However, because it aims to grab attention, media language tends to make more use of emotive language, although this depends on the type and category of media texts. This variation in style is heavily often influenced by the pressing need to publish information, in some cases instantly, but sometimes with emphasis on the creative aspects of writing so as to appeal to readers' emotions in a piece of news.

Media texts can be divided into four categories: hard news, feature articles, special-topic news and headlines. These categories have different features, depending on the theme and structure of the text. Some of the texts are written very quickly, with the sole aim of publishing and disseminating news and information, often on the same day (Bell 1991: 14). They may take many forms, for example, ‘an interview with a person in the news or an eyewitness to a press release from a public relations agency, a government media briefing, a copy from an international news agency such as Reuter’s or United Press International’ (Rowland and Avery 2001: 121). Such varieties will normally differ in form and language.

Different kinds of media also have their own characteristics depending on their purpose. Magazine covers, for example, have less text and no advertising, compared to newspapers. In a newspaper, for instance, there are usually different sections for sports, entertainment, a TV guide, medical and scientific news, etc. each with its own genre-specific language. Each of these sub-categories of media language has different features, all of which serve the purpose of creating expressive and informative texts.

With regard to the translation profession, media texts require more interpreting than written translation. Interpreting is usually more complicated and difficult to tackle than written translation because of difficulties regarding the setting, time, voice, participants, etc. As for written translation, media texts can be more easily translated than other complex genres such as literary texts. In translating lexis for example, the translation strategies used are restricted to using a borrowed term, being either transliterated or translated literally. This is especially true because these terms tend to be restricted in meaning and cannot normally be used in other connotative senses such as metaphor or metonymy. For example, media terms such as *Piggyback* have

straightforward equivalents in other languages, e.g. *ferroustage* in French and huckepack in German. This characteristic makes media texts a successful candidate for machine translation programs. Such programs can be more and more refined and much appreciated since the language of the media can be anticipated, similar to other ‘technical’ language uses. Indeed, media texts could be called a category of technical texts if we consider the media as a ‘field’ and not strictly a discipline. What follows is a wide range of drills designed to help learners and translators to practise translating media texts, taking into account some of the translation strategies introduced in the previous modules.

Conflicts/Civil Wars

Translating texts about conflicts and wars remains one of the most complex tasks faced by translators. This is due to the fact that the type of register used may be interpreted differently by different parties involved in the conflict. For example, what could be considered as a ‘holy war’ by some could be regarded as a ‘guerrilla war’ by others. These ideological differences in the way terms are approached and actions are labelled make it difficult for translators to provide a representative translation for certain terms and actions. In this case, the translator needs to take into account different aspects (i.e. cultural, social and political) of the TT and ST, meaning that the translator should be very aware of these cultural differences in order to provide a balanced translation. In translating what could be deemed as controversial terminologies, the translator could resort to footnotes to explain or contextualise these key terms in the SL, so that the TL audience is aware of the main aspects underlining these terminologies in the source text.

Translate the following passages into Arabic.

1. Traumatized Syrians flee to Jordan

There is mounting pressure on the Syrian government to suspend its attacks and allow humanitarian aid to enter the besieged towns of Homs, Deraa and Idlib. As government forces continue their bombardment of opposition held towns, thousands of Syrians have fled the fighting into neighbouring countries, including Jordan, from where Wyre Davies reports.

At a small, rather crowded primary school in the Jordanian border town of Ramtha, an English lesson is in progress.

It is no wonder some of the children look a bit bemused. The girls and boys in the front three rows are all from Syria.

A few weeks ago, they and their families were cowering in their homes, under fire from their own government's guns. Now in the safety of neighbouring Jordan, some have been given places in local schools.

The latest shaky images from Syria show anti-government protests in several towns, despite the obvious dangers.

The assault on Homs, in particular, is relentless. Dozens of people have died in recent days.

At a house just across the plain from his troubled homeland, I met a former Syrian civil servant who fled the country with 10 members of his family when he was ordered to shoot protesters in Homs.

