



zahedan university of medical sciences  
student research center



# MPE *3rd journal*

*Make Progress in your English*  
*spring 2020*





Here you can visit and download our last MPE issue (its free at all)

### Welcome to the spring issue of MPE “Make Progress in your English”

We had the opportunity again to speak with readers on the occasion of the publication of a new issue of the journal. We must admit that we never thought the previous issue of this journal and its rich articles would be so much admired by you, dear professors and students.

A wide range of topics in the area of journal is covered, including:

- Technical typing tricks
- Digesttext
- Present perfect

We hope that as you read your journal you will take the time to comment back to us on its quality and its usefulness to you as a member of the profession.

It will be our goal to keep the quality high, the balance reasonable and to produce a journal that you will find useful.

Warm regards

Yeganeh Yousefi - Editor in chief

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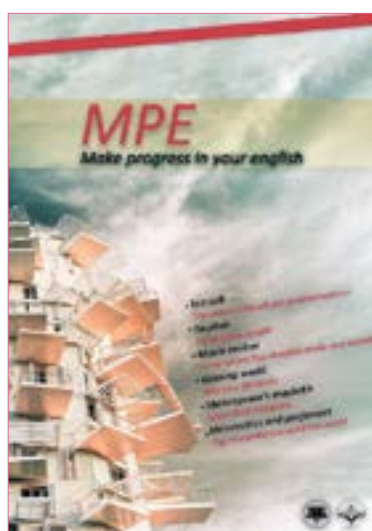
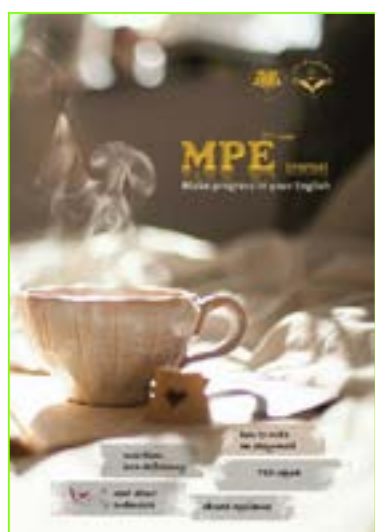
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Our Previous issues



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# S<sup>short</sup> story

## The Russian butterweek



The shortest month of the year is coming to an end and the longest and **strictest** fasting season is coming. Before beginning to fast, whether you are an Orthodox or a Catholic, you can say goodbye to winter and welcome spring with an entire week of eating. According to the Russian tradition of Maslenitsa, also known as butter week, you can give yourself one last chance to **bask** in worldly **delights** before the onset of **Lent**.

The Eastern Slavic religious and folk holiday, **corresponding** to the Western Christian Carnival, lasts for eight days. Its tradition has a dual **ancestry**: the **pagan**, to mark the end of winter, and the Christian, the last week before Lent.

Every day of Maslenitsa is **devoted** to special **rituals**. The week ends on Forgiveness Sunday, when, after a week of **feasting**, people ask forgiveness for all of their grievances and troubles and prepare themselves for **Easter**.

The traditional Russian dish to prepare and eat during the week is pancakes, served with **caviar**, mushrooms, jam, Russian **sour** cream or butter. It is not a **coincidence** that the translation of the holiday's name, Maslenitsa, is linked with butter:

the **etymology** derives from the Russian word maslo, which means both butter and oil, the main **ingredient** of pancakes.

---

**strict**: severely careful about obeying the rules

**bask**: relaxation for pleasure

**delight**: joy, happiness, pleasure

**lent**: the period in the Christian Church that is devoted to fasting and praying

**correspond**: have a close similarity

**ancestry**: the origin or background of something

**pagan**: unbeliever to religions

**devote**: dedicate, reserve

**rituals**: a religious ceremony consisting of a series of special actions

**feast**: a large meal, typically one in celebration of something

**easter**: the most important and oldest festival of the Christian Church between March 21 and April 25

**caviar**: food that contains eggs from a single fish

**sour**: having an acid taste like lemon

**coincidence**: adaptation, parallax

**etymology**: the study of the origin of words

**ingredient**: any of the substances that are combined together to make food

## Lets surf



through «Let's Surf» section we try to announce some necessarily good habits like reading weblogs or searching easier on web for really good content (that we lack of it nowadays) so we listed some of the most useful english and also persian weblogs on the internet that are brands now. most of them were personal projects someday and now they reach to significant income for intire staff. hope you enjoy reading...



### MASHABLE.COM

Mashable

Founded by [Peter Cashmore](#) in 2005, Mashable is a social-networking news blog, the site grew with Cashmore's dedication to producing excellent content consistently. the company continues to reach droves of viewers through a variety of platforms such as Facebook and Twitter. In 2017 Forbes magazine said that Mashable gains around \$2,000,000 per month through advertisements in various formats and also in 2009, Time Magazine called Mashable one of the 25 best blogs in the world.



### TREEHUGGER.COM



Treehugger began as an MBA class project four years ago founded by [Graham Hill](#) in the summer of 2004. He launched a green consumer blog with a mission to bring a sustainable lifestyle to the masses. and it's positive, upbeat feel has attracted over 1.8m unique users a month. TreeHugger has 10 staff but also boasts 40 writers from a wide variety of backgrounds in more than 10 countries around the world who generate more than 30 new posts a day across different categories.



### TOPUNIVERSITIES.COM



Founded in 1990 by [Nunzio Quacquarelli](#), Quacquarelli Symonds (QS) is a leading global higher education company offering a range of products and services for universities and students. QS employs over 500 staff around the world. QS' mission is "To enable motivated people anywhere in the world to fulfill their potential through educational achievement, international mobility, and career development." You can simply find annual university rankings all around the world and free educational guides that will keep you updated constantly.



### WRITETODONE.COM



"It's not a question of genetics, it's all about practice." [Mary Jaksch](#), the Chief Editor of Writetodone posts Unmissable Articles About Writing. Her articles are about learning to write better. Whether you write non-fiction, novels, blog posts, or sales pages – you will find inspiration and tips here at the WritetoDone blog. If you want to know more about writing (in Persian) don't forget to check out [NAHIDABDI.COM](#), too.



### VIRGOOL.IO



Virgoool.io is an Iranian social media launched and developed by [ali ajoudanian](#) for all people to join and read blogs and posts. on this website, you can write your ideas & everything around and also read other articles mostly about personal experiences and social behavior.



