

As The Romans Did A Sourcebook In Roman Social History By Jo Ann Shelton Pdf Pdf

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by Sunys Murray

As the Romans Did 1988 Jo-Ann Shelton An anthology of translations from Latin and Greek source materials, As the Romans Did offers a highly revealing look at everyday Roman life, providing clear, lively translations of a fascinating array of documents—from personal letters, farming manuals, medical texts, and recipes, to poetry, graffiti, and tombstone inscriptions. Each selection is newly translated into readable, contemporary English and fully annotated to give necessary historical and cultural background. In addition, the book includes abundant biographical notes, maps, appendices, and cross-references to related topics, as well as an extensive bibliography, providing students with substantial background material to broaden their understanding of the selections. Arranged thematically into chapters on family life, housing, education, entertainment, religion, and other important topics, the translations reveal the ambitions and aspirations not only of the upper class, but of the average Roman citizen as well; they tell not only of the success and failure of Rome’s grandiose imperialist policies, but also of the pleasures and the hardships of everyday life.

As the Romans Did 2022-08 Jo-Ann Shelton As the Romans Did offers a rich, revealing look at everyday Roman life. It provides clear, lively translations of a fascinating array of documents drawn from Latin and Greek source material—from personal letters, farming manuals, medical texts, and recipes to poetry, graffiti, and tombstone inscriptions. Each selection has been translated into readable, contemporary English. Extensive annotations, abundant biographical notes, maps, appendices, cross-references to related topics, and a newly-updated bibliography provide readers with the historical and cultural background material necessary to appreciate the selections. Arranged thematically into chapters on family life, housing, education, entertainment, religion, and other important topics, the translations reveal the ambitions and aspirations not only of the upper class, but of the average Roman citizen as well. They tell of the success and failure of Rome’s grandiose imperialist policies and also of the pleasures and hardships of everyday life. Wide-ranging and lively, the second edition of As the Romans Did offers the most lucid account available of Roman life in all its diversity.

As the Romans Did 1998 Jo-Ann Shelton Revised to include new selections and updated bibliographical material, the second edition of this popular sourcebook offers a rich, revealing look at everyday Roman life. It provides clear, lively translations of a fascinating array of documents drawn from Latin and Greek source material—from personal letters, farming manuals, medical texts, and recipes to poetry, graffiti, and tombstone inscriptions. Each selection has been translated into readable, contemporary English. This edition includes more than 50 additional selections that introduce new topics and expand coverage of existing topics. In addition, the commentary on all the selections has been revised to reflect the recent scholarship of social and cultural historians. Extensive annotations, abundant biographical notes, maps, appendices, cross-references to related topics, and a newly-updated bibliography provide readers with the historical and cultural background material necessary to appreciate the selections. Arranged thematically into chapters on family life, housing, education, entertainment, religion, and other important topics, the translations reveal the ambitions and aspirations not only of the upper class, but of the average Roman citizen as well. They tell of the success and failure of Rome’s grandiose imperialist policies and also of the pleasures and hardships of everyday life. Wide-ranging and lively, the second edition of As the Romans Did offers the most lucid account available of Roman life in all its diversity. Ideal for courses in Ancient Roman History, Social History of Rome, Roman Civilization, and Classics, it will also appeal to readers interested in ancient history.

As the Romans Did 1998 Jo-Ann Shelton Describes daily life in Rome, discussing marriage, education, occupations, and entertainment.

A Brief History of the Romans 2013 Mary Taliaferro Boatwright Revised edition of: A brief history of ancient Rome. New York: Oxford University Press, 2005.

Inside Roman Libraries 2014 George W. Houston Inside Roman Libraries: Book Collections and Their Management in Antiquity

Daily Life in Ancient Rome 2016-02-11 Brian K. Harvey "One really must admire Harvey’s achievement in this sourcebook. With just 350 passages (more than half of them consisting of Latin inscriptions, from all over Rome’s empire), Harvey manages to give his readers a real sense of Roman private values and behaviors. His translations of the original texts are superb—both accurate and elegant. And he contextualizes his chosen passages with a series of remarkably economical but solidly reliable introductions. In a word, Harvey’s sourcebook strikes me as the best now available for a single-semester undergraduate course." —T. Corey Brennan, Rutgers University–New Brunswick

Handbook to Life in Ancient Rome 2014-05-14 Lesley Adkins Describes the people, places, and events of Ancient Rome, describing travel, trade, language, religion, economy, industry and more, from the days of the Republic through the High Empire period and beyond.

Roman Society 1992 Henry Charles Boren Ideal for a one-semester course in Roman civilization or history, Roman Society offers a broad synthesis of the social, economic, and cultural history of this civilization. Topics such as social class, religion, the roles of women and slaves, and inflation are all covered, and maps, photographs, and a chronological chart complement the narrative.

The Romans : from village to empire 2011-11 Mary Taliaferro Boatwright "The Romans unfolds Rome's remarkable evolution from village to monarchy and then republic and finally to one-man rule by an emperor whose power at its peak stretched from Scotland to Iraq and the Nile Valley. Firmly grounded in ancient literary and material sources, the book captures and analyzes the outstanding political and military landmarks from the Punic Wars, to Caesar's conquest of Gaul and his crossing of the Rubicon, to the victory of Octavian over Mark Antony, to Constantine's adoption of Christianity. Here too are some of the most fascinating individuals ever to walk across the world stage, including Hannibal, Mithridates, Pompey, Cicero, Cleopatra, Augustus, Livia, Nero, Marcus Aurelius, and Shapur. The authors bring to life many aspects of Rome's cultural and social history, from the role of women, to literature, entertainments, town-planning, portraiture, and religion. The book incorporates more than 30 maps."—Jacket.

