

The Environment Journal

December, 2010

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حكمة العدد

" انسان بدون هدف كسفينة بدون دفة ... كلاهما سوف ينتهي به الأمر على الصخور "



News

- 1) Health awareness campaign visited many of Assiut Governorate Schools.
- 2) A number of brochures issued by the Faculty, handling the issue of AIDS. The brochures were sent to all vice- deans of community services environmental development of the University Faculties.

World's Days and Weeks



**The world's day of AIDS (December 1st of every year),
bearing the slogan of (STOP AIDS)**

General Information

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(Exam Tips)



1. Keep in mind the exam schedule and keep a copy on year disk to revise daily.
2. Set a time table for study and revision and define a set of objectives to be achieved daily.
3. Sum up your study notes to be used in revision.
4. Study in a quiet atmosphere, do not drink much tea and coffee and do not eat much.
5. The best study times are just after Al-Fajr and Al-Asr prayers.
6. Prepare all your office tools and get ready for the exam.

Prepared by
Dr./ Samia Youssef

Health Tips

Breast – Feeding Facts



1. The WHO recommends strongly to restricted to breast-feeding during the 1st 6months of the body's age: Later, months can start giving their babies some food supplements.
2. Start breast- feeding in the early hours after delivery.
3. Breast – fed the body whenever he/ she needs.
4. Avoid using bottles or pacifiers.
5. Mother's milk is the most suitable food for newborns it rich in nutrients needed for normal growth. Also it contains antibodies that help in protecting children from common diseases such as diarrhea and pneumonia.
6. The milk is always available, free and at suitable temperature.
7. Breast- feeding helps mothers in restoring their original weight.
8. On the long-run, it guarantees good health for children.
9. The WHO recommends that mothers are to take a child care vacation not less than 16 weeks after labor.
10. New food can be introduced gradually to babies after 6 months of age.

Excessive use of table Salt is a major cause of Blood Pressure



American researchers stated that excessive use of table salt is a main cause of blood pressure. Reduction of salt by 10% may prevent heart attacks, thromboses. Governments including U.S. Government are trying to reduce these diseases by cutting down the use of salt.

**Prepared by:
Marzouka Abdel Aziz.**

The Increase of children obesity rates

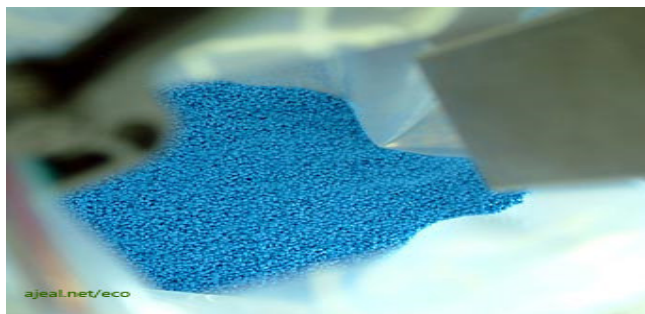


Most statistics and studies related to obesity emphasize the increase of children obesity rates and especially in Arab Countries.

Obesity is considered a main cause of health problems such as diabetes, high blood pressure and cholesterol.

There are many studies on children obesity. The sole solution to obesity is a balanced diet which provides the necessary nutrients.

Scientists correlate between a chemical material for plastic industry and cardiac diseases.



Some scientists stated that exposure to a particular chemical material used in making plastic containers may result in cardiac diseases. This study may increase pressure to restrict the use of this material in manufacture of bottles and kitchen.

Some American and British researchers studied the effect of (Paicephenol A), by the aid of a U.S. government study about nutrition, conducted in 2006. They found out the presence of high levels of this material is related to cardiac diseases.

David Millester, Professor of Epidemiology and public health, peninsula school of medicine, Exter University.

South Western England, is the leader of the study teamwork and stated that previous results indicated the presence of correlation between (Paicephenol A) and cardiac disorders.

Experts believe that it is possible to find traces of paicephenol (A) – which is used in plastic products such as re used drinks containers and some plastic kitchen wear that used on our daily like in 90% of European and Americans.

البلاستيك يرصف طرقا صديقة للبيئة في الهند



An Indian company has created a new use for the piles of plastic trash. K.K. company collects thousand tons of plastic trash (waste) from trash boxes via a huge net of workers and employees.

The plastic is cut and mixed by asphalt to compose a component known as polymerized asphalt. They say that when it is used, it resists winds in a way better than traditional ways. So, it reduces the holes on the road.

Scientists agree on the previous scientific fact. The road expert says that the process of mixing plastic waste and use them in establishing roads improve the performance of roads. He also says that plastic waste penetrates the holes between the tar mixture and make it resistible for damage in humid weather.

**** China comes in the third international rank in producing energy from wind:**



China comes in third rank in producing energy from air turbine "New Chine" Agency says that the Chinese ability in this field will reach by the end of this year 20 Gigowatt according to the statements of vice head of alternative energies department in the national authority of energy.

China oversteps Spain to come in the third rank in the field of producing air energy and comes after Germany and U.S.A.

China goes towards a growth that reach t 28 this year. It was criticized during kupen Hagen" conference about weather as it prevents the approval of an obligatory term to reduce polluted emissions.

Vitamin "C" is Very Important:



Vitamin "C" plays an important role in protecting the health, it reduces the risks of cancers and helps in heading of wands and strengthen the immunity of the body. The daily does of vitamin "C" is 100:200 ml

Tea is Useful for Heart:



Tea reduces the changers of Crownry artery diseases with a percentage of 5%.