



# 疲勞指數自我檢測

## 藥師開講 - 健康生活系列

有鑑於中醫藥理在北美日漸受到華人及西方主流世界的重視，許氏參業集團美國註冊藥劑師郭振益先生特別利用本專欄，詳細說明及剖析有關健康養生的訊息，希望藉此幫助社會大眾對保健有更深而正確的了解。



Aqua,意思是「藉由水產生健康」。

身體外部疲勞固然可透過水療 SPA 獲得紓解,但對於體內五臟六腑來說,就得靠許氏「蟲草皇」來好好地 SPA 按摩一下,達到健康養生目的。

運動、休息、許氏蟲草皇,疲勞全都不見了!

許氏「蟲草皇」營養豐富,成分包括:有「帝王食品」之稱的蜂王漿以及冬蟲夏草萃取精華,提供珍貴的蟲草酸、蟲草素、維生素 B 群、二十多種氨基酸及多種生命活動不可或缺的礦物質及人體需要的各種營養素,能有效滋補強身、養顏美容、延年益壽。

SPA 的本質主要為了改善身體平日累積下來的不通暢、不舒服,是 1 個事後改善的動作。因此,如果能以「蟲草皇」營養調理再搭配充分的運動及休息,三管齊下;適度放鬆、解除壓力,才是最健康的人體 SPA。

### 送一份健康體面的好禮物

您正在為回國送禮傷腦筋嗎?許氏蟲草皇現正推出蟲草皇雙龍禮盒,兩瓶 90 粒蟲草皇,加送五片 30 粒隨身包,特價優惠熱賣中!許氏蟲草皇雙龍禮盒是您健康體面的最佳選擇。

免費產品諮詢及保健手冊,請電 1-800-826-1577 許氏參業集團或上網 [www.hsuginseng.com](http://www.hsuginseng.com)



## Cleveland Public Library Board Meeting

Dear All,

It has come to my attention that the Cleveland Public Library will be taking some of the educational material that is in Chinese off of the shelves. These include tapes and books and other media. There is no reason known to the community of why they will be doing this, and a lot of the Chinese residents in Cleveland check out materials from the library, so I was wondering if anyone would be interested in attending the board meeting Thursday at 12pm in the main library to ask them if this is a definite plan and, if so, why. I might not be able to attend the meeting on Thursday. The CAM program's participants and their families benefit greatly from the library's services and materials available and I hope will continue to do so.

Thanks!

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你~累了嗎?是不是常覺得時間不夠用?壓力大到喘不過氣?繁忙的生活背後,每個人或多或少都受到壓力的侵襲,這對於女性而言,最怕老了肌膚;對於習慣咬牙苦撐、努力表現堅強的男性而言,無疑更是健康的隱形殺手!

想知道目前的壓力是不是讓你過度勞累了?趕快從「疲勞指數檢測表」檢查一下你的疲勞程度。



### 人體疲勞的 3 種形式與警訊

如果你發現自己出現下列症狀的時間長達 3 個月以上,那你可真的要請醫師好好替你檢查一下:

#### (1)生理性疲勞

即身體肌肉的疲勞。這是人們經常遇到的 1 種疲勞形式,多見於長期體力勞動者及體育運動者。全身肌肉處於高度緊張狀態,產生高量代謝廢物(如乳酸、毒素等)並隨血液循環到全身。這時手腳酸軟無力,無法從事體力工作,全身體能明顯下降。

#### (2)病理性疲勞

醫學上很多疾病都可能引發明顯的疲勞乏力現象,例如急(慢)性肝炎、內分泌失調、肺結核、慢性腎炎、各種心臟疾病及神經肌肉疾病等。

#### (3)心理性疲勞

即精神疲勞。許多心理疾病如抑鬱症、神經衰弱等,會導致疲勞症狀更為明顯。現在,心理性疲勞的人們越來越多;此種疲勞比生理性疲勞

### 疲勞指數檢測表

請依照自己的生理狀況,在符合的項目打「V」  
試著回想看看,最近這一個月是否有以下的情況?

- (1)我長時間睡眠不足,常睡不安穩,白天總是想伸懶腰、打哈欠。
- (2)工作看書或寫文章錯誤連連,注意力難以集中。
- (3)記憶力變差,經常落東落西。
- (4)經常超時工作,1 天工作 10 小時以上。
- (5)夜班多,工作時間不規則,例如勤務過多的警察、業務員等。
- (6)自我期許高,工作壓力大者,例如辦公室的中高級主管。
- (7)幾乎沒有休閒活動。
- (8)經常性的頭痛、頭暈、耳鳴或胸悶。
- (9)腸胃障礙:經常腹脹、腹瀉或便秘。
- (10)時有心悸、胸悶、厭煩。
- (11)容易患感冒,久久不癒。
- (12)不明原因,體重突然消瘦或暴肥
- (13)脾氣變差且耐力不足,愛發火,情緒低落、心情煩躁。
- (14)肩頸肌肉酸痛
- (15)四肢僵硬,兩腿沉重。
- (16)女性月經紊亂。
- (17)性慾減退,造成性功能障礙。

快來看看你的檢測成績落在哪一區?該注意什麼?