The Romans 2014-10-30 Abigail Graham The Romans: An Introduction, 3rd edition engages students in the study of ancient Rome by exploring specific historical events and examining the evidence. This focus enables students not only to learn history and culture but also to understand how we recreate this picture of Roman life. The thematic threads of individuals and events (political, social, legal, military conflicts) are considered and reconsidered in each chapter, providing continuity and illustrating how political, social, and legal norms change over time. This new edition contains extensive updated and revised material designed to evoke the themes and debates which resonate in both the ancient and modern worlds: class struggles, imperialism, constitutional power (checks & balances), the role of the family, slavery, urbanisation, and religious tolerance. Robust case studies with modern parallels push students to interpret and analyze historical events and serve as jumping off points for multifaceted discussion. New features include: Increased emphasis on developing skills in interpretation and analysis which can be used across all disciplines. Expanded historical coverage of Republican history and the Legacy of Rome. An expanded introduction to the ancient source materials, as well as a more focused and analytical approach to the evidence, which are designed to engage the reader further in his/her interaction and interpretation of the material. A dedicated focus on specific events in history that are revisited throughout the book that fosters a richer, more in-depth understanding of key events. New maps and a greater variety of illustrations have been added, as well as updated reading lists. A further appendix on Roman nomenclature and brief descriptions of Roman authors has also been provided. The book's successful website has been updated with additional resources and images, including on-site videos from ancient sites and case studies which provide closer "tutorial" style treatment of specific topics and types of evidence. Those with an interest in classical language and literature, ancient history, Roman art, political and economic systems, or the concept of civilization as a whole, will gain a greater understanding of both the Romans and the model of a civilization that has shaped so many cultures.

Roman Religion 2006-10-16 Valerie M. Warrior Examining sites that are familiar to many modern tourists, Valerie Warrior avoids imposing a modern perspective on the topic by using the testimony of the ancient Romans to describe traditional Roman religion. The ancient testimony recreates the social and historical contexts in which Roman religion was practised. It shows, for example, how, when confronted with a foreign cult, official traditional religion accepted the new cult with suitable modifications. Basic difficulties, however, arose with regard to the monotheism of the Jews and Christianity. Carefully integrated with the text are visual representations of divination, prayer, and sacrifice as depicted on monuments, coins, and inscriptions from public buildings and homes throughout the Roman world. Also included are epitaphs and humble votive offerings that illustrate the piety of individuals, and that reveal the prevalence of magic and the occult in the spiritual lives of the ancient Romans.

Roman Social History 2007-10-17 Tim Parkin This Sourcebook contains a comprehensive collection of sources on the topic of the social history of the Roman world during the late Republic and the first two centuries AD. Designed to form the basis for courses in Roman social history, this excellent resource covers original translations from sources such as inscriptions, papyri, and legal texts. Topics include: social inequality and class games, gladiators and attitudes to violence the role of slaves in Roman society economy and taxation the Roman legal system the Roman family and gender roles. Including extensive explanatory notes, maps and bibliographies, this Sourcebook is the ideal resource for all students and teachers embarking on a course in Roman social history.

Homosexuality in Greece and Rome 2003-05-12 Thomas K. Hubbard Important primary texts on homosexuality in ancient Greece and Rome are translated into modern, explicit English and collected together in this comprehensive sourcebook. Covering an extensive period, the volume includes writings by Plato, Sappho Aeschines, Catullus and Juvenal.

Final Judgments 2023-04-28 Edward Champlin Freed from the familial and social obligations incumbent on the living, the Roman testator could craft his will to be a literal "last judgment" on family, friends, and society. The Romans were fascinated by the contents of wills, believing the will to be a mirror of the testator's true character and opinions. The wills offer us a unique view of the individual Roman testator's world. Just as classicists, ancient historians, and legal historians will find a mine of information here, the general reader will be fascinated by the book's lively recounting of last testaments. Who were the testators and what were their motives? Why do family, kin, servants, friends, and community all figure in the will, and how are they treated? What sort of afterlife did the Romans anticipate? By examining wills, the book sets several issues in a new light, offering new interpretations of, or new insights into, subjects as diverse as captatio (inheritance-seeking), the structure of the Roman family, the manumission of slaves, public philanthropy, the afterlife and the relation of subject to emperor. Champlin's principal argument is that a strongly felt "duty of testacy" informed and guided most Romans, a duty to reward or punish all who were important to them, a duty which led them to write their wills early in life and to revise them frequently.

The Rise of Rome 2018-02-26 Kathryn Lomas By the third century BC, the once-modest settlement of Rome had conquered most of Italy and was poised to build an empire throughout the Mediterranean basin. What transformed a humble city into the preeminent power of the region? In The Rise of Rome, the historian and archaeologist Kathryn Lomas reconstructs the diplomatic ploys, political stratagems, and cultural exchanges whereby Rome established itself as a dominant player in a region already brimming with competitors. The Latin word, she argues, was not so much subjugated by Rome as unified by it. This new type of society that emerged from Rome's conquest and unification of Italy would serve as a political model for centuries to come. Archaic Italy was home to a vast range of ethnic communities, each with its own language and customs. Some such as the Etruscans, and later the Samnites, were major rivals of Rome. From the late Iron Age onward, these groups interacted in increasingly dynamic ways within Italy and beyond, expanding trade and influencing religion, dress, architecture, weaponry, and government throughout the region. Rome manipulated preexisting social and political structures in the conquered territories with great care, extending strategic invitations to citizenship and thereby allowing a degree of local independence while also fostering a sense of imperial belonging. In the story of Rome's rise, Lomas identifies nascent political structures that unified the empire's diverse populations, and finds the beginnings of Italian peoplehood.

