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Invisible cities pdf

Source of Sulfur Hexafluoride (SF6) Active Pharmaceutical Ingredients. Scott's Medical Products. 2002. (July 16, 2008) FILE/API_SF6.pdfBrain, Marshall. How Helium Balloons Work. HowStuffWorks.com. April 1, 2000. (July 16, 2008) Marshall. What if someone releases a large amount of helium into a small space? HowStuffWorks.com. 25 March 2008. (Sept. 3, 2008) Simon. Sulfur hexafluoride. University of Bristol School of Chemistry. (July 16, 2008) High Global Warming Potential (GWP) of the U.S. Environmental Protection Agency. Oct 19th, 2006. (July 16, 2008) Joe. What is the physics behind the change in sound that occurs when a person inhales Helium? Physics Liaison. 2008. (Sep 3, 2008) SF6 Emission Reduction For Magnesium Industry. U.S. Environmental Protection Agency March 25, 2008. (July 16, 2008) Bassam Z. Floating Soap Bubbles. Fun Science at Shakhshiri Lab. (July 16, 2008) Steve. Anti-Helium - Sulfur Hexafluoride. Steve Spangler's science. (July 16, 2008) Hexafluoride. Medical Dictionary. (July 16, 2008) Hexafluoride-definition/Sulfur Hexafluoride (SF6) Gas Introduction. Chemical Industry Liming Research Institute. 2006. (July 16, 2008) 20Hexafluoride%20(SF6).htm Voice with Helium and SF6. UCLA Physics: Lecture Demonstration Manual. (July 16, 2008) is a boat made of steel floating on water when a steel caesar sinks? HowStuffWorks.com. April 1, 2000. (July 16, 2008) I must admit to you that this post started as a lament about the very real prospect of being invisible to the world around me, as a result of having a relatively invisible disease. I've seen many friends fade into the fog of chronic disease, and I feel myself slipping to the edge of the same fog. There's a lot I can no longer do all or as good as I've ever done. As a result, it sometimes feels as if the bigger and wider world is moving without me. But I don't want to be left behind, and this feeling has prompted me to see what I can still try. After all, it is part of our job to find a place to hook so that we Left behind. I hope that you find the list is helpful, and I invite you to add your suggestions to keep yourself engaged and visible.1. Keep WorkingWe work for more reasons than just earning a salary. A wake-up and exit schedule would be reason enough to stay employed. Social interaction, feelings are useful, and, of course, money is an additional reason. If you need to adjust your work back off a bit, or move down the stairs with a rung, that's fine, but keep going as long as you can.2. Safely. Find Support or GroupLiving Self-Help with chronic diseases is difficult. No one knows that better (or knows a little trick to do well) than people living with your condition. Self-help groups vary in personality and intention as you might imagine. Find groups — even online groups — that share your sensitivity and goals and become participating members.3. Engage With a Patient Advocacy OrganizationIf for no reason other than finding a support group, contact your patient advocate. Often there are several different organizations for certain diseases. Discover one that, again, shares your goals and offers the services you need now or may need in the future. These organizations are also a tremendous outlet for voluntary energy. Believe in this one. The energy you expended volunteering for your purposes will be restored many times over.4. Exercise Evidence of the physical benefits of exercise in many diseases is still relatively new. Not long ago people with multiple sclerosis were told not to exercise so as not to get tired. Those days are now gone. A strong body recovers better and faster, and that's not to mention the positive mental effects of exercise. The social aspect of group exercise or simply going out with others is also not to be forgotten.5. Contact Old Friends and Meet New PeopleAll the time passes and we may, indeed, not be able to get out there as much. It's important to keep reaching out. The older we are, the more we realize that most of our friends have something wrong with them as well. Reconnecting with long-lost friends can become easier through social media outlets. Make sure you interact with people face-to-face as well as online.6. Find a Mental Health ProfessionalWe get pretty good at coping as we go along, but sometimes we get stuck, and sometimes we don't even see signs that we might be heading for quagmire.. If your coping methods are already starting to feel like practicing the same wrong notes over and over again, it's time to get help. A good rehabilitation psychologist can help common pitfalls and specific problems to monitor as well as offer new coping skills to complement those we have. You don't have to do it alone.7. Adjust Your Passion; Don't Leave ThemWhen the things we love become too difficult, we don't have to give away Top. Many can be modified if we remember the actual function. For example, if you like to give elaborate dinner parties because of the joy of having friends around to eat, turn your party into a dinner club, where everyone brings a course or dish to fit the theme. If you like running half marathons for friendship, volunteer at the next racing committee. Teach beginners how to