A loyal member of the Baath Party for more than 20 years, he was aghast that a regime he had served for so long was prepared to go to such lengths to quash the rebellion in Homs.

He asked me not to publish his name or exactly what his job was because, as he said, the Assad regime has a notorious network of informers and loyalists who keep close tabs on its opponents.

To his eternal regret, when the extended family left the besieged city – they had to leave behind two of their daughters, who have their own husbands and children to look after. They’ve not heard from them for more than a week.

Suspicious of authority

Jordan, of course, has a long history of hosting and accommodating refugee populations, from Palestinians to Iraqis.

Andrew Harper, a Middle East veteran, is the UNHCR’s new representative in Jordan and is co-ordinating closely with the authorities in Amman to contain the crisis.

Glossary			
Mounting pressure	ضغوط متزايدة	Relentless	لا هوادة فيها
Suspend	وقف	Anti-government protests	الاحتجاجات المناهضة للحكومة
Humanitarian aid	المساعدات الإنسانية	Close tabs	بشكل وثيق
Bombardment	قصف	Beseiged city	المدينة المحاصرة
Cowering in their homes	يرتعدون في منازلهم	Emphasise	للتأكيد على
Shaky images	صور مهزوزة	Avoiding some of the pitfalls	للتأكيد على
Assault	الهجوم		

Uprisings and revolutions

The 2011 uprisings and revolutions, which have engulfed the Middle East, have led to the coining of new terminologies and phrases that have become part of the Arabic glossary and culture, and which some translators might not be familiar with. Some of this new register is specific to individual countries and groups, and could pose a challenge to the translator. Translators, therefore, ought to be aware of the new register as well as the internal/local context associated with it, in order to be able to provide a representative and accurate translation of the meaning of the text. Another challenge when translating such texts is the culture-specific nature of some of this register. The historical context could prove essential, as some terms are directly linked to national and regional issues, which could be very specific to the context of the SL.

Translate the following passages into Arabic.

1. What cannot but strike the eye in the revolts in Tunisia and Egypt is the conspicuous absence of Muslim fundamentalism. In the best secular democratic tradition, people simply revolted against an oppressive regime, its corruption and poverty, and demanded freedom and economic hope. The cynical wisdom of western liberals, according to which, in Arab countries, genuine democratic sense is limited to narrow liberal elites while the vast majority can only be mobilised through religious fundamentalism or nationalism, has been proven wrong. The big question is what will happen next? Who will emerge as the political winner?

When a new provisional government was nominated in Tunis, it excluded Islamists and the more radical left. The reaction of smug liberals was: good, they are basically the same; two totalitarian extremes – but are things as simple as that? Is the true long-term antagonism not precisely between Islamists and the left? Even if they are momentarily united against the regime, once they approach victory, their unity splits, they engage in a deadly fight, often more cruel than against the shared enemy.

Elections and oppositions

Translating election texts and events is often considered straightforward, but in reality it can be a challenging process for those translators who have little or no knowledge of the target text culture, as some election terminologies may have different interpretations, depending on the context of the source text. The obvious strategy for dealing with such texts is to have a good acquaintance with current affairs, as well as with registers related to elections and oppositions. In Arabic, different groups and opposition parties are given different labels and attributions, which could be confusing for translators who might not be aware of these political differences.

A glossary of these terminologies, therefore, as well as a good knowledge of current affairs could help translators overcome some of the challenges related to translating this register.

Translate the following passage into Arabic.

1. Putin, who has dominated Russian politics since the beginning of the 21st century, won almost 64 per cent of votes, Russia’s Central Election Commission said.

‘According to the preliminary results, Vladimir Vladimirovich Putin has been elected president of the Russian Federation,’ the head of the election commission Vladimir Churov told reporters on Monday.

Addressing tens of thousands of supporters in Moscow late on Sunday, a tearful Putin said the Russian people had clearly rejected the attempts of unidentified enemies to ‘destroy Russia’s statehood and usurp power’.

‘The Russian people have shown today that such scenarios will not succeed in our land,’ said Putin, flanked by outgoing President Dmitry Medvedev. ‘They shall not pass!’