Religions of Rome: Volume 2, A Sourcebook 1998-06-28 Mary Beard Volume two reveals the extraordinary diversity of ancient Roman religion. A comprehensive sourcebook, it presents a wide range of documents illustrating religious life in the Roman world - from the foundations of the city in the eighth century BC to the Christian capital more than a thousand years later. Each document is given a full introduction, explanatory notes and bibliography, and acts as a starting point for further discussion. Through paintings, sculptures, coins and inscriptions, as well as literary texts in translation, the book explores the major themes and problems of Roman religion, such as sacrifice, the religious calendar, divination, ritual, and priesthood. Starting from the archaeological traces of the earliest cults of the city, it finishes with a series of texts in which Roman authors themselves reflect on the nature of their own religion, its history, even its funny side. Judaism and Christianity are given full coverage, as important elements in the religious world of the Roman empire.

Ancient Roman Civilization 2018-09-14 Ralph W. Mathisen Includes material from author's earlier works: Ancient Mediterranean Civilizations and Sources for Ancient Mediterranean Civilizations.

Encountering the Book of Romans 2014-07-15 Douglas J. Moo In this updated edition of his successful textbook, a leading evangelical New Testament scholar offers a guide to the book of Romans that is informed by current scholarship and written at an accessible level. The new edition has been updated throughout and features a new interior design. After addressing introductory matters and laying the groundwork for reading Romans, Douglas Moo leads readers through the weighty argument of this significant book, highlighting key themes, clarifying difficult passages, and exploring the continuing relevance of Romans. As with other volumes in the well-received Encountering Biblical Studies series, this book is designed for the undergraduate classroom and includes pedagogical aids such as photos and sidebars. A test bank for professors is available through Baker Academic's Textbook eSources.

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Food and Drink in Antiquity: A Sourcebook 2014-11-20 John F. Donahue Interest in food and drink as an academic discipline has been growing significantly in recent years. This sourcebook is a unique asset to many courses on food as it offers a thematic approach to eating and drinking in antiquity. For classics courses focusing on ancient social history to introductory courses on the history of food and drink, as well as those offerings with a strong sociological or anthropological approach this volume provides an unparalleled compilation of essential source material. The chronological scope of the excerpts extends from Homer in the Eighth Century BCE to the Roman emperor Constantine in the Fourth Century CE. Each thematic chapter consists of an introduction along with a bibliography of suggested readings. Translated excerpts are then presented accompanied by an explanatory background paragraph identifying the author and context of each passage. Most of the evidence is literary, but additional sources - inscriptional, legal and religious - are also included.

The Alexiad 2009-08-06 Anna Komnene A revised edition of Anna Komnene's Alexiad, to replace our existing 1969 edition. This is the first European narrative history written by a woman - an account of the reign of a Byzantine emperor through the eyes and words of his daughter which offers an unparalleled view of the Byzantine world in the eleventh and twelfth centuries.

The Roman Empire 2015 Peter Garnsey During the Principate (roughly 27 BCE to 235 CE), when the empire reached its maximum extent, Roman society and culture were radically transformed. But how was the vast territory of the empire controlled? Did the demands of central government stimulate economic growth or endanger survival? What forces of cohesion operated to balance the social and economic inequalities and high mortality rates? How did the official religion react in the face of the diffusion of alien cults and the emergence of Christianity? These are some of the many questions posed here, in the new, expanded edition of Garnsey and Saller's pathbreaking account of the economy, society, and culture of the Roman Empire. This second edition includes a new introduction that explores the consequences for government and the governing classes of the replacement of the Republic by the rule of emperors. Addenda to the original chapters offer up-to-date discussions of issues and point to new evidence and approaches that have enlivened the study of Roman history in recent decades. A completely new chapter assesses how far Rome's subjects resisted her hegemony. The bibliography has also been thoroughly updated, and a new color plate section has been added.

The Fall of Rome 2006-07-12 Bryan Ward-Perkins Why did Rome fall? Vicious barbarian invasions during the fifth century resulted in the cataclysmic end of the world's most powerful civilization, and a 'dark age' for its conquered peoples. Or did it? The dominant view of this period today is that the 'fall of Rome' was a largely peaceful transition to Germanic rule, and the start of a positive cultural transformation. Bryan Ward-Perkins encourages every reader to think again by reclaiming the drama and violence of the last days of the Roman world, and reminding us of the very real horrors of barbarian occupation. Attacking new sources with relish and making use of a range of contemporary archaeological evidence, he looks at both the wider explanations for the disintegration of the Roman world and also the consequences for the lives of everyday Romans, in a world of economic collapse, marauding barbarians, and the rise of a new religious orthodoxy. He also looks at how and why successive generations have understood this period differently, and why the story is still so significant today.

Everyday Life in Ancient Rome 1961 Describes the daily life of Romans of all classes, their festivals, religious life, and family life.

Daily Life in Ancient Rome 1994-10-20 Florence Dupont This book, now available in paperback, concerns the everyday private and public lives of the citizens of ancient Rome. Drawing on a broad selection of contemporary sources, the author examines the institutions, actions and rituals of day to day life.