### CHETOR.COM



[Maryam Laleh](#) is an Information and Communications Technology engineer who works with Chetor.com since 2018 as a chief content officer. An Iranian website for learning and useful surfing on the internet founded by Tozhal electronic trading company. Among many Persian websites, Chetor tries to share educational information about life, personal growth & success. the website has 18 staff and posts daily articles.



### MOTAMEM.ORG



Motamem.org is a content creation website since 2014 headed by [Mohammadreza Shaban Ali](#) that works on generating useful content for all viewers. You can learn and grow through many digital courses and enjoy your time reading different posts on this website, Have a nice experience.



# Technical Typing Tricks

7

type faster (smarter)



Typing is one of the most essential skills. Although people tend to underestimate the value of typing faster and accurately, it is a fundamental skill required in any field you wish to pursue. While the average typing speed is around 38-40 Words Per Minute, the world record for the fastest typing speed is held by Stella Pajunas who struck a whopping 216 WPM (Words per minute) on an IBM Electric Typewriter! Typing accurately is as important as typing fast. There is a speed-accuracy tradeoff that needs to be considered when you begin practicing typing faster...

A proper posture is the first step in preparing yourself for success, you should consider all the aspects of your workstation to consider CTDs. (cumulative trauma disorders)



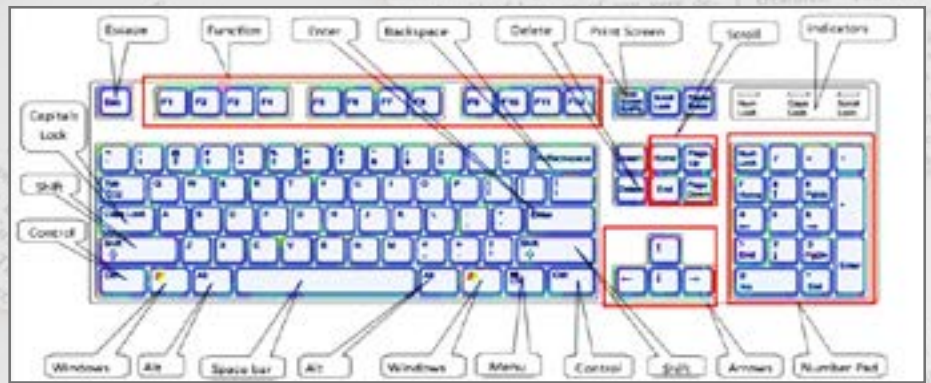
Here are some tips:  
I- create your typing space



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2- fix your posture:  
You should incline your head slightly downward as you type. That's the most ergonomic position, so it'll keep you comfortable.



3- Get to know the keyboard (Top of page)  
4- Place your fingers in right place



5- challenge your WPM speed online  
6- Practice on touch-

typing:  
(typing without looking at the keyboard)

7- Try to join some typing classes, these sites will help you the most:

a: [QWERTY Warriors](#) A typing game to improve your typing

b: [Sense-Lang](#) Typing resources for free typing tutorials

c: [Typingtest.com](#) various typing trainings

d: [Typing.com](#) Another advance typing resource

8- Find a way to type daily, like joining in a writing community or creating a blog.

Sharing your knowledge with others through typing is something

that can specify your content on the internet.

9- Play-learn words and texts. Practice makes you perfect. Here are some games for you:







# TED TALK

## what makes a good life?

Robert Waldinger: Psychiatrist, psychoanalyst, Zen priest

### If you were going to invest in a future where you would spend your time and energy?

We are told constantly to work hard, to push harder and achieve more. The study in Harvard has been done that is the longest study of adult life, we have tracked the life of 724 men for after 75 years, year after year, we ask about their work, their health, their home without knowing how their life stories.

About 60 men of 724 participants are still alive and they who have participated in this study, most of them are their 90s. Since 1938 we have tracked two groups of men, the first group has been sophomores at Harvard college and they finished the university during second world war and most of them participate in war and second groups were boys from poorest Neighborhood in Boston of the 1930s, boys who were chosen they were from some of the troubled and disadvantaged families. Some of boys became factory workers and lawyers or doctor and one of them became the president of united states. some developed alcoholism and a few developed schizoprenias. some climbed the social ladder and some made that journey in the opposite direction. the study continues after 75 years. so what have we learned? what are the lessons that come from the study? the clearest message we have got of this study is this: good relationships keep us happier and healthier.

We have learned three big lessons from this study:

1. the people who have got more socially connected to family, to a friend, to the community are happier and they are physically healthier and have got a long life.

2. it is not matter the number of friends but the quality of your close relationship is important, for example, the troubled marriages are worse than getting divorced. this study has shown that a close and good relationship predicts health at 80 years not level of cholesterol.

3. the good relationships don't just protect our bodies, they protect our brains. the people with a good relationship has a stronger and long memory.

This message that good and close relationships are useful for health is an old matter but why is this so hard to get and so easy to ignore?

“having a good relationship and tending to friends and family is a hard job, it isn't always fun and glamorous. in the end I would like to finish with a quote from Mark Twain. “There isn't time, so brief is life, for bickerings, apologies, heartburning, callings to account. There is only time for loving, and but an instant, so to speak, for that.”

link

[https://www.ted.com/talks/robert\\_waldinger\\_what\\_makes\\_a\\_good\\_life\\_lessons\\_from\\_the\\_longest\\_study\\_on\\_happiness/discussion](https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness/discussion)

IDEAS WORTH SPREADING

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# Covid\_19 mini album



Matthieu Gouiffes



Siora photography



Amin Sharifi



Kelly Sikkema





Kelly Sikkema



alex motoc



Geraltyichen



Kseniia Ilinykh



# Student's Smartphone

## Smartphone application for medical practitioners and students.

The level of smartphone usage by medical professionals seems to be increasing exponentially. Now apps are available for all manner of medical situations, from resuscitation to pedometers. Though, there are many advantages of using a smartphone, there are barriers to its adoption in healthcare since some of the smartphone apps are costly, network connectivity and battery power efficiency, usability, privacy issues, etc.

Some of the very popular and useful smartphone apps are listed below from the Android Market:

- **Speed muscles MD, Speed bones MD, Speed Angiology MD, Speed Anatomy quiz, Speed Anatomy quiz:** These apps are useful for students who are studying Anatomy.

They are apps that test the speed and memory of identifying the muscles, bones, arteries, veins in the body. Speed Anatomy quiz tests the speed and challenges your knowledge of human anatomy

- **PubMed mobile pro:** This provides a simplified, mobile-friendly Web interface to access PubMed. PubMed contains millions of article citations from thousands of biomedical journals. Many citations include abstracts.