‘I promised you we would win. We have won. Glory to Russia. We won in an open and fair struggle.’

But the scale of Putin’s victory was questioned by some of his rivals, and opposition activists, who called for protests on Monday over allegations of vote-rigging.

2. Even in the case of clearly fundamentalist movements, one should be careful not to miss the social component. The Taliban is regularly presented as a fundamentalist Islamist group enforcing its rule with terror. However, when, in the spring of 2009, they took over the Swat valley in Pakistan, the New York Times reported that they engineered ‘a class revolt that exploits profound fissures between a small group of wealthy landlords and their landless tenants’. If, by ‘taking advantage’ of the farmers’ plight, the Taliban are creating, in the words of the New York Times, ‘alarm about the risks to Pakistan, which remains largely feudal,’ what prevented liberal democrats in Pakistan and the US similarly ‘taking advantage’ of this plight and trying to help the landless farmers? Is it that the feudal forces in Pakistan are the natural ally of liberal democracy?

The inevitable conclusion to be drawn is that the rise of radical Islamism was always the other side of the disappearance of the secular left in Muslim countries. When Afghanistan is portrayed as the utmost Islamic fundamentalist country, who still remembers that, 40 years ago, it was a country with a strong secular tradition, including a powerful communist party that took power there independently of the Soviet Union? Where did this secular tradition go?

Natural disasters

As with previous genres, translating this type of text requires a good knowledge of both the ST and TT cultural contexts, since some of the texts could be influenced by cultural and religious beliefs, which could be received differently by different audiences. The Arabic culture is religious oriented, and this is often evident in texts about natural disasters, since most Arabs and Muslim believe that disasters are an act of God. This may not be the case for other cultures, however, and therefore the translator should exercise extra caution while attempting to convey the meaning of the source text to the target audience. An awareness of the recipients' cultural beliefs and values is vital. The Arabic style in this genre of texts can be very informative, while also employing religious and sentimental lexis.

Translate the following passages into Arabic.

1. 20,000 dead in earthquake in Pakistan

The death toll in Pakistan and the Pakistani-controlled Kashmir province has now reached at least 20,000, in addition to hundreds killed in India and Afghanistan, due to an earthquake that hit the region on Saturday. Tens of thousands of those affected by the earthquake in the mountainous areas of northern Pakistan have spent their second night without shelter.

The survivors in several remote villages are still without shelter, medicine, food supplies and clean water. Amjad Anwar, an elderly inhabitant of the village of Patal, near Balakot, said: ‘We don’t want helicopters hovering over us. All we want is blankets and water.’

The epicentre was 80km northeast of Pakistan’s capital, Islamabad. India and Afghanistan were also hit by the quake, which reached 7.6 on the Richter scale, making it the strongest earthquake in the region for nearly 100 years.

The epicentre of the earthquake was close to the city of Muzaffarabad, capital of the Pakistani-controlled Kashmir province. BBC correspondent Nick Bryant reported from Muzaffarabad, that the situation in the city, where numerous buildings have been destroyed, is dire. The cricket stadium in the city is being used to shelter the homeless, and provide aid to the survivors and the injured while they wait to be airlifted to hospitals in Islamabad.

Child Victims

Pakistani officials said that the north-west frontier was the worst-affected by the earthquake, as well as the Pakistani-controlled Kashmir province. The press reported that more than 400 children were killed when two schools collapsed in the north-west frontier. The Indian interior ministry

said that many villages were flattened in the earthquake, and more than 600 people were killed.

The BBC's correspondent in Sirinjar reported that the local government is currently working on reinstating basic services, such as electricity and water.

Glossary			
The number of casualties reached	بلغ عدد القتلى	Exceeded	
Earthquake	الزلازل	Victims of Flood	ضحايا فيضانات
Affected by disaster	المنكوبين	Stranded	محاصر
Shelter (n)	مأوى	Livestock	الماشية
Survivors	الناجون	Disaster	الكارثة
Remote	النائية	Embark on digging	انكب على الحفر
Shelter the homeless	إيواء المشردين	Strong flood	فيضانات عارمة
Provide aid to the survivors	توفير الإغاثة للناجين	Refugee	نازح
Under the debris	تحت الأنقاض	Erosion	الانهيارات الأرضية
Strong waves	أمواج عاتية		

2. The death toll in Pakistan and the Pakistani controlled Kashmir province has now reached at least 20,000, in addition to hundreds killed in India and Afghanistan, due to an earthquake that hit the region on Saturday.