A Companion to Roman Italy 2016-03-21 Alison E. Cooley A Companion to Roman Italy investigates the impact of Rome in all its forms—political, cultural, social, and economic—upon Italy’s various regions, as well as the extent to which unification occurred as Rome became the capital of Italy. The collection presents new archaeological data relating to the sites of Roman Italy Contributions discuss new theories of how to understand cultural change in the Italian peninsula Combines detailed case-studies of particular sites with wider-ranging thematic chapters Leading contributors not only make accessible the most recent work on Roman Italy, but also offer fresh insight on long standing debates

Readings in Late Antiquity 2012-08-06 Michael Maas Late Antiquity (ca. 250-650) witnessed the transition from Classical Antiquity to the Middle Ages in the Mediterranean and Near Eastern worlds. Christianity displaced polytheism over a wide area, offering new definitions of identity and community. The Roman Empire collapsed in Western Europe to be replaced by new "Germanic" kingdoms. In the East, Byzantium emerged, while the Persian Empire reached its apogee and collapsed. Arab armies carrying the banner of Islam reshaped the political map and brought the late antique era to a close. This sourcebook illustrates the dramatic political, social and religious transformations of Late Antiquity through the words of the men and women who experienced them. Drawing from Greek, Latin, Syriac, Hebrew, Coptic, Persian, Arabic and Armenian sources, the carefully chosen passages illuminate the lives of emperors, abbesses, aristocrats, slaves, children, barbarian chieftains, and saints . The Roman Empire is kept at the centre of the discussion, with chapters devoted to its government, cities, army, law, medicine, domestic life, philosophy, Christianity, polytheism, and Jews. Further chapters deal with the peoples who surrounded the Roman state: Persians, Huns, northern "Germanic" barbarians, and the followers of Islam. This revised and updated second edition provides an expanded view of Late Antiquity with a new chapter on domestic life, as well extra material throughout, including passages that appear for the first time in English translation. Readings in Late Antiquity is the only sourcebook that covers such a wide range of topics over the full breadth of the late antique period.

Religions of Rome: Volume 1, A History 1998-06-28 Mary Beard This book offers a radical new survey of more than a thousand years of religious life at Rome. It sets religion in its full cultural context, between the primitive hamlet of the eighth century BC and the cosmopolitan, multicultural society of the first centuries of the Christian era. The narrative account is structured around a series of broad themes: how to interpret the Romans' own theories of their religious system and its origins; the relationship of religion and the changing politics of Rome; the religious importance of the layout and monuments of the city itself; changing ideas of religious identity and community; religious innovation - and, ultimately, revolution. The companion volume, Religions of Rome: A Sourcebook, sets out a wide range of documents richly illustrating the religious life in the Roman world.

An Introduction to Roman Religion 2003 John Scheid Written by one of the world's leading scholars of the Roman world, An Introduction to Roman Religion offers students a complete portrait of religion in Rome during the late republic and early empire. It draws on the latest findings in archaeology and history to explain the meanings of rituals, rites, auspices, and oracles, to describe the uses of temples and sacred ground, and to evoke the daily patterns of religious life and observance within the city of Rome and its environs. The text is usefully organized around major themes, such as the origins of Roman religion, the importance of the religious calendar, the structure of religious space, the forms of religious services and rituals, and the gods, priests, and core theologies that shaped religious observance. In addition to its clear and accessible presentation, Roman Religion includes quotations from primary sources, a chronology of religious and historical events from 750 B.C. to A.D. 494, a full glossary, and an annotated guide to further reading.

The Fall of the Roman Empire 2007-06-11 Peter Heather Shows how Europe's barbarians, strengthened by centuries of contact with Rome on many levels, turned into an enemy capable of overturning and dismantling the mighty Empire.

An Environmental History of Ancient Greece and Rome 2012-03-08 Lukas Thommen Lively and accessible account of the relationship between man and nature in Graeco-Roman antiquity. Describes the ways in which the Greeks and Romans intervened in the environment and thus traces the history of tension between the exploitation of resources and the protection of nature.

The Roman Army 2007-10-01 Pat Southern Written by a leading authority on Roman military history, this fascinating volume spans over a thousand years as it offers a memorable picture of one of the world's most noted fighting forces, paying special attention to the life of the common soldier. Southern here illuminates the Roman army's history, culture, and organization, providing fascinating details on topics such as military music, holidays, strategy, the construction of Roman fortresses and forts, the most common battle formations, and the many tools of war, from spears, bows and arrows, swords, and slingshots, to the large catapulta (which fired giant arrows and bolts) and the ballista (which hurled huge stones). Perhaps most interesting are the details Southern provides about everyday life in the Roman army, everything from the soldiers pay (they were paid three times per year, but money was deducted for such items as food, clothing, weapons, the burial club, the pension scheme, and so on) to their often brutal life—if whole units turned and ran, about one-tenth of the men concerned were chosen by lot and clubbed to death and the rest were put on barley rations instead of wheat. Moreover, soldiers who lost weapons or their shields would fight savagely to get them back or would die in the process, rather than suffer the shame that attached to throwing weapons away or running from the battle. Attractively illustrated, this book offers a fascinating look at the life of the Roman soldier, drawing on everything from Rome's rich historical and archaeological record to soldier's personal correspondence to depictions of military subjects in literature and art.

Roman Art 2007 Nancy Lorraine Thompson A complete introduction to the rich cultural legacy of Rome through the study of Roman art ... It includes a discussion of the relevance of Rome to the modern world, a short historical overview, and descriptions of forty-five works of art in the Roman collection organized in three thematic sections: Power and Authority in Roman Portraiture; Myth, Religion, and the Afterlife; and Daily Life in Ancient Rome. This resource also provides lesson plans and classroom activities."—Publisher website.