- **Medscape:** Medscape is the leading medical resource most commonly used by physicians, medical students and other healthcare professionals for clinical information.

- **Medscape from WebMD:** It offers a huge drug reference library, a disease library (with info summaries, differentials, diagnostic workups, treatments, meds, and follow up), procedures and protocols, and a drug interaction checker. These

are organized with their menus, and subdivided by body system. Searchable directories of doctors, hospitals, and pharmacies; medical news articles. Finally, all of the articles can be saved for future reference, so they can collect and keep the pieces of information that matter the most.

- **Med Page today mobile:** This app is for physicians and other healthcare professionals. It puts breaking medical news and Continuing Medical Education (CME) credits at your fingertips, with daily coverage of over 30 specialties and annual coverage of over 60 meetings and symposia. The only service for physicians that provides a clinical perspective on the breaking medical news that their patients are reading. Physicians and other healthcare professionals may also receive CME credits at no cost by completing electronic educational programs co-developed by Med Page Today and the University of Pennsylvania School of Medicine, Office of CME.

- **Drug infusion:** An intravenous medication drip rate calculator designed for doctors who work in the intensive care unit. This ensures accurate calculations of dose, concentration or rate of infusion, and offers both weight-based and non-weight-based calculations with unit conversion flexibility

- **Eponyms:** It allows for quick lookup, the meaning of more than 1 700 medical eponyms using full-text search or by selecting from one of 28 categories. Users can create a starred list of eponyms to track those they tend to forget. Which will be very useful for medical students.

- **Taber's medical dictionary:** Taber's is the leading medical dictionary used by healthcare professionals. This app contains more than 60,000 terms, 1,000 photos. It also has medical abbreviations, symbols and units of measurement, nursing diagnoses, and more.

- **Sanford guide-** It is an essential resource

for healthcare professionals who care for patients with infectious diseases. The Sanford Guide to Antimicrobial Therapy application provides fast, convenient access to critical information on the treatment of infectious diseases, for timely, effective decisions at the point of care.

### From Apple's iOS:

- **ECG Guide:** This is a teaching guide to ECG interpretation with examples.

- **Pead's ED:** This app helps to calculate Age/weight / situation-specific pediatric drug and dosage which will be helpful for pediatricians and students for dosage calculation.

- **Radiology 2.0:** The app contains 65 Radiology cases that pertain to Emergency Medicine, but the knowledge that can be used for almost every other specialty.

- **Peds anesthesia:** On launching this app, the user is prompted to enter the patient's age, weight and fasting time. Once done, five icons are given:

- **A** Endotracheal tube sizing tool – based on the patient's finger size.

- **B** IntraOp crystalloid calculator – giving a maintenance rate, based on the 4-2-1 rule, and allowing the user to input insensible and blood losses to generate an hourly total.

- **C** PreOp sedation – doses of oral ketamine, midazolam, and nasal dexmedetomidine.

- **D** Age-appropriate vitals – heart and respiratory rate and blood pressure.

- **E** IntraOp Medications – giving calculated doses, with references, of common anesthetic drugs, divided into induction; muscle relaxant and pain medications.

The author, **Dave Romanelli**, is on a journey to meet and listen to the stories of Americans who have seen (and lived) it all! Elder Americans in their eighties, nineties, and even hundreds, who try to show some little parts of their long lives by telling amazing stories of life. In the book you can have a range of interviews and meetings that featured with countless amount of experience, feelings, believes, courage, and love. The book published on November 6, 2018.

“This is a small book that will have a powerful impact!”

Here we have chosen some parts to present:

Most elders do not have a prominent voice in our communities. Many are living lonely lives in retirement facilities, disconnected from the younger generations. And yet, these elders have so much history, so much to share.

The thing is that The advice from someone at the very end of their life is much different from someone in the middle of their life. An elder's wisdom is often raw, unscripted, unbranded, poignant and deeply personal. I've found that if you are willing to spend some time and listen to their words, they will teach you something that you cannot learn from even the most successful self-help gurus.

In 2017 I began a series of events called drink with your elders. At independent book stores in five cities around the USA, I invited fascinating elders in their 80s and 90s to come and share their stories with younger people. I invited friends and followers on social media. I texted, emailed, and made videos. “come have drinks with your elders: Friday at 7pm. Cost: Free!”

“Dad raised me and six other siblings and sent us all to college. He worked the late shift every night, got home at 4:00 a.m., never complained, and never missed a day of work.” said joe rundle's daughter; joe was an American veteran in Korean war and won a medal of honor. he was 78 years old at the time of interview.

I met an African-American woman named Eula, and says about that: she was 105 years old, days away from turning to 106. Eula wore a bright red sweater which matched a bright red pillow woven with a white cross lying just behind her. Painted portraits and photographs of her two children and late husband decorated the wall behind her. The first thing she told me, proudly: “I live by myself.”

## Digestext



My friend Blanca wrote to me, “My mom, Antonia, is the most positive person in the world. I know because in fifty-three years of my life she has never gotten mad at me or my sisters. I have never seen her upset or down she is always happy with a big smile and very sweet. Full of proverbs and old wives' tales! People love her. I think she is a magnet!” Antonia passed this “great love” on to her daughter Blanca, who always knew her mother would be waiting for her after school and they'd go home .

“my great-aunt Elberta died at 101. She rarely complained and said she'd

regret spending the time complaining takes, when she could just as easily find something to enjoy.” sandy, godfrey, Illinois

“**R**amona Hope, 88, was my dad's big sister. My husband described her as a living saint. She never had children but had a passion for her nieces and nephews and her whole family. She gave us every moment we needed and more. We all craved her love and attention, and it was always abundantly enough. She taught us to love those you're graced with in your life and give yourself to them and love will sustain all.” Mike, Plano, Texas

I met Dr. Bob Stecker, 89, at our Drinks with Your Elders event in Houston. When his wife died of breast cancer in 1980, Dr. Bob went to a therapist and said, “I am responsible for my wife's death. I feel terribly guilty that I didn't do more for her.” The therapist sat across from him for a long time and just remained silent. Finally, he said to Dr. Bob, sarcastically, “This is the first time I have counseled a murderer.” It was a strange but effective lesson: “Lose your guilt. “My job is not to tell people how to make a transition, but to help them find what they have within them to make the transition. They have the answers within them. They are not aware they have them.”

