

رسالة المكتبة

المكتبة كيان للإشعاع الثقافي العلمي مهمته نشر العلم و الثقافة في مجتمع الكلية و الجامعة و البيئة المحيطة.

Inside this issue

- From the editor

- Science News

- Forthcoming

- Just Arrived

- Faculty News

-Library News

قدمت المكتبة خدمة البث الانتقائي منذ عام و نصف تقريبا، ففي بداية كل شهر يصل كل قسم أو فرع عددا هائلا من الأوراق بها محتويات كثيرة من المجالات في مجالات تخصص القسم و اهتماماته العلمية ليحيط كل باحث بما نشر في مجال تخصصه في هذا الشهر في المجالات الأمريكية و الأوروبية و الاسترالية.

ثم طورنا هذه الخدمة الورقية بأن قمنا بالبث على البريد الإلكتروني للمستفيد مع المحافظة على ارسال النسخة الورقية للقسم او الفرع حتى الآن. حيث تصل هذه الخدمة للباحث على بريده الإلكتروني يوميا. بدأ البث الإنتقائي بحوالي ١٥ مشتركا في البداية حتى وصل عددهم الآن الى ٢٨٧ مشتركا.

و حدثت الطفرة و أصبح متاحا للباحث لأول مرة في تاريخ الجامعات المصرية خدمة البحث الفوري Online في قواعد البيانات العالمية و المجلات العلمية. و تقدم هذه الخدمة من خلال شبكة الجامعات المصرية لجميع التخصصات العلمية. و هذه الخدمة التي تعرف بالمكتبات الرقمية تأتي ضمن مكونات مشروع تطوير تكنولوجيا المعلومات و الإتصالات ICTP الذي يعتبر الأولوية الثالثة للمشروع الكبير لتطوير التعليم الجامعي HEEP. هذا الحلم الذي راود العلماء المصريين تحقق الآن. و يبقى ان تنتهي جامعة القاهرة من تنفيذ المكون الأول لمشروع ICTP وهو تطوير البنية الأساسية و مشروعها العملاق لتحسين خدمة الإنترنت و زيادة سرعتها الى ٣٤ ميجا.

و باتاحة هذه الخدمة لا نجدد الآن مبررا في استمرار خدمة البث الإنتقائي بالنسخة الورقية كما سبق ان وعدنا اننا سنطور الخدمة الى أن تستقر و ننقل الى أخرى. سنتسمر فقط في البث الإلكتروني المباشر مع تقديم خدمة النصوص الكاملة.

سيطلب الأمر فقط أن يأتي الباحث الى المكتبة و يسبح في بحور العلم و يختار ما يريد و ينسخه أو يطبعه أو نرسله على بريده، كل هذا متاح. و تقوم لجنة الآن باقتراح ضوابط الاستخدام، و لكن هذا لا يهم تعال و جرب و عش القرن الواحد و العشرين.

Science News

Elevated Atmospheric Carbon Dioxide Increases Soil Carbon

(December 6, 2005) An article in the current issue of *Global Change Biology* indicates that soils in temperate ecosystems might contribute more to partially offsetting the effects of rising atmospheric carbon dioxide concentrations than earlier studies have suggested.

www.animalscience.com

University Of Florida Scientists Find Sugar May Have A Sour Side

(December 7, 2005) University of Florida researchers have identified one possible reason for rising obesity rates, and it all starts with fructose, found in fruit, honey, table sugar and other sweeteners, and in many processed foods. Fructose may trick you into thinking you are hungrier than you should be, say the scientists, whose studies in animals have revealed its role in a biochemical chain reaction that triggers weight gain and other features of metabolic syndrome - the main precursor to type 2 diabetes.

www.animalscience.com

Sunflower Seeds, Pistachios Among Top Nuts For Lowering Cholesterol

(December 7, 2005) In what is believed to be the most comprehensive analysis to date of the phytosterol content of nuts and seeds, researchers at Virginia Polytechnic Institute and State University analyzed

some 27 food products and found that pistachios and sunflower kernels had the highest levels of phytosterols among the nuts and seeds that are most commonly consumed as snack foods in the United States. Their study appears in the *Journal of Agricultural and Food Chemistry*.