The Twelve Tables 2019-12-05 Anonymous This book presents the legislation that formed the basis of Roman law - The Laws of the Twelve Tables. These laws, formally promulgated in 449 BC, consolidated earlier traditions and established enduring rights and duties of Roman citizens. The Tables were created in response to agitation by the plebeian class, who had previously been excluded from the higher benefits of the Republic. Despite previously being unwritten and exclusively interpreted by upper-class priests, the Tables became highly regarded and formed the basis of Roman law for a thousand years. This comprehensive sequence of definitions of private rights and procedures, although highly specific and diverse, provided a foundation for the enduring legal system of the Roman Empire.

Roman Clothing and Fashion 2010-09-15 Alexandra Croom A detailed, finely researched and profusely illustrated history of clothing and fashion in the Roman Empire.

The History of the Decline and Fall of the Roman Empire Volume 8 2016-05-08 Edward Gibbon This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work.This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work.As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Growing Up and Growing Old in Ancient Rome 2002-11-01 Mary Harlow Throughout history, every culture has had its own ideas on what growing up and growing old means, with variations between chronological, biological and social ageing, and with different emphases on the critical stages and transitions from birth to death. This volume is the first to highlight the role of age in determining behaviour, and expectations of behaviour, across the life span of an inhabitant of ancient Rome. Drawing on developments in the social sciences, as well as ancient evidence, the authors focus on the period c.200BC - AD200, looking at childhood, the transition to adulthood, maturity, and old age. They explore how both the individual and society were involved in, and reacted to, these different stages, in terms of gender, wealth and status, and personal choice and empowerment.

A Source Book for Mediaeval History 2019-11-22 Oliver J. Thatcher A Source Book for Mediaeval History is a scholarly piece by Oliver J. Thatcher. It covers all major historical events and leaders from the Germania of Tacitus in the 1st century to the decrees of the Hanseatic League in the 13th century.

A Companion to Science, Technology, and Medicine in Ancient Greece and Rome, 2 Volume Set 2019-12-05 Georgia L. Irby A Companion to Science, Technology, and Medicine in Ancient Greece and Rome brings a fresh perspective to the study of these disciplines in the ancient world, with 60 chapters examining these topics from a variety of critical and technical perspectives. Begins coverage in 600 BCE and includes sections on the later Roman Empire and beyond, featuring discussion of the transmission and reception of these ideas into the Renaissance Investigates key disciplines, concepts, and movements in ancient science, technology, and medicine within the historical, cultural, and philosophical contexts of Greek and Roman society Organizes its content in two halves: the first focuses on mathematical and natural sciences; the second focuses on cultural applications and interdisciplinary themes 2 Volumes

Animals in Roman Life and Art 1996 Jocelyn Mary Catherine Toynbee

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As The Romans Did A Sourcebook In Roman Social History By Jo Ann Shelton Pdf Pdf

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This has resulted in the establishment of clinics nationwide that only use acupuncture as the means of rehabilitation.

Acupuncturists in the US charge from \$75 to \$150 per session. This usually gets lower in the succeeding treatments. The person will probably have to undergo 10 to 15 treatments 2 to 3 times a week but this really depends on the condition of the patient.

Before you go to one, you should check if this is covered by your insurance. If it isn't, perhaps you should suggest that it should be included as it is much cheaper than having to undergo surgery.

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Third, acupuncture is used to treat pain. This is only a half truth because this holistic technique has been proven to do other things such as stop a person's addiction, lose weight and prevent certain illnesses.

Fourth, there are some who think that Asians are the only ones that can practice acupuncture. Since 1982, there are already 50 schools all across the country that teach students about this technique and become licensed acupuncturists.

This means that anyone who has the desire to learn about this ancient practice can do so and help treat patients. Just to give you an idea, there are at least 3,000 acupuncturists now working in the US.

Miracle as the romans did a sourcebook in:A Primer on Medical Acupuncture

Have you ever had an uncontrollable urge to be pierced by a dozen needles? This is the image most people get when someone mentions the word "acupuncture". It comes as no surprise that most view this technique with suspicion, even downright horror. The fact is, however, that this relatively painless ancient Chinese technique has helped relieve the symptoms of millions of people. Properly used, it can help in the management of many medical conditions including chronic pain and fatigue.

How does needle puncture work?

Practitioners of Chinese traditional medicine believe in energy flows. This energy, called Qi, circulates around the body using pathways called meridians. Meridians run very close to the surface of the skin in certain areas and can be accessed by needles. Much like plumbing, these pipes can get blocked or go the wrong way, causing health problems. The insertion of needles at these points is aimed to help loosen blocks and normalize flow.

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Although there are risks if you decide to go undergo acupuncture, these can be avoided as long as the one doing it is a licensed professional who makes sure that the needles used are sterilized before they are inserted into the body.

These days, a lot of people in the medical field have accepted the fact that alternative medicine such as this can also help the patient which is why they may refer someone when it is needed.

So, if you are tired of experiencing the side effects of conventional medicine and want to try a holistic form of healthcare, why don't you see what acupuncture can do for you? It is painless and cost effective. In fact, it is just one of many you can try to help treat a chronic condition.

Rating : as the romans did a sourcebook in.Anyone can try facial acupuncture because it is painless and it has proven to reverse the signs of aging. However, if you are pregnant, suffer from the colds or flu, have acute herpes or an allergic reaction, it is best to wait until this has passed.