“**M**y grandfather Enrique was the absolute most loving man I've ever known. He passed away when I was 20 years old, on January 11, 2010, at 78. We had a bond no one else had. There was so much chaos in my family, within my immediate home life and within the rest of the family, but when I was with my Papa everything disappeared. We had a magical bubble that surrounded us and it was filled with love and light.”

— Lucy, San Diego, California





An old college friend sent me a message: "Alice is 89 years old, and is a Holocaust survivor. She lives in LA now and has kids and a grandson. She still talks about it and has returned to Germany and Budapest a few times since." I went and see her in her home and she began to share her story: "My father was a tailor and Jewish, taught me that the Jewish people are God's favorite people. When I arrived in Auschwitz I thought, favorite for what? favorite for murder?"

"I was 16. I had no idea where I was. Why did I come? After three days of traveling in a horrible bus, we arrived [at Auschwitz]. There was no food, no bathroom. I was with my mother, two brothers, two sisters. My mother carried my three-and-a-half-year-old beautiful little sister. Then I was carrying her because my mother was busy with the boys. When the door opened, the Sonderkommandos [work units made up of prisoners] said, 'Give the baby to your mother.'" Alice's life was saved by this Sonderkommando, but the rest of her family was sent to the gas chamber. One day I found three cousins. Their father and my father were twins. We looked after each other. It was just horrendous. Somehow we survived."

Alice continues to have nightmares about walking in the street looking for her family. "I forget about yesterday, and just an hour ago, and what I did or didn't do, or what I should do. But I can't forget what happened those years."

I still hadn't seen her smile. I wondered if there was something more I could do to bring her a little joy? I brought my then-two-year-old son to meet Alice. He waddled into her home, instantly

gravitated toward her wireless phone, and started pushing the buttons. Anything with buttons. Alice did not have any young grandchildren in her life, so the energy of a toddler uplifted her. It was the first time I saw her smile. What does a two-year-old know except joy and tears and sleep and love and ice cream? Speaking of which, my son and I came back with a piece of ice cream cake to celebrate Alice's 90th birthday. I'd like to think that a two-year-old's purity gave Alice a glimmer of hope for humanity.

I took a picture of my son with Alice. One day, when he is old enough, I'll tell him about that picture. I'll tell him Alice's story.

Without memory, there is no culture. Without memory, there would be no civilization, no society, no future.

Elie Wiesel, Holocaust survivor and Nobel Laureate

Corinne, 92, and Barbara, 88, were guests at the Drinks with Your Elders in Chicago. Corinne lost her husband to a heart attack in his early 40s. Suddenly a single mom with five children to raise, she said the family drew very close and developed a system. "I was tough. We had rules. Everybody worked and everybody contributed. And through it all, I always let my kids know how much I loved them, no matter what!" Barbara lost both her parents to tuberculosis at a very young age. She and her three siblings were placed in an orphanage. Barbara made a very conscious decision to have a good attitude about the situation. Her siblings struggled, but Barbara developed an inner strength that stuck with her throughout life. She always knew she could and would rise above challenges.



In almost every elder, I have seen and heard something ageless. It's the part of you which always and forever loves mocha almond fudge ice cream, and the sound of Chopin (or Jerry Garcia), and being outside on a warm summer night. Sydelle, 86, says every day to her Amazon Echo, "Alexa, play Chopin" and it brings her back to the time when she was a little girl. Her father would come home from his job at the factory, turn on the old radio, and they would listen together to classical music. Now she is losing her eyesight and feeling her age, except when she hears the music

Helen, 101, says, "I don't think about how old I am. The first thing I do is get up and do my exercises, sit ups, and touch my toes."

Margaret is working on becoming a comedienne and screenwriter, at 88 years young! Ann, 76, retired and moved to Alaska to volunteer for the National Park System. She said, "Don't retire from something. Retire to something." Let there be no doubt, these elders are feeling their age. They are mourning a recently deceased spouse, or struggling with the pain of bad knees, or the confusion of a fading memory, or all of the above. And yet, the ageless part of them rages "against the dying of the light." They have so much to live for!

Take a moment to imagine yourself at 94-years-old. Just pretend ... You still have the same passion for the music you love, the comfort food you crave, the friends who put your mind at ease. At 94, your ageless self is alive and well. And yet, that ageless part of you won't quit. Not only that, the ageless part of you continues to dream. That is something I learned toward the end of writing this book: You never stop dreaming. Do you want to know how your elders dream? Okay. Just try to Ask them. You will find some amazing things...



# present perfect

specifically, it's not a grammar article. it's all about How to give a vivid scientific presentation.

there are many ways to manage a presentation in order to attract anyone's attention, but we want to start from the very first steps.. so here's some selected tips:

2

As the second move, you should consider some initial features: your appearance, the scene, your props and even the atmosphere you and your guests are in. your presentation does not start with your first slide. For your audience, you are presenting as soon as you are on the stage. Mind your posture, gestures, and facial expressions from this moment onward. Avoid folding your arms and turning away from the audience, but rather signal that you are looking forward to giving this presentation with an open stance and plenty of eye contact.

5

When you present you should express yourself freely. Don't talk to the screen or ceiling, and make sure that every step you take will be followed by some feedback. it could give you the power to manage the end of your presentation and also feel your audience's presence during your performance. **The most memorable talks offer something fresh, something no one has seen before. The worst ones are those that feel formulaic.**

1

First of all you should know what you will tell to your audience as the result. is it worth giving time to present? or just sending an e-mail to each one of them would do your work, for instance. however, now your time is coming to be like a magnet and absorb looks.

3

**your slide could be your strong weapon.**

it's also true that you can go without showing any slides but it may help you to follow a better manner. in scientific presentation we it's not common to paint(!) or animate your slides but you can show that you're far distant from those clean white planes and inappropriate texts. If you have decided to list individual key points or short sentences, then it's important that you do not just read them verbatim. Instead you should clarify, contextualize, and give examples on each point. Simply reading what the audience can see on the slides costs you in terms of valuable time, support, and attention.

4

Right from the beginning of your planning you need to ask yourself how you will involve the audience and how you can use them to bolster the impact your presentation gives. An engaged audience is one which is listening, remembering and thinking about what you're saying – that's the whole point of a presentation. focus on what they want to hear and what more works for them you can have their contribution.

for more study:

<https://www.elsevier.com/connect/how-to-give-a-dynamic-scientific-presentation>

# Amazing facts about the skeletal system



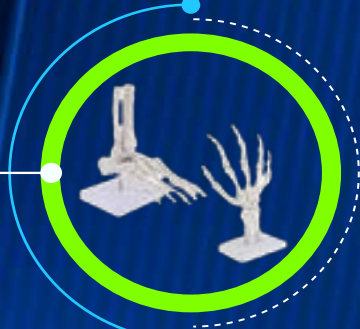
# 1

Babies have more bone than adults (300 bones). Extra bones fuse over time to form larger bones, reducing the total number of bones in adults to 206.