Tens of thousands of those affected by the earthquake in the mountainous areas of northern Pakistan have spent their second night without shelter.

The Pakistani interior minister, Aftab Sherpao, said in a press conference that more than 42,000 people were injured, and that the number is rising 'by the hour'.

The survivors in several remote villages are still without shelter, medicine, food supplies and clean water.

Amjad Anwar, an elderly inhabitant of the village of Patal, near Balakot, said: 'We don't want helicopters hovering over us. All we want is blankets and water.'

Pakistani officials said that the north-west frontier was the worst affected by the earthquake, as well as the Pakistani-controlled Kashmir province. The press reported that more than 400 children were killed when two schools collapsed in the north-west frontier. The Indian interior ministry said that many villages were flattened in the earthquake, and more than 600 people were killed in the Indian part of Kashmir.

The BBC's correspondent in Sirinjar, the summer capital of Indian-controlled Kashmir, reported that the local government is currently working on reinstating basic services, such as electricity and water.

Rescue efforts In the capital Islamabad, people have begun to dig through the debris with their bare hands to rescue survivors trapped under the rubble of a building. British specialists

7. Egypt election: voters defy fears of violence with record turnout

Fears of violence and chaos unfounded with no major violations or security incidents reported in first free ballot for over 80 years.

Egyptians came out to vote in record numbers, defying widespread predictions of violence and chaos and fears that the country was yet to break free from three stagnant decades of dictatorship.

Polls were kept open two hours past their scheduled closing time to allow long queues of people at polling stations throughout Cairo to cast their ballots. The high turnout followed 10 days of resurgent protests in the capital that had threatened to overshadow the election.

Egypt's military rulers and the high election commission, which is supervising the voting, reported no major violations or security incidents during the historic vote – the first free parliamentary ballot for more than 80 years.

However, some candidates are claiming irregularities outside several booths, which they allege will boost votes for the Muslim Brotherhood, the bloc likely to do best when the first round of votes in a three-stage process are counted.

The scene of the renewed uprising, Tahrir Square, was largely empty as long queues snaked outside schools and government offices around the city. Many of the demonstrators who had gathered in the square to demand the immediate departure of the supreme council of the armed forces (Scaf), the military junta that took power when President Hosni Mubarak was ousted in January, had urged a boycott of the election, claiming it was being set up to fail.

However, in those neighbourhoods where support for the largely liberal Tahrir movement was strongest, few people appeared to have listened. 'I

9. The elections are finally being held following a referendum in March that approved a series of constitutional amendments and endorsed the junta-sponsored transition timetable that should have seen a parliamentary vote take place by September at the latest. As transition deadlines slipped, patience among many Egyptians ebbed and a fear grew that the Scaf was instead trying to hang on to power. The waning trust led to the reoccupation of Tahrir Square and fears that vote would not take place.

Preliminary results are expected later this week. Two further rounds of voting will be held in other areas of Egypt, the last on 3 January, before a 498-member lower house of parliament is elected. Its main task will be to form a committee to draft Egypt's new constitution, which promises to be a bitterly contested blueprint for the future.

10. The Egyptian elections have begun despite the many attempts to abort, obstruct or derail them. Millions of voters are electing a parliament to express their will and authority. We are about to accomplish the most important aims of the revolution: the building of a real democratic system, after getting rid of – or almost – the repressive dictatorship.

The military council has so far honoured its pledge to hold elections and protect them. It should continue the process to the end and accept the results, and the rights and powers of parliament. It is impossible for millions of Egyptians to go to the polls and vote for a parliament without authority. So the military council must now announce the handover of legislative powers to parliament, and the caretaker government must present any new legislation to the parliament for approval.

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