But before anyone can try facial acupuncture, they first have to be evaluated by the acupuncturist. This person will evaluate your age, lifestyle and diet. If everything looks good, then you will probably do an average of about 12 to 15 treatments. More could be done if your skin tends to sag, manifest jowls or have droopy eyes.

Facial acupuncture treatment needs to be done twice a week for about 45 minutes to 1 hour. For those who can't make two sessions in a week, they can opt for the 1 treatment that will last 90 minutes.

as the romans did a sourcebook in,**A Quick-Start guide to Acupuncture**

Using needles to adjust bodily functions to optimum levels is the principle behind acupuncture. Both ancient Chinese and modern Western practitioners have used this technique to relieve many sufferers of chronic disease. Needling is a relatively safe, beneficial treatment strategy that can be used to reduce pain, improve healing, and increase general well-being. But exactly how is this procedure done and what sort of benefits can be obtained?

Procedure for Needle Puncture

There are two broad categories of acupuncture practice today, traditional Chinese medicine (TCM) and medical acupuncture. Both have their merits, so the choice is individual. The decision for most people hinges upon which philosophy appeals more to them and which technique holds the least apprehension.

Transformation as the romans did a sourcebook in:The needles used helps the body balance the serotonin levels since it is a neurotransmitter that affects blood vessels and has a role to play in migraines. In fact the more frequent these sessions are the better. It may even come to a point where the specific point of contact is no longer needed but the general stimulation itself.

The end result of undergoing acupuncture is amazing. If you experience 15 to 20 days of agonizing pain, this may be count down to only 8 days. You won't even need to use that much medication anymore as before.

For those who are working, this is good so that they are not absent from work that much and there won't be that much deductions in their salary.

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Along with doctor consultation, a psychologist must also be consulted who can deal with the emotional challenges of the adolescent. The family should also play an active role in making the youngster feel better. The family should work in collaboration with physician, dietitian and diabetes educators. Teachers, counselors, school nurses, day care providers, and other community members can provide extended support and guidance. They can provide help with transportation, mental health counseling, health education, social services and financial services.

Eating Disorders in Adolescents

Since the adolescence is the age where bones are sprout and grow rapidly, well nourished food must be given to the adolescent to facilitate normal growth & development. The nutritional intake must be monitored regularly and modified depending upon the growing needs. Teenagers tend to develop eating disorders which affect their nutritional health. The eating behavior must be corrected as early as possible as it can lead to the development of complex illnesses. Eating disorder is the third common chronic illness, especially in adolescent females and the number has been increasing rapidly from the past thirty years.

Discovery as the romans did a sourcebook in:Once he or she knows the reason, this is the time that the needles are inserted into different parts of the body. One way is called the multi-targeted approach which is designed to lower the body’s weight by increasing the output of the pituitary gland.

The areas where the needles will be inserted will be in the ear and in two of three body points. These areas could also include the mouth, the stomach, the lung, the endocrine, the spleen, kidney or thyroid.

During the initial treatment, the “Four Gate” points would be used to circulate energy throughout the entire body. It is also possible that electro simulation will also be done to increase endorphin release and stimulate metabolism.

First as the romans did a sourcebook in:A software that is suited for small businesses helps the business owner analyze financial data, customize reports like transaction history, profit & loss, check details, reconciliation details, and many more. By simply looking at the various reports, you can already determine your business status. Some software also offers built-in features like forecasting tools. These tools can be used to manage business risks and control cost of operation.

If you’re running a small business, it is now time to purchase accounting software. By doing so, you can secure your business’ future and you can be certain that all your financial tasks are handled effectively.

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It might not be something to replace regular trips to the doctor but with its many possible benefits, acupuncture might be worth trying out very soon.

Part of the curriculum will also include basic courses in traditional medicine covering subjects such as anatomy, biosciences, medical terminology, herbal medicine, moxibustion, and acupressure. In some schools, they may require students to also learn about nutrition and various kinds of research.

Once they graduate, they may start in an entry level position earning \$40,000 or more which will soon double or triple after years of experience and working themselves up the ladder.

If you want to look for a school that offers acupuncture degrees, it is best to go online and see which one has the best program that suits your requirements.

Life Lessons from as the romans did a sourcebook in-Heat cramps are the mildest of all heat related injuries and constitute aching muscle cramps and also spasms that occur during intense exercising and also after intense exercising and also sweating in high heat. The symptoms of heat cramps include cramps that are painful in the legs. Flushed and moist skin is also symptoms of heat cramps. The symptoms could also include mild fever generally below 102 degree Fahrenheit. Teens suffering from heat cramps should move to a cool place and take adequate rest. Remove any excessive clothing and wear or put cool clothing on skin or cool skin using air conditioner or fan. Sports drinks which are cool and which contains sugars and salts can also be taken. Stretching out cramped muscles slowly and steadily also helps reduce heat cramps.

On the other hand heat exhaustion is more serious and severe compared to heat cramps and occur due to heavy loss of salt and water from the body. Extreme heat conditions, inadequate fluid intake and excessive sweating results in this conditions. Also, heat exhaustion occurs as a result of inability of the body to maintain the body temperature below the normal which can deteriorate further and also result in a heat stroke which is even worse. The symptoms of heat exhaustion are: muscle cramps, moist skin, pale skin, nausea, fever above 102 degree Fahrenheit, diarrhea, vomiting, fatigue, headache, weakness, anxiety and faint feeling. Teens suffering from heat exhaustion should stay in cool surrounding and take enough rest. Removing excessive clothing, putting on cool clothes and sitting in fan or air conditioning also helps the situation. Intake of cold sports drinks which contains salts and sugars are also advisable. If a teen doesn’t show any signs of improvement even after taking all these measures a physician should be consulted immediately.