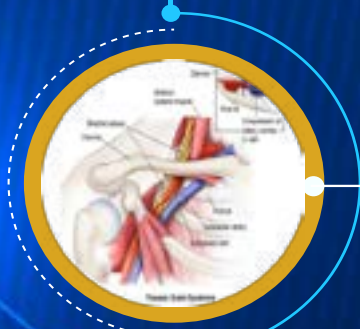
# 2

the hands and feet contain more than half of the bones of the body. there are 106 bones in both hands and feet.



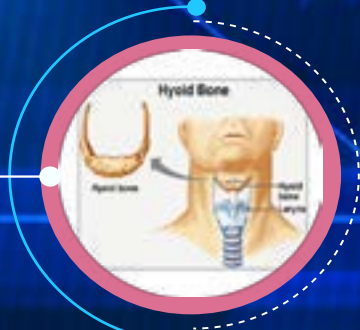
# 3

some people have an extra rib near their shoulder that called Thoracic outlet syndrome and ruptured veins and bleeding.



# 4

Each bone attaches to another bone except for the hyoid bone that lies between the chin and the thyroid cartilage.



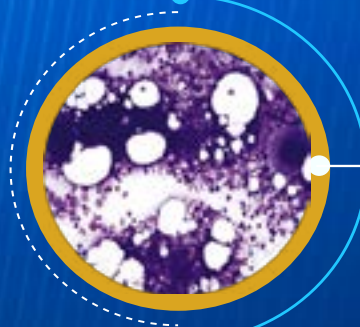
5

the ancient Egyptians developed the world's first functional prosthetic bone, A big artificial finger.



6

it was long thought that bone marrow fat cells were nothing more than space filler, but they have important metabolic and endocrine functions, affecting the whole human body.



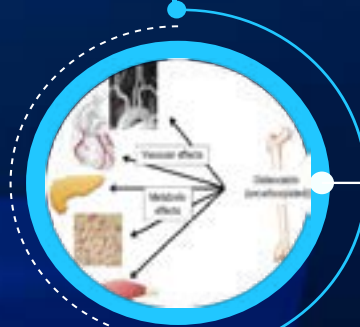
7

Enamel is harder and stronger than bones



8

osteocalcin, is a hormone released by bone-forming cells, as a key player in the stress response.





we want discuss about **How to use a comma?** don't miss this article.

Of all the punctuation marks in English, « comma » is perhaps the most abused and misused. And it is no wonder. There are lots of rules about comma usage, and often the factors that determine whether you should use one are quite subtle. Below, we will explain some guidance about its application in different situations.

While a period ends a sentence, a comma indicates a smaller break. Some writers think of a comma as a soft pause; also, it is stated as a punctuation mark that separates words, clauses, or ideas within a sentence.

### Comma with Subjects and Verbs

With few exceptions, a comma should not separate a subject from its verb.

Because of the brief pause speakers have at the point of a sentence, writers are occasionally tempted to insert a comma between a subject and verb. Never forget the comma only makes the sentence seem stilted. Here you can find some example below;

### Comma Between Two Nouns in a Compound Subject or Object

When a subject or object is made up of two items and the second item is parenthetical, you can set off the second item with commas—one before it and one after it. But you don't need a comma when you're simply listing two items. Don't separate two nouns that appear together as a compound subject or compound object.

#### Examples

Cleo, and her band will be playing at Dockside Diner next Friday. Incorrect  
Cleo and her band will be playing at Dockside Diner next Friday. Correct

Cleo will wear a sparkly red blazer, and high heels.  
Cleo will wear a sparkly red blazer and high heels.

#### Examples

My friend Cleo, is a wonderful singer. Incorrect  
My friend Cleo is a wonderful singer. Correct

\* Be careful with long or complex subjects:

The things that cause me joy, may also cause me pain.  
The things that cause me joy may also cause me pain.

coming up with another example:

Navigating through snow, sleet, wind, and darkness, is a miserable way to travel.  
Navigating through snow, sleet, wind, and darkness is a miserable way to travel.

### Comma Between Two Verbs in a Compound Predicate

If the subject of a sentence is doing more than one thing, you get a compound predicate. Don't separate a compound predicate that contains two verbs with a comma. But be aware of probable misreading will happening in the absence of a comma in compound predicates. This rule is operational in our mother tongue so. Look at the examples below;

#### Examples

Cleo will sing, and play the banjo. Incorrect  
Cleo will sing and play the banjo. Correct

I meant to buy tickets for Cleo's show, but ran out of time.  
I meant to buy tickets for Cleo's show but ran out of time.

## Comma After Introductory Phrase

A comma follows typically participial phrases that introduce a sentence. When an adverbial phrase begins a sentence, it's often followed by a comma but it doesn't have to be, especially if it's short. As a rule of thumb, if the phrase is longer than about four words, use the comma. You can also use a comma with a shorter phrase when you want to emphasize it or add a pause for literary effect.

### Examples

Grabbing her umbrella, Kate raced out of the house. Confused by her sister's sudden change in mood, Jill stayed quiet. Correct

After the show, Cleo will be signing autographs. Behind the building, there is enough space to park two limousines. Without knowing why I crossed the room and looked out the window. In 1816 life was very different. Suddenly, an angry black cat sprang from the shadows. Correct

\* A chance of misreading the sentence comma can play a leading rule:

Before eating the family said grace. Incorrect  
Before eating, the family said grace. Correct

## Commas in Dates

Writing date indeed seems easy in a paragraph, but most of the professional writers don't insert the date in the right format in their compositions.

\*When writing a date in month-day-year format, it is advisable to set off the year with commas.

July 4, 1776, was an important day in American history. I was born on Sunday, May 12, 1968.

\*If you are using the day-month-year format, however, commas are unnecessary.

Applications are due by 31 December 2016.

\*If you are referencing a day of the week and a date, use a comma:

On Tuesday, April 13, at three o'clock, there will be a meeting for all staff. Please join us on Saturday, June 14, 2010, for the marriage of Annie and Michael.

\*Referencing only a month and year, does not need a comma.

The region experienced record rainfall in March 1999.