www.animalscience.com

Similar Stem Cells In Insect And Human Gut

(December 9, 2005) The six-legged fruitfly appears to have little in common with humans, but a new finding shows that they are really just tiny, distant cousins. Scientists at the Carnegie Institution's Department of Embryology have found that adult fruitflies have the same stem cells controlling cell regulation in their gut as humans do. The research is important for understanding digestive disorders, including some cancers, and for developing cures.

www.animalscience.com

Why Christmas Trees Are Not Extinct

(December 25, 2005) Conifers such as Christmas trees suffer a severe plumbing problem. The "pipes" that carry water through firs, pines and other conifers are 10 times shorter than those in flowering trees. But a University of Utah study suggests why conifers not only survive but thrive: efficient microscopic valves let water flow through conifers about as easily as it flows through other trees.

www.animalscience.com

Storing Carbon To Combat Global Warming May Cause Other Environmental Problems, Study Suggests

(December 26, 2005) Growing tree plantations to remove carbon dioxide from the atmosphere to mitigate global warming -- so called "carbon sequestration" -- could trigger environmental changes that outweigh some of the benefits, a multi-institutional team led by Duke University suggested in a new report. Those effects include water and nutrient depletion and increased soil salinity and acidity, said the researchers.

www.animalscience.com

Waste Management: It's About Thyme (December 30, 2005) A 1,000-head cattle feedlot produces about 146 to 175 tons of wet manure every week? a problematic figure for feedlot operators and their neighbors. Despite its benefits as a natural fertilizer, manure is a source of pathogens and odor. Fortunately, Agricultural Research Service (ARS) scientists are developing a method to reduce manure's negative properties. All they need is a little thyme.

www.animalscience.com.

How Plants Regulate How Many Stem Cells They Have (January 2, 2006) Totipotent stem cells allow plants to build new organs throughout their whole life. But it has been unclear how hormones and genetic factors work together to prevent plants from having growth that is either stunted, or uncontrolled and tumor-like. Scientists from the Max Planck Institute for Developmental Biology have now uncovered a feedback mechanism, involving a growth-enhancing hormone and a regulatory protein, which controls the number of stem cells the plant produces.

www.animalscience.com.

A Few Squares Of Dark Chocolate A Day May Stave Off Artery Hardening In Smokers (January 3, 2006) Dark chocolate may stave off artery hardening in smokers, and a few squares every day could potentially cut the risk of serious heart disease, finds a small study in Heart.

www.animalscience.com.

Filth Flies Feel The Heat (January 4, 2006) Commercial insectaries that produce wasps as biocontrol agents will benefit from new Agricultural Research Service (ARS) findings showing that killing fly pupae? the food source for the wasp larvae? with heat shock is an affordable alternative to irradiation. The heat shock alternative will help insectaries meet fluctuating demand for two parasitic wasps used to control filth flies.

www.animalscience.com.

Tomato Trek Yields Chilean Treasure (January 5, 2006) Hearty tomato soup, rich and piping hot, makes a cheery mid-afternoon snack on a cold winter's day. Tomorrow, superb tomatoes for full-bodied soups or perhaps for salads of crisp greens may owe some of their pedigree to the rarest of Chile's wild tomatoes. Plant explorers funded by the Agricultural Research Service? the U.S. Department of Agriculture's chief scientific research agency? collected seed from tomato relatives in a 14-day trek earlier this year through 2,379 miles of Chilean countryside.

www.animalscience.com.

Going Back to the Source for a Heartier Apple Tree (January 5, 2006) Grafts, genetic material and rootstocks collected during the 1990s from wild apple trees in central Asia may revolutionize the nation's apple industry. This material shows potential for helping breed trees that bear popular, domestic apples while standing up to destructive diseases and fungi, according to Agricultural Research Service (ARS) scientists.

www.animalscience.com.



Researchers Find Link Between Social Behavior, Maternal Traits

In Bees (*January 8, 2006*) One of the puzzling questions in the evolution of bees is how some species developed social behaviors. Arizona State University Life Sciences associate professor Gro Amdam thinks part of the answer can be traced back to bee reproductive traits. A paper describing Amdam's experiments, "Complex social behavior derived from maternal reproductive traits," is the cover story of the current issue (Jan. 5, 2006) of Nature.

www.animalscience.com.

Study Reveals Classic Symbiotic Relationship Between Ants, Bacteria

(*January 8, 2006*) Ants that tend and harvest gardens of fungus have a secret weapon against the parasites that invade their crops: antibiotic-producing bacteria that the insects harbor on their bodies.

www.animalscience.com.