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An infant will have a normal blood pressure reading of 80/45, where as an adolescent will have a normal blood pressure reading of 110/70. Therefore, age, gender, and height are important factor when determining the normal blood pressure level. Adults will have a higher blood pressure than the infants and teenagers. Also, boys have a higher blood pressure when compared to girls and tall people have a higher blood pressure than short people. An adolescent is said to have high blood pressure when the blood pressure is more than the blood pressure of ninety percent people of his/her age, gender and height.

There are many risks associated with hypertension or high blood pressure. The risk of developing coronary heart disease increases proportionally. The arteries will develop greater resistance towards the blood flow, because of which the heart will pump blood harder. Stroke is also another risk. Adolescents who have had high blood pressure as a child, develop harmful effects on the blood vessels and heart till the time they turn twenty.

The causes of high blood pressure can be classified as primary and secondary. If the causes are definite, they are primary and if the cause is linked to some illness, it is secondary. Primary causes are high blood cholesterol levels, smoking, stagnant lifestyle and overweight. Secondary causes are obesity, immobility due to chronic illness, prescription drugs, intense pain due to burns or cancer and illegal drugs. High blood pressure can develop due to hereditary reasons.

Behind the as the romans did a sourcebook in

There are many premenstrual syndrome symptoms which can be broadly classified as neurologic & vascular symptoms, psychological symptoms, gastrointestinal symptoms, fluid retention, eye problems and respiratory problems. The cause of premenstrual syndrome are fluctuations in the levels of progesterone & estrogen, hypoglycemia, hyperprolactinemia, psychogenic factors, changes in carbohydrate metabolism, excessive aldosterone, progesterone allergy and water retention by kidneys. The good thing is that premenstrual syndrome can be prevented by exercising regularly, eating balanced diet and sleeping adequately.

Dysmenorrhea is feeling intense menstrual pain and cramps. Depending on the severity, dysmenorrhea is stated as primary dysmenorrhea or secondary dysmenorrhea. Primary dysmenorrhea symptoms are felt from the onset of the menstrual periods and are felt life-long. Because of abnormal uterine contractions due to chemical imbalance, severe menstrual cramping is experienced. Secondary dysmenorrhea starts in the later stages. The causes are different for primary and secondary dysmenorrhea. Secondary dysmenorrhea can be blamed on medical conditions such as endometriosis, uterine fibroids, pelvic inflammatory disease, tumors, infections, and abnormal pregnancy.

Dysmenorrhea symptoms are lower abdomen cramping & pain, lower back pain, nausea, diarrhea, vomiting, fatigue, fainting, weakness and headaches. Females who are overweight, smoke, and have started to menstruate before turning eleven are at a higher risk of developing dysmenorrheal. Females who drink alcohol during menstrual period experience prolonged pain. After studying the health conditions, age, cause of dysmenorrhea, and extent of condition of the individual, corresponding treatment will be recommended. Regular exercise, abdominal massage, hot bath, vitamin supplements, and dietary modifications can help overcome dysmenorrhea.

Study as the romans did a sourcebook in:The other virus called cytomegalovirus which also belongs to the family of herpes simplex causes the cells to become enlarged. According to statistics, about eighty percent of adolescents infected with this virus generally don’t see any further symptoms. Although EBV has potential to develop infectious mononucleosis in adolescents the virus could make throat and blood cells its home for the lifetime. The virus has the capability to bounce back and reactive from time to time but the consolation is that it would reactivate without symptoms.

The condition usually lasts for 1-2 months. The symptoms may vary from one adolescent to other but may include inflamed lymph glands in areas such as groin, neck and armpits, fever, continuous fatigue, enlarged spleen, sore throat as a result of tonsillitis that can make things difficult to swallow and last but not the least minor liver damage that can lead to short-term jaundice. Some adolescents may also experience symptoms such as abdominal pain, petechial hemorrhage, muscle ache, headache, depression, loss of appetite, skin rash, weakness, dizziness, enlarged prostate, dry cough, swelled genitals and puffy and swollen eyes. Some parents are puzzled by the symptoms of mononucleosis as it may be similar to other medical conditions. It is safe to consult a doctor in such cases.

The viruses are usually transmitted to other people through saliva (the reason why it is also called kissing disease), blood, sharing drinks and sharing utensils. The symptoms usually lasts for 4-6 weeks and do not cross 4 months. The disease is diagnosable but requires a though medical history of the adolescent. The diagnosis also involves physical examination of the adolescent and is based on symptoms reported to the physician. The diagnosis is further supported by laboratory test like blood test, antibody test and test to count white blood cells.

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There is also auricular acupuncture where it is believed that the ear is a microcosm of the body. This means that acupuncture needles are placed on certain points on the ear so it can treat certain addiction disorders.

Myofascially-based acupuncture is often utilized by physical therapists as it involves feeling the meridian lines in search of tender points before applying needles as this is where abnormal energy flows.

Japanese styles of acupuncture referred to as "meridian therapy," tend to put more emphasis on needling technique and feeling meridians in diagnosis.

Guide as the romans did a sourcebook in

Impulses of electromagnetic energy can also be used as the body generates tiny but electrical discharges which influence the function, growth and maturity of certain types of cells. By inserting the needles in these areas, it stimulates and alters the neurotransmitters in the body thus making the patient feel better after treatment. This is also sometimes used for diagnosis and testing.