#### 回答「是」的數目 疲勞指數

3-5 項:表示輕度疲勞,建議安排時間休養或改變心情。

6-8 項:表示中度疲勞,建議您要注意平日的行為和飲食習慣

9-11 項:表示重度疲勞,並提醒您可能患有潛在性疾病,可以找醫師或專家商量,設法減輕身體的症狀。

超過 12 項以上:可以肯定您已與某種疾病結緣,應到醫院檢查治療,不可延誤。

更嚴重、危害更大,消除也困難的多。

許氏蟲草皇 幫你做 SPA - 快來打造健康無壓的身體

許氏蟲草皇 給你健康 SPA

SPA 這個字源自於拉丁文,全名為 Souls Por

## The Voice and Hand of a Self

Cleveland Public Library will present a FREE and open to the public multi-media talk by Dr. Marion Sunghua Lee, "The Voice and Hand of a Self," on Gao Xingjian, the 2000 Nobel Prize winner for Literature, Saturday, May 24, 2:00 p.m., in the Louis Stokes Wing Auditorium, Main Library, 6th Street and Superior Avenue.

Using Gao Xingjian's plays and art work as her starting point, Dr. Lee will examine the roles played by imagination and the self in his writings and art, as well as his literary and artistic engagement with history. She will illuminate her lecture with several images of Gao's art work.

The Chinese government considered the Nobel Prize Academy's awarding of the prize to Gao Xingjian to be an act of hostile criticism for its advocacy of a dissident and banned subject. Gao had been criticized by the government for valuing the individual over the State and

for his work being too informed by the past. There was also controversy in Chinese literary circles due to the award going to a writer no longer living in China. Gao Xingjian remains in exile and lives in France.

Dr. Lee is an assistant professor in the College of Fine Arts at Ohio University and specializes in the visual arts and culture of China. She holds a master's degree in Art History from the University of California at Berkeley and a Ph.D. in Art History from Stanford. She is the author of a number of papers and articles on issues in the making and reception of visual art of and about China.

This program is presented in partnership with Cleveland Public Theatre, presenting its May 23-June 14 production of two plays by Gao Xingjian: The Other Shore and Between Life and Death. For more information, call (216) 623-2881.



In a message to Congress in October, 1958, President Dwight D. Eisenhower proposed the establishment of the National Aeronautics and Space Agency (NASA) absorbing the previous National Advisory Committee for Aeronautics (NACA). In recognition of this event, NASA Glenn Research Center, located next to Cleveland Hopkins International Airport, is hosting a special weekend open house (free but picture ID is required) on May 17 & May 18 inviting northeast Ohio to tour the facility and attend special presentation. This year marks NASA's 50th anniversary and we salute them!

NASA Glenn Research Center is alive with excitement

## NASA Turns 50 Celebrating a half-century of Space Exploration Achievement

ment focusing on some pretty cool projects like the next generation of space flight and the wind tunnels. While several years ago the research center was threatened with layoffs and rumors of closing, now the campus is a beehive of activity.

Project managers, aeronautical engineers, and manufacturing personnel are collaborating on the next generation of space travel - the Constellation Program. The rockets in the program, Ares I and Ares V, are single stick, multi-stage rockets of totally new design and dimension, similar to the Apollo design. In 2010, NASA plans to retire the space shuttle fleet consisting of Atlantis, Discovery and Endeavor. Comparing the two different fleets, the space shuttle is approximately 180 feet tall when it stands on the launch pad at Kennedy Space Center, while the Ares I rocket is over 300 feet tall. The future manned missions for Ares I, estimated to begin in 2015, include transporting humans to the International Space Station, and later on, even returning to the moon...

# 歡迎您參加免費中文夏令營

## CHINESE IMMERSION SUMMER DAY CAMPS

June 16 through 27, 2008 In Cleveland, Columbus, and Dayton areas

政府提供資金 二周免費中文夏令學習 要求:六年級到十二年級母語不是中文的學生 時間:6月16日-27日 名額有限 機會難得

The Ohio State University K-12 Chinese Flagship Program is awarded the StarTalk grant to coordinate two-week Chinese Immersion Summer Day Camps for middle-high school students from June 16 through 27 in three metro areas of Ohio: Cleveland, Columbus, and Dayton.

**Eligibility:** Sixth to twelfth graders with basic Chinese language background, but the student's first language is not Chinese.

**Time and Place:** June 16-27 (M-F, 9:00am-5:00pm) at three sites (Beachwood Middle School in Cleveland area, Beaver Creek

High School in Dayton area, and Metro High School in Columbus).

**Recruitment:** Students are being recruited through schools in the three metro areas. If you meet the eligibility and need an application form, please contact us by email at [StarTalkChinese@osu.edu](mailto:StarTalkChinese@osu.edu) or phone at 614-292-0577. We will recruit a total of 70 students at three sites and applications are accepted until all vacancies are filled.

**Benefits:** Two weeks of learning Chinese at no cost, including lunch; immersion experience with dozens of teachers and peer mentors;

and a graduation certificate from the OSU K-12 Chinese Flagship Program.

The OSU K-12 Chinese Flagship Program works with partners in Ohio and beyond to develop performance-based curricula, provide teacher support and professional development, and create a technology support system. For more information, please visit <http://k12chineseflagship.osu.edu>. If you have questions about this program, please contact us at: [StarTalkChinese@osu.edu](mailto:StarTalkChinese@osu.edu).

For current teachers licensed to teach Chinese at K-12 Schools in Ohio: If you are interested in the StarTalk teacher professional development with an OSU pedagogy specialist, please contact us at [StarTalkChinese@osu.edu](mailto:StarTalkChinese@osu.edu).