## Commas with Lists

One another usage of this mark is in lists. When you have a list that contains more than two elements, you can use commas to separate them. The comma before the and in a list of three or more items is optional.

### Examples

Julie loves ice cream books and kittens. Incorrect  
Julie loves ice cream, books, and kittens. Correct  
Julie loves ice cream, books and kittens. Correct

Your list might be made up of nouns, as in the example above, but it could also be contained of verbs, adjectives, or clauses. Imagine, for a moment, that you have just finished doing three chores. The chores were:

Cleaning the house and garage

Raking the lawn

Taking out the garbage

If you were to list these three chores in a sentence, you would write:

I cleaned the house and garage, raked the lawn, and took out the garbage. or  
I cleaned the house and garage, raked the lawn and took out the garbage.

There are lots of websites that you can get more information about comma usage from them, but a lucrative reference for grammatical points is "Practical English Usage."

# Scienews

**It has not yet been tested in patients, but researchers say it is “an exciting new frontier.”**

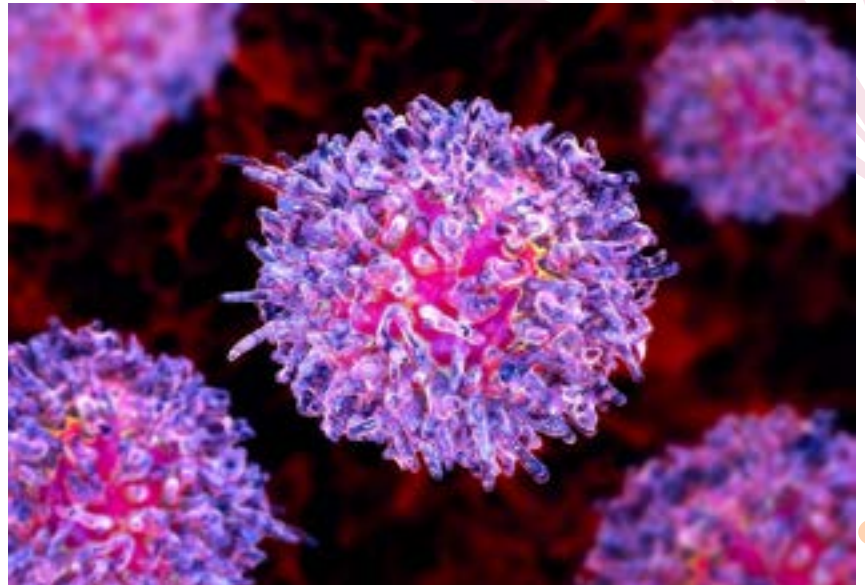
A team of researchers in the United Kingdom discovered a new type of immune cell that they say could one day be used as a "one-size-fits-all" therapy for most cancers.

Scientists at Cardiff University say they've found a T-cell with a new type of receptor that can recognize and kill most cancers. Their findings were published in the peer-reviewed journal Nature Immunology last week.

The discovery has not yet been tested in patients, but study author Andrew Sewell called it "an exciting new frontier."

"We hope this new (T-cell receptor) may provide us with a different route to target and destroy a wide range of cancers in all individuals," he said in a statement.

Experts in the field not involved in the study were cautiously optimistic about the results. Dr. Marcel van den Brink, a medical oncologist at Memorial Sloan Kettering Cancer Center, called the discovery "a very nice step forward" but said more work is needed before determining whether the research could lead to results for patients.



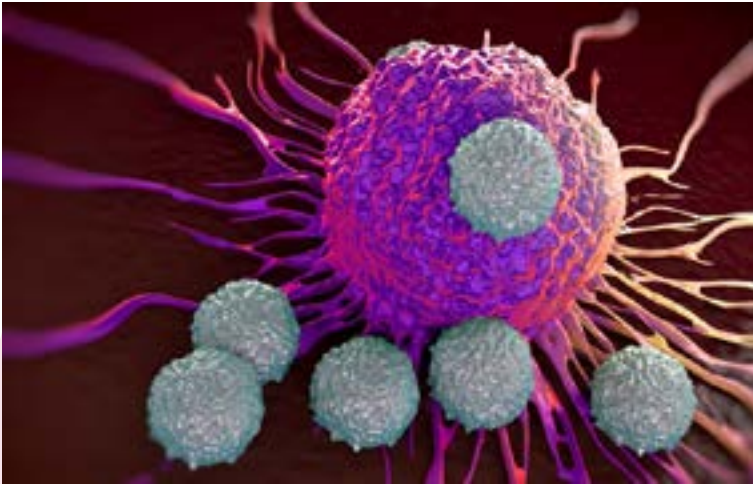
"It's very early in the process to figure out if this pathway, if these types of T-cells, really could be used as a way to control cancer," van den Brink said.

To treat cancer, doctors have employed surgery, chemotherapy and radiation therapy for years, but adoptive cell transfer is an immunotherapy treatment that has rapidly emerged in recent years, according to the National Cancer Institute.

Adoptive cell transfer relies on "collecting and using patients' own immune cells to treat their cancer," the institute says, and CAR T-cell therapy, one type of adoptive cell transfer, has advanced the most in clinical trials, with the FDA approving its use in some cases, according to the National Cancer Institute.

The researchers at Cardiff compared their discovery to CAR T-cell therapy but said it could one day be used in more types of cancer. Under these new therapies, doctors remove patients' T-cells, genetically modify them and return them to patients' blood in order to attack cancer cells.





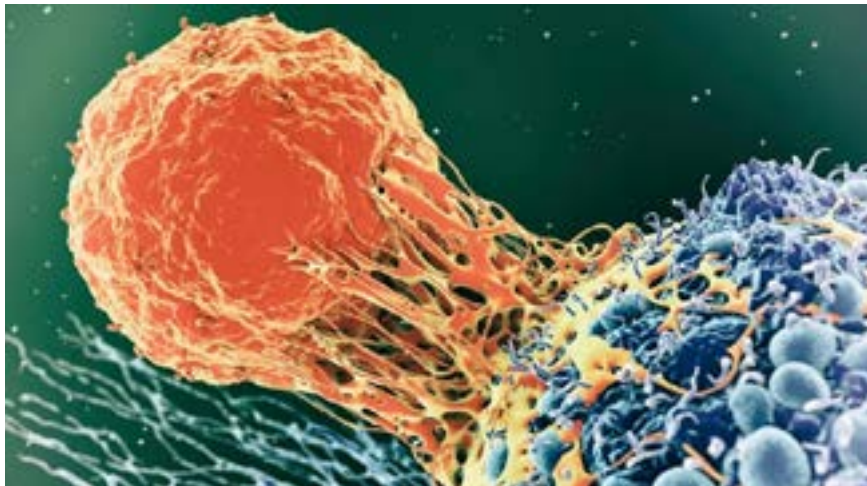
Healthy cells were not killed during lab tests.