Deep-rooted Plants Have Much Greater Impact On Climate Than Experts Thought

(*January 13, 2006*) A study of deep-rooted trees in the Amazon shows that they don't simply suck in carbon and spew out water vapor. The roots actually store water deep underground in the rainy season and bring it to the surface in dry periods, thereby boosting photosynthesis and carbon uptake beyond expected levels during the dry season. UC Berkeley climate modelers found that this effect causes a 40 percent increase in transpiration during the Amazonian dry season.

www.animalscience.com.

The Secret Life Of Algae (*January 14, 2006*)

A fundamental process that has puzzled researchers for many years has been explained by UK scientists. Some simple plants that are crucial in maintaining the balance of carbon in the Earth's atmosphere require vitamin B12 to grow properly but it has been a mystery to scientists why some types needed external sources and others did not. Now researchers at the Universities of Cambridge and Kent have discovered that half of all algae have a dependent but beneficial relationship with bacteria that make the vitamin for them.

www.animalscience.com.

Sun Protection For Plants

(*January 15, 2006*) Scientists working on the fundamental biological processes of plants could make significant difference to the lives of farmers in many parts of the world. Using model plant species, such as the tiny weed Arabidopsis, the researchers have uncovered one of the processes used by the plants to protect themselves from potentially lethal environmental conditions. Their discoveries are now being applied to improve the productivity of bean farmers in South America and rice producers in Asia.

www.animalscience.com.

Insects And Mammals Share Common Fat-building Pathway, Study Suggests (*January 16, 2006*)

When it comes to gaining fat, insects and mammals may have something in common, researchers report in the Jan. 11, 2006, Cell Metabolism. The study finds that the so-called hedgehog (Hh) signaling pathway -- an ancient suite of genes involved in determining the fates

of many cell types -- might also play an important role in fat formation in both flies and mice. The findings are the first to show a conserved effect of genes on fat storage from insects to mammals, according to the researchers.

www.animalscience.com

Anti-adhesive Layers Leave No Hope For Insects *(January 17, 2006)*

Plants are able, using organic substances, to achieve effects that we otherwise mostly know only from technical materials. One example of this is the carnivorous pitcher plant, as researchers from the Max Planck Institute for Metals Research and the University of Hohenheim have shown.

www.animalscience.com.

'Bird Flu' Infections In Humans Prompt New Investigation *(January 17, 2006)*

In 1918, nearly 40 million people died in a flu pandemic. Three such pandemics have occurred during the last 100 years. When a new strain of flu infects people, the infection can spread around the world quickly. This is what could potentially happen with some new human flu viruses that come from bird flu viruses.

www.animalscience.com.

New Possibilities To Fight Pests With Biological Means *(January 18, 2006)*

Max Planck researchers in Jena, Germany have identified a gene which produces a chemical "cry for help" that attracts beneficial insects to damaged plants. This gene carries information for a terpene synthase, an enzyme forming the sesquiterpene scent compounds that are released by the plant and attract wasps toward the damaged

corn plant. Since this mechanism is based only on a single gene, it might be useful for the development of crop plants with a better resistance to pests.

www.animalscience.com.

Study Finds That Nutritionally Enhanced Rice Reduces Iron Deficiency *(January 19, 2006)*

Breeding rice with higher levels of iron can have an important impact on reducing micronutrient malnutrition, according to a new study in the Journal of Nutrition. The research, conducted by scientists from the Philippines and the United States, is a major step forward in the battle against iron deficiency, one of the developing world's most debilitating and intractable public health problems affecting nearly 2 billion people.

www.animalscience.com.

The Evolution Of Food Plants: Genetic Control Of Grass Flower Architecture *(January 24, 2006)*

Maize as we know it only became suitable for food after the tiny, hard, inedible ears of teosinte, the ancestor of corn, evolved, with the help of the first Mexican farmers, into the large, luscious cob we now eat. A recent publication in The Plant Cell reports on the cloning of the maize gene *ramosa2* and provides evidence steps of inflorescence architecture in the grass family that this gene is critical for shaping the initial steps of inflorescence architecture in the grass family.

www.animalscience.com.