do something where you were once an expert. You'll be around people who just find the passion you've developed over the years, and beginner level skills are probably something you still have.8. Learn Something NewFor someone with a neurological condition or just to combat the effects of normal aging, learning new skills can improve brain function by volume. The social aspect of learning in the group also feeds some of the previous points listed. Don't be afraid that you're not good anything you take – you're a beginner in a bunch of beginners. Learning can be fun, and it will make your brain younger.9. Adjust Your Financial PlanNo one knows what will happen in the future, but it is more likely than not that our future will be different from the one we have planned. Just as you might rethink the layout of your home, you should re-examine your goals and financial plans. It's never too late to start, and the old adage that if you fail to plan, your plan to fail is never more true than when planning your financial future. Such patient advocacy organizations may be able to help with this item as well.10. Don't Be All About Your Disease As a whole, don't let your whole life - or even most - about your illness. It's a part of you, but it's not all of who you are. Just as you may be tired of someone talking only about children or dogs or their work and it seems like nothing else, others are likely to get tired of hearing exclusively about your condition and how you cope. You're more than your disease. You are an amazing person. People like you for a variety of reasons. Remember that, and you'll have a lot to talk about besides how you do a particular day. I hope these 10 tips will help you find a way to stay connected to the wider world around you when the oceans get rough. Just because you are now living with a disease that may be difficult for others to understand and difficult for you to live with, you are still you. The world likes to have you around, so stay present and active in it. Wish you and your family the best Health. Cheers, TrevisMy's book, Chef Interrupted, is available on Amazon. Follow me on the Life With MS Facebook page and on Twitter, and subscribe to Life With Multiple Sclerosis Photo: Grant Faint/Getty Images Every city is filled with different neighborhoods, but often, you won't find these places on any map. They are known only known word of mouth zoning differences. The boundaries are vague and arbitrary, based as much on the way people eat and dress as real estate prices and per capita income. But if these areas are typical of city culture, is there any way that we can measure them and analyze them - map them - scientifically? Digital maps line up with mental maps of residents themselves. A team of students (Justin Cranshaw, Raz Schwartz) and professors (Jason L. Hong and Norman Sadeh) from Carnegie Mellon's Mobile Commerce Lab have done just that. Their research project is called Livehoods, which analyzes 18 million Foursquare check-ins to see algorithmic relationships among places people frequent. Livehoods see geographic distances between places, but also a form of 'social distance' that measures overlapping levels in people who check in to them, the team told Co.Design. For example, if the algorithm notices that people visiting local bars are the same people who visit nearby restaurants, these two places will be more likely to be grouped together. As more and more people and places are analyzed, Livehoods groups this data into what is becoming a typical collection of neighborhoods - places filled with people who enjoy going to the same restaurants, coffee shops and music venues. And as calculating as the approach looks, the scientific basis of Livehoods makes it invaluable as a social artifact. It defines local cultures without the inherent judgment that comes along with human stereotypes. With this scientific methodology, the Livehoods team cross-examined their own findings about Pittsburgh with 27 resident interviews. What they found - the full results to be shared in a paper presented this June - is an interesting evidence environment because Livehood's algorithms have defined them as having real social meaning for people in the city. In other words, digital maps line up with mental maps of many of the population themselves. All this being said, Livehoods has not been a perfect snapshot of humanity. The datasets mined for the project are limited by the perspective of Foursquare users. Many of us do not use Foursquare (with a strong skew towards older adults, most likely). Our techniques are, however, agnostic to a particular data source, the team explains, so that when we become a better source of data and less biased, we should be able to produce a more accurate view of the city. Young researchers also fear that we can take their boundaries a little too literally. As much as Livehoods worked to clarify the invisible differences, the team, paradoxically, pointed out that these differences were more subtle than we expected. In reality, the environment tends to each other, write them down. In this case, may I suggest a simple UI tweak? Perhaps Livehoods should be given in gradients. [Hat tip: Creative Application] Application] Application]