The T-cells scan the surfaces of others cells to determine which ones are cancerous, but this process is highly individualized and treatments are limited to certain types of cancer. That's because it relies on a cell-surface molecule called human leukocyte antigen, which varies among patients.

However, the Cardiff researchers say they uncovered a unique T-cell receptor that can find the molecule MRI, which does not vary among people. During lab testing, the team says the T-cells were able to kill a host of cancers, including lung, skin, blood, colon, breast, bone, prostate, ovarian, kidney and cervical cancer cells.

Testing within mice with human cancer also showed promising results, the researchers said.

Van den Brink said researchers still need to determine what exactly the T-cell receptors are detecting on the MRI and whether that's specific to cancer cells. «If it's found on normal and cancer cells, then you can't really develop this as a therapy,» he said. Additionally, more research into how common these T-cells are is needed, he said.



«It's one T-cell clone that they worked with so we need to see if we can find more of these T-cells and can we find it in everybody,» van den Brink said.

Still, the overall field of studying how T-cells kill cancer cells has been among the most promising areas of cancer research in recent years, he said. It could only be a matter of years before determining if the research will lead to results in patients given how growing of a field it is, he said.

«We can use the T-cells as living drugs to kill cancer, which is an amazing step.»

## Brand story

## How was founded?

# NETFLIX

Netflix is the de-facto place to go for movie and TV series streaming on the planet. According to sites like [fortune.com](https://fortune.com), its services alone constitute about 15% of all the world's internet bandwidth!

The name Netflix is a combination of «Net» (common parlance abbreviation of the internet) and «Flix» (a common abbreviation of «flicks» which in turn is slang for a movie or film).

When it first opened, Netflix was purely a website-based movie rental service. It allowed people to rent DVDs online.

Users would browse and order the films they wanted on their website, put in an order, and Netflix would post them to their door. After renters had finished with the DVDs, they would simply post them back. Rentals were around \$4 plus a \$2 postage charge. After significant growth, Netflix would switch to a subscriber-based model.

They would eventually introduce a streaming model in 2010 that we all know.

Today it has over 151 million paid subscribers in over 190 countries around the world. It offers a wide range of TV series, documentaries, and feature films across a wide variety of genres and languages.

Netflix's model would directly challenge the market dominance of rental giants like Blockbuster at the time. As we know today, Blockbuster could not compete and filed for bankruptcy in 2010.

Blockbuster even had a chance to purchase Netflix for \$50 million. Netflix currently has a Market Cap of [116.42B] (2019) and a share price of \$331.89, while Blockbuster is out of business.»

"In 2000, Netflix CEO and co-founder Reed Hastings approached Blockbuster about a partnership. Unfortunately for Blockbuster, their CEO just smiled and laughed at him."

### How was Netflix founded?

At the time Netflix was founded, **Marc Randolph** was working as a marketing director for **Reed Hastings's** company Pure Atria. He was also the co-founder of MicroWarehouse (a computer mail-order company).

Hastings would later sell Pure Atria to the Rational Software Corporation in 1997 for \$700 million.

By all accounts, the pair came up with the idea for Netflix during a commute between their homes in Santa Cruz and Pure Atria's HQ in Sunnyvale before Pure Atria's acquisition and merger.

Reed Hastings would supply the seed capital and invested \$2.5 million into the startup in cash. Inspired by Amazon's e-commerce model, the pair explored various portable items they could use to sell over the internet similarly.



Netflix launched in April of 1998 and became the world's first online DVD rental and merchant. They had only a few tens of staff and just under 1000 titles at the time.

By changing the manner to subscribe-based model, in 2000, Netflix introduces a personalized movie recommendation system, which uses Netflix members' ratings to accurately predict choices for all Netflix members.

In 2005, The number of Netflix members rises to 4.2 million.

Hastings had always been vocal about his belief in streaming video. In an as-told-to piece for Inc. in 2005, Hastings said the company was preparing itself for an internet-based future, although he also said he thought Netflix had at least a decade left of dominating DVDs. The company introduced streaming content in 2007.

"Movies over the internet are coming, and at some point, it will become big business," he told Inc. at the time. "We started investing 1 percent to 2 percent of revenue every year in downloading, and I think it's tremendously exciting because it will fundamentally lower our mailing costs. We want to be ready when video-on-demand happens. That's why the company is called Netflix, not DVD-by-Mail."

Between 2008-2010 Netflix partners with consumer electronics companies to stream on the Xbox 360, Blu-ray disc players and TV set-top boxes. consumer electronics companies to stream on the PS3, Internet-connected TVs, and other Internet-connected devices.

In 2010 Netflix is available on the Apple iPad, iPhone and iPod Touch, the Nintendo Wii, and other Internet-connected devices. Netflix launches its service in Canada.

In 2013 Netflix received 31 primetime Emmy nominations including outstanding drama series, comedy series and documentary or nonfiction special for "House of Cards", "Orange is the new black", and "The Square" respectively.