For Plants, Size Doesn't Matter When It Comes To Metabolism

(January 27, 2006) Scientists have found a universal rule that regulates the metabolism of plants of all kinds and sizes, and that may also offer a key to calculating their carbon dioxide emissions. That number must be known precisely to construct valid models of global carbon dioxide cycling.

www.animalscience.com.

Microbes In Manure Can Minimize Potential Pharmaceutical Pollution

(February 1, 2006) Bacteria are usually viewed as "the enemy" and targeted with potent antibiotics to curb their ability to cause infection. But according to Agricultural Research Service (ARS) scientists, microbes--including several types of bacteria--can be a farmer's ally when it comes to reducing the risk that antibiotic-containing manure may pose to the environment.

www.animalscience.com.

Researchers Release New Variety Of Asparagus

(February 15, 2006) UC Riverside researchers have released a new variety of asparagus that offers a higher yield than previous varieties of the vegetable and boasts an excellent spear quality, marked by a high percentage of marketable spears. Named "DePaoli" after William P. DePaoli, the first manager of the California Asparagus Commission who long supported the asparagus breeding program in the state, the superior hybrid marks the third time that UCR has released a new variety of the vegetable.

www.animalscience.com.

Making Sense Of Plant Smells

(February 16, 2006) A trip to the neighborhood florist is proof positive that flowers have an array of scents to pique our senses, but researchers are also investigating the myriad other functions of these aromas--known to scientists as "plant volatiles." Typically liquid substances that evaporate easily at average temperatures, plant volatiles play important ecological roles from attracting pollinators to repulsing herbivores and from destroying microorganisms to dispersing seed.

www.animalscience.com.

Organic Diets Lower Children's Exposure To Two Common Pesticides

(February 21, 2006) Organic diets lower children's dietary exposure to two common pesticides used in US agricultural production, according to a study by Emory University researcher Chensheng Alex Lu, PhD. The substitution of organic food items for children's normal diets substantially decreased the pesticide concentration to non-detectable levels.

www.animalscience.com.

American Opinions Are Split On Genetically Engineered Food

(February 24, 2006) While more than two-thirds of the food in US markets contains at least some amount of a genetically engineered (GE) crop, researchers want to know if Americans consider GE food a health risk or benefit. The result: Americans are split on the issue, but they have become slightly more skeptical over the past three years, according to a new study from Cornell.

www.animalscience.com.

Thin Tough Skin, Slow-growing Gills Protect Larval Antarctic Fish

(February 26, 2006) Very thin but hardy, unblemished skin and slow developing gills appear to be keys to survival for newly hatched Antarctic notothenioids, a group of fish whose adults thrive in icy waters because of antifreeze proteins in their blood.

www.animalscience.com.

Anthrax Spores May Survive Water Treatment

(February 26, 2006) Anthrax spores may survive traditional drinking water disinfection methods and can attach themselves to the inside surface of water pipes, suggesting water treatment facilities should be prepared to employ alternate disinfection methods in the unlikely event of the release of anthrax in the water supply. Researchers report their findings today at the 2006 ASM Biodefense Research Meeting.

www.animalscience.com.

Predators Keep The World Green, Ecologists Find

(February 28, 2006) Predators are, ironically, the key to keeping the world green, because they keep the numbers of plant-eating herbivores under control, reports a research team lead by John Terborgh, a professor of environmental science at Duke University's Nicholas School of the Environment and Earth Sciences.

www.animalscience.com.

Forthcoming:

International Symposium on "Water and Land Management for Sustainable Irrigated Agriculture" , April 4 - 8 , Adana, Turkey

2nd CIGR Section VI International Symposium "The Future of Food Engineering", April 26 - 28, Warsaw, Poland

CIACH: V International Congress of Agricultural Engineering "The Agricultural Engineering Specialization in a Globalized World", May 10 - 12, Chillán, Chile

International Conference "Energy Efficiency and Agricultural Engineering 2006", June 7 - 9, Rouse, Bulgaria

7th International Symposium on the Plant Hormone Ethylene, June 18-22, Pisa-Italy

Forestry Products Society 60th International Convention - FPS 60th International Convention, June 25 - 28 Newport Beach, USA



Just arrived

Joint American Seed Trade Association - CSTA Annual Convention, July 7-14, Chicago, Illinois, USA

7th World Merino Conference
July 11 - 14 Perth, Australia.