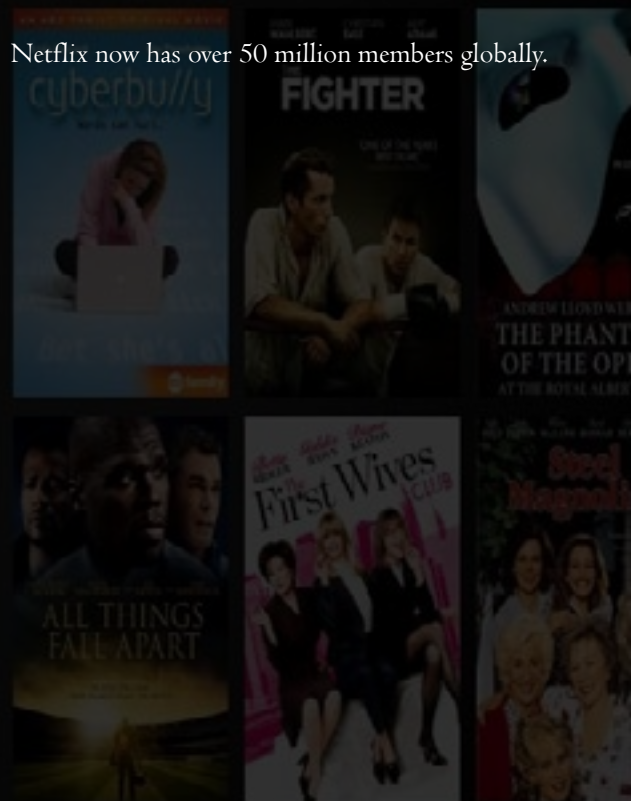
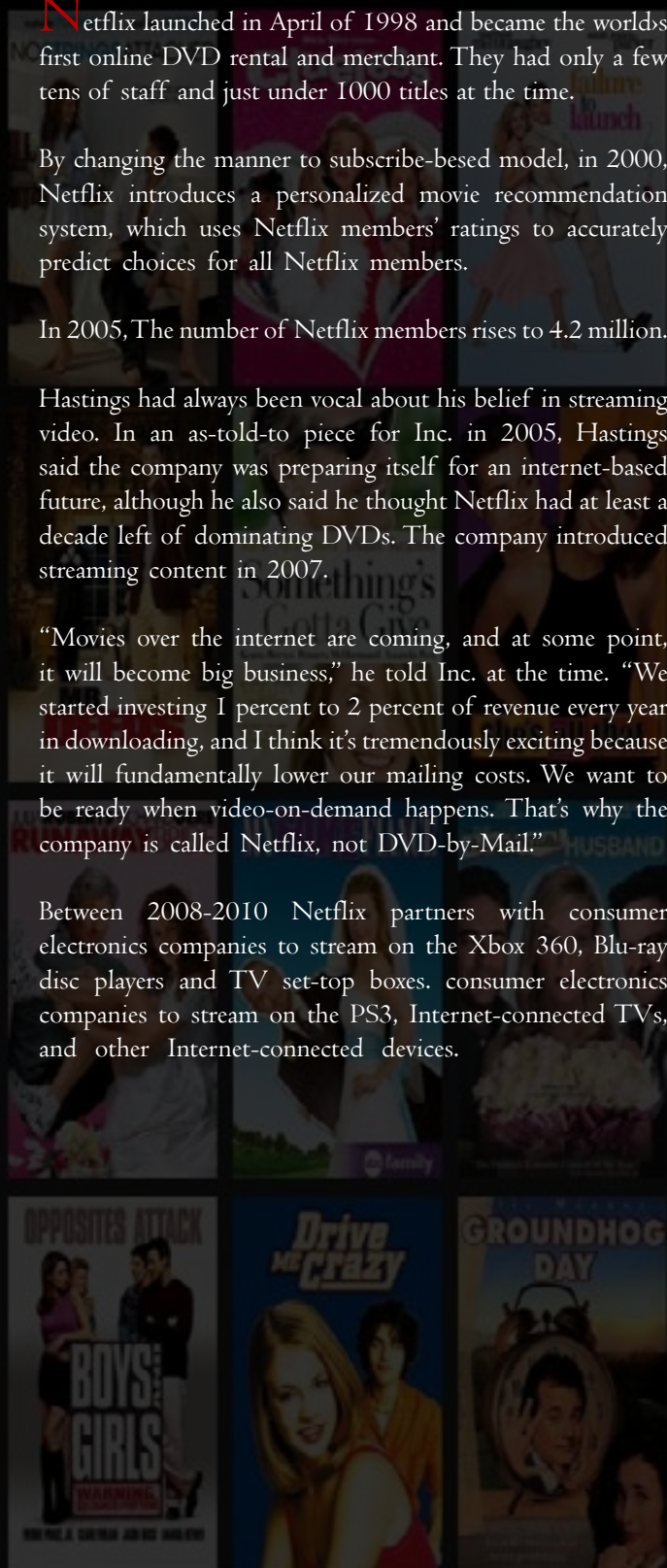
House of Cards won three Primetime Emmy Awards. Netflix was the first internet TV network nominated for the Primetime Emmy. It has a combined library of over 50,000 titles.

The headline is that Netflix has 2.2 million minutes of content currently available.

Translated into years, that's just over four years of continuous content if you were to sit down and watch it all in a single sitting. That roughly translates to 36,000 hours in total.

How does that compare with other libraries? HBO Max's library that is set to see their vast output available currently is set to be around 10,000 hours.

Netflix now has over 50 million members globally.



In fact, a bibliography is a series of activities involving the listing of books, sources, journals, or articles, with the primary objective of providing a concise literature review.

Date of access

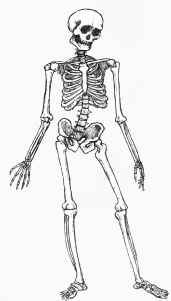
Diagram illustrating the structure of a book record (Figure 1):

- Author**: SCOTTISH, Great Britain
- SubTitle**: (empty)
- call number**: 10.09 600
- title**: Small is beautiful: Economics as if people mattered.
- place of publication**: London
- publisher**: Harper & Row
- date of publication**: 1975
- accession number**: 395 p
- number of pages**: 395

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O	E	A	R	B	E	T	R	E	V	C	M	R	P
E	R	A	D	I	U	S	A	F	E	M	U	R	T
C	A	U	I	F	C	A	P	I	T	A	T	E	E
C	H	O	G	D	I	O	Z	E	H	P	A	R	T
C	L	P	F	I	B	U	L	A	O	E	O	P	S
O	M	A	D	T	E	I	V	E	D	L	C	S	T
N	A	T	V	L	I	O	I	I	M	B	C	U	E
C	L	E	S	I	M	B	O	I	U	I	I	R	R
H	L	L	I	E	C	Y	I	U	R	D	P	E	N
A	E	L	R	I	H	L	I	A	C	N	I	M	U
H	U	A	U	A	M	L	E	O	A	A	T	U	M
S	S	L	C	U	B	O	I	D	S	M	A	H	N
I	S	E	G	N	A	L	A	H	P	V	L	L	E
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CLAVICLE      CAPITATE      RADIUS      STERNUM

OCCIPITAL      MALLEUS

CONCHA      PHALANGES

MANDIBLE      HYOID

TRAPHEZOID      HUMERUS      PATELLA

VOMER      FIBULA      SACRUM      VERTEBRAE

CUBOID      FEMUR

TIBIA

We've created this word-search table on:

<https://thewordsearch.com/puzzle/1025633/human-skeleton/>

There you can experience more.



*And no person knows what he will  
earn tomorrow.*

*quran-logman 34*