4th World Congress of Computers in Agriculture and Natural Resources, July 24 - 26, Orlando, Florida, USA.

The 8th World Congress on Genetics Applied to Livestock Production August 13 - 18, 2006, in Belo Horizonte, MG, Brazil.

17th Triennial ISTRO Conference "Soil Management for Sustainability", August 28 - September 3, Kiel, Germany.

232nd American Chemical Society National Meeting, September 10-14, San Francisco, California, USA

2006 AACC Annual Meeting - American Association of Cereal Chemists Meeting, September 17 - 20 San Francisco, USA.

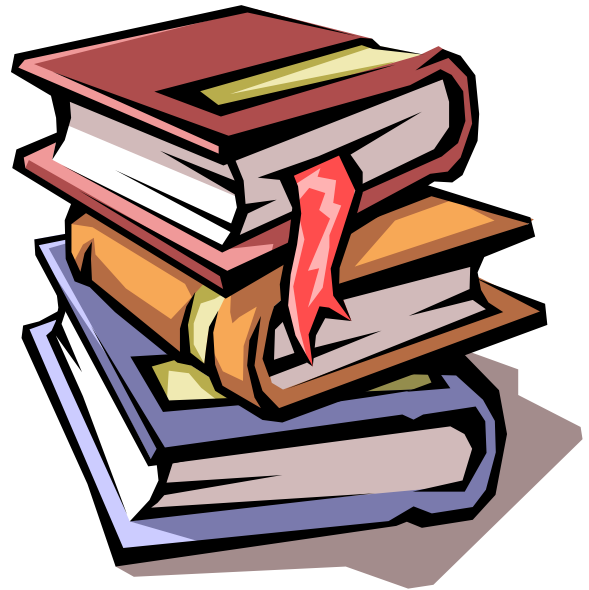
- Breeding tropical and subtropical fruits
- Biotechnology of fruit and nut crops
- Citrus classification
- Biology of apples and pears
- Processing fruit
- Biscuits, cracker and cookie recipes for the food industry
- Food biotechnology
- Food microbiology
- Methods of analysis of food components and additives
- Novel food packaging techniques
- Contaminated soils, sediments and water
- Ecological risk evaluation of polluted soils
- Handbook of processes and modeling in the soil-plant system
- Introduction to soil chemistry
- Soil fertility and fertilizers
- Soils and environmental quality
- Engineering properties of foods
- Fundamentals of aquacultural engineering
- Water supply and waste water engineering
- Environmental science and engineering
- Heat and mass transfer
- Modeling tools for environmental engineers and scientists

- The mechanics and physics of modern grain aeration management
- Dictionary of terms in microbiology and related science
- Introduction to animal parasitology
- Nematodes as biocontrol agents
- Greenhouse operation & management
- Handbook of vegetable preservation and processing
- The potato
- Mechanisms in plant development
- Identification of tropical woody plants in the absence of flowers
- Plant genotyping - The DNA fingerprinting of plants
- Plant ecology
- A textbook of tropical botany
- Translocation in plants
- Environmental Biochemistry
- Glossary of plant physiology
- Agro-techniques of medicinal plants
- Cultural landscapes and environmental change
- Identification of tropical woody plants in the absence of flowers
- The physiology of flowering plants

- الإستاتيك الهندسية
- آفات نحل العسل وأمراضه وأعدائه
- تغذية الفئات العمرية : الأصحاء، المرضى، ذوي الإحتياجات الخاصة
- تحليل الإجهادات ونظرية الإنشاءات
- محاكاة حركة الماء من التربة إلى النبات

- بيئات النمو فى الصوب
- تقييم جودة وصلاحية المياه للزراعة
- الإحتياجات المائية للمحاصيل
- الإدارة المتكاملة لمكافحة آفات نخيل التمر
- صناعة المتلجات اللبنية
- ميكروبيولوجيا الجبن والألبان المتخمرة
- موسوعة نحل العسل
- التغذية العلاجية
- آلات الورش
- الرقابة الصحية على الألبان ومنتجاتها

هذا ويجرى الآن بالمكتبة العمليات الفنية
لكتب المعرض للعام ٢٠٠٦ وذلك تمهيداً
لوضعها على الأرفف لإستخدام السادة
المستفيدين.



أخبار الكلية

❖ أصدر مجلس الكلية برئاسة السيد الأستاذ الدكتور/ عميد الكلية بياناً لاستنكار الرسوم الكاركتيرية التي نشرت في بعض الصحف الدنماركية والتي تسئ للرسول الكريم واستنكار ازدرء الأديان ورموزها الدينية.

❖ وافق مجلس الكلية على دعم صندوق الهيئة المعاونة بمبلغ ٥٠٠٠٠٠ جنية من صندوق مبيعات محطة التجارب الزراعية ، لاستيفاء طلبات أعضاء الهيئة المعاونة ، على أن يتم تمويل الصندوق لاحقاً عن طريق التبرعات وفي الإطار السابق اعتماده من مجلس الكلية والذي يشجع التعاون بين الأقسام ، ودعم بحوث الزراعة المستدامة.

❖ قام أ.د. عميد الكلية بطرح رؤية المجلس التنفيذي لرؤساء الأقسام بتخصيص ميزانية العام الجامعي القادم (٢٠٠٦/٢٠٠٧) لشراء أجهزة لمجمع المعامل النوعية ، وقد وافق المجلس على ذلك.

❖ قام سمو الشيخ / محمد سلطان القاسمي – حاكم الشارقة – باعتماد الرسم المقترح لمجمع المعامل النوعية بالكلية وبدأ المكتب الهندسي المكلف بالموضوع فى إعداد الرسومات المعمارية والإنشائية اللازمة لإستخراج رخصة المباني وكذلك توزيع الرسومات الهندسية على اللجان المتخصصة المشكلة من الكلية لوضع المواصفات الفنية للمعامل . وافق المجلس على فكرة قيام وفد من الكلية مكون من ٢-٣ أشخاص لتقديم الشكر لسمو الشيخ سلطان علي تبرعه الكريم .

❖ أحيط المجلس علماً بضرورة فتح أبواب الطوارئ وإبلاغ الإدارة بالإجراءات المتخذة فى هذا الشأن وعن العوائق التي تحول دون تحقيق ذلك .

❖ طلب من السادة أعضاء المجلس ورؤساء الأقسام مراجعة احتياجات الأمن الصناعى وأجهزة الإطفاء ومراجعة إدارة الكلية فى استيفاء الاحتياجات المطلوبة فى هذا الشأن.

❖ أحيط المجلس علماً ببده العمل فى معمل نظم المعلومات الجغرافية GIS وذلك بعقد دورة لمرشحي الأقسام خلال شهر مارس .

أخبار المكتبة

❖ إنتهى الموسم الثقافى لموظفى المكتبة والذى قام فيه كل منهم بقراءة كتاب وتلخيصه وعرضه بطريقة ال Power Point ومناقشته مع السيد الأستاذ الدكتور / طه البداوى - المشرف العام على المكتبة ومركز المعلومات – ويجرى حالياً إعداد كتيب يحتوى على ملخص لكل المحاضرات التى قدمت وكذلك التوصيات التى أتفق عليها وبيان بتلك التى نفذت فعلاً والتى فى طريقها للتنفيذ مما سوف يعود بلاشك بالنفع على الخدمة التى تقدم بالمكتبة.

❖ تحت إشراف السيد الأستاذ الدكتور / على نجم – وكيل الكلية لشئون التعليم والطلاب – عقدت بالمكتبة دورة تدريبية بعنوان التعليم المتميز Active learning وذلك فى الفترة من ٢٢/١٢/٢٠٠٦ .

❖ عقدت ندوة بعنوان Technology of field crop production training program لوفد جمهورية منغوليا فى الفترة من ١٤/١/٢٠٠٦ وحتى ١٨/١/٢٠٠٦ بالتعاون مع قسم المحاصيل بالكلية .

❖ فى إطار التعاون الفنى بين كلية الزراعة ومجموعة دول الكومنولث تم عقد دورة تدريبية لوفد دولة فيرقيزيا فى مجال تكنولوجيا إنتاج المحاصيل وذلك فى الفترة ٩ - ٢٣ فبراير ٢٠٠٦ .



تهنئة

نتقدم بالتهنئة لكل من :

- أ.د. خيرى حسن أبو السعود الأستاذ بقسم
الإجتماع الريفى والإرشاد الزراعى لتعيين
سيادته أستاذًا غير متفرغًا بالقسم.
- السيد / جمال عبد الناصر أبو النصر بقسم
الإنتاج الحيوانى لتعيين سيادته مدرسًا
بالقسم.

ألف مبروك
وتحيات أسرة التحرير



غش آخر موديل....

QUOTES

An education isn't how much you have committed to memory, or even how much you know. It's being able to differentiate between what you do know and what you don't.

Anatole France (1844 - 1924)

Education... has produced a vast population able to read but unable to distinguish what is worth reading.

G. M. Trevelyan (1876 - 1962)

He who has a thousand friends has not a friend to spare,
And he who has one enemy will meet him everywhere.

Ali ibn-Abi-Talib (602 AD - 661 AD)

Reading, after a certain age, diverts the mind too much from its creative pursuits. Any man who reads too much and uses his own brain too little falls into lazy habits of thinking.

Albert Einstein (1879 - 1955)

Wear the old coat and buy the new book.

Austin Phelps



إجراءات إضافية لمنع إنتشار أنفلونزا الطيور...

- ❖ إغلاق كوبرى أبو الريش حتى إشعار آخر.
- ❖ منع عرض أفلام دعاء الكروان والسمان والخريف وعصفور من الشرق حتى زوال الأزمة والإكتفاء بفيلم أفواه وأرانب حيث لم يثبت بعد إنتقال العدوى للأرانب.
- ❖ منع إذاعة أغنية يا طير الوروار وأغنية الطير المهاجر وأغنية الدنيا ريشة ف هوا وأغنية أنا طير ف السما.
- ❖ إعلان منطقة العصابة بالإسكندرية ومنطقة النعام بعين شمس مناطق حظر صحى.
- ❖ عمل كمائن مرورية فى جميع طرق مصر يوجد فيها طبيب من الحجر الصحى لمنع مرور الكيا العصفورة واللانسر البطة لإحتمال إصابتها بالمرض.
- ❖ التحفظ على الفنانة فانتن حمامة والمخرج سمير العصفورى والمؤلف بشير الديك فى مناطق عزل صحى.
- ❖ إلغاء الجناح الأيمن والجناح الأيسر من جميع تشكيلات فرق كرة القدم والإكتفاء بالهجوم من الوسط.
- ❖ محاصرة الزواج (العرفى).
- ❖ تأجيل عرض حفلات باليه بحيرة البجع بدار الأوبرا حتى إشعار آخر.
- ❖ إلغاء قصة زرقاء اليمامة من مناهج القراءة بالمدارس وكذلك إلغاء كتاب ال (ورك بوك) من كل مناهج اللغة الإنجليزية.
- ❖ إلغاء كلمة " But " وكلمة " With " من كل دروس اللغة الإنجليزية وإستعمال "However" و " By " بدلاً منهما .

نصائح لتخفيف الإجهاد في حياتك

- كن واقعياً. لا تتحمل كل شيء تعلم قول كلمة "لا". ضع أهداف واقعية. إذا كنت تشعر بأنك مضغوط، حاول الاستغناء عن القيام بعمل ليس ضروري جداً.
- تأمل. خذ حوالي ١٠-٢٠ دقيقة فقط للتأمل. هذه اللحظات الهادئة قد تجلب الراحة لنفسك بعيداً عن الإجهاد بالإضافة إلى مساعدتك على زيادة التحمل.
- رتب الأولويات. إذا شعرت بأنك بدأت تفقد السيطرة، رتب أولوياتك. اكتب قائمة بالأشياء الضرورية التي يجب أن تقوم بعملها أولاً عندما تنجزها انتقل إلى التالي، ضع أهداف يمكن تحقيقها.
- حافظ على التمارين الرياضية. التمرين المنتظم طريقة عظيمة لتخفيف الإجهاد، وهو يفيد الجسم بالإضافة إلى العقل. خذ ٢٠-٣٠ دقيقة من وقتك للقيام بنشاط رياضي داخل أو خارج المنزل.
- تبنى أسلوب حياة صحى. الأكل بشكل صحى يؤثر كثيراً على المزاج. تجنب العادات السيئة، مثل التدخين، تناول الكحول، الإفراط في تناول الطعام، أو الأدوية.
- تحدث مع الآخرين حول مشاعرك. يمكن أن تكون المحادثة مع صديق أفضل من أي نصيحة أخرى.

Opening Hours : 9.00 a.m - 6.00 p.m

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