There are also other forms of acupuncture that do not use needles. For instance there is sonopuncture that uses an ultrasound device that transmits sound waves to points in the body to treat a patient. Some practitioners use a tuning fork or other vibration devices.

Acupressure is another. Here, the professional will use their hands to relieve the pain. This can be used on it sown or with other manual healing techniques.

Investment as the romans did a sourcebook in:Some patients will experience immediate relief after the first session but others will not experience anything at all. This is the reason that an average session should be done 12 to 15 times at least 2 to 3 times a week.

If acupuncture works for you, then the only thing you need are follow up sessions. This can be done twice every 2 weeks or monthly. It is really up to you. But don’t forget to also see your regular doctor so he or she can also monitor the progress of your condition.

Types of Acupuncture

There are different types of acupuncture. Whichever you decide to use, they are designed to do the same thing and that is to relieve pain or treat certain diseases.

Lolita as the romans did a sourcebook in:The number of treatments you will need depends on the patient’s condition. On average this could be from 10 to 5 treatments and 2 to 3 times a week. How much it will cost also varies as this could be from \$40 to \$150. Some insurance companies and HMO’s now cover that or partially so you should check if this is included in your policy.

Anyone can try acupuncture to relieve pain or prevent one but many practitioners decline to see someone during pregnancy. But if you have already started, it is generally safe to do so until the infant is born.

Some acupuncturists may ask you to take in some herbs as part of the treatment. Since you have no idea what it can do, have this checked first by your local doctor to make sure this is safe as this could interact with the drugs you are taking causing side effects.

*Study case as the romans did a sourcebook in...*In short, the business’ language is accounting. All business activities are quantified through accounting and this is where all business reports are derived and later on, communicated to the management level. What career opportunities can you expect if you’re a graduate of accountancy?

Public Practice – if you become a CPA, you can do public practice. You can give your services to clients in exchange for an affordable fee. Usually, CPAs work in partnerships and they offer their services to businesses, governments, and even to individuals. The job responsibilities of an accountant in public practice will usually include auditing, taxation, management advisory services, etc. You can gain a lot of work experience in this field.

Education – accountancy graduates can also teach after they get their methods of teaching. They can become a researcher, reviewer, and a professor. If you choose this profession, you can learn a lot of things. You can clear out certain accounting issues, conduct research, and then distribute the results.

Concepts as the romans did a sourcebook in

Every business aims to get a good and positive figure because that would mean profit to them; if not, the business is at a loss. Societies and economies are built on profit. However, there are times when a certain business incurs losses. Consumer behaviors and economic trends change. Because of this fact, it is not possible to foresee the company’s future performance at all times.

How can you tell if a business is at a loss? That is understandable and even those who have no background in accounting know what it means. All liabilities will be deducted from the assets and if results to a negative amount, then the business is at a loss. The accounting staff of the company can still pursue effective measures to revive the business. If the business has efficient and effective accounting staffs, the business can improve in the near future.

Miracle as the romans did a sourcebook in__Given that this has been practiced for more than 2000 years, various styles of acupuncture have been developed. So, before you decide to go for a session, you should know what technique is used so they can explain to you what happens.

When looking for an acupuncturist, you should also ask where they got their training, how long they have been in the practice and most importantly, what experience the specialist has had in treating the condition you are experiencing.

They should also be able to present their credentials like where they graduated and their state board license. If you live in a state that does not require a license, make sure they have something to show which certifies that they can practice their profession like a document from the National Commission for the Certification of Acupuncturists.

Best Seller : as the romans did a sourcebook in**How It Stops the Addiction**

The placement of needles is usually located behind the ear, or on the ear cartilage. This is where the calming effect takes place, curbing the patient’s cravings for more cigarettes. People who have a smoking habit are bound to take up the nicotine stick more often whenever they feel stressed, bored, or depressed. Needles are also often inserted on the hand and wrists to promote a steadier flow of bodily energy. The feeling of relaxation will help an individual think twice about lighting a cigarette again.

Furthermore, this treatment has been found to help an individual deal with the withdrawal symptoms better. This alternative medicine promotes better tolerance to pain and discomfort during smoking cessation. Withdrawal symptoms can range from mild to severe and may involve nausea, palpitations, and dizziness. Oftentimes, these same conditions will propel an individual back to his smoking tendencies sooner than later.

Analysis as the romans did a sourcebook in

Eight Myths About Acupuncture

There are a lot of myths with regards to acupuncture. Some of these are true; others are silly while the rest only have a half truth. As you read on, you will learn which ones are worth believing.

The first myth is that acupuncture is painful. This is not true because those who have tried it claimed they only experienced a tiny prick while others did not feel anything at all. There is no tissue damage when the needle is inserted into the skin or pulled out and only in very rare cases are there traces of bruising.

The second myth is that you can get hepatitis or AIDS from acupuncture. This is true only if the needles used are not sterilized. In the US, this will never happen because acupuncturists are required to use disposable needles thus you are not at risk from these two diseases.

The Best as the romans did a sourcebook in

Acupuncture Could Help You Finally Manage Your Stress Levels

Today’s world can fill the very busy individual with a lot of stress. Without some way of removing this stress from your system, you’re placing yourself in danger from a lot of stress-related diseases. You might suffer from insomnia or headaches or very serious heart diseases.

You could take anti-stress pills to help you relax but, like me, you might also be worried about the side effects these pills could have. The good news is that you could try acupuncture at least once to see if it could help you manage the stress. It certainly couldn’t hurt to try acupuncture if all you’re after is stress relief.

If you find it doesn’t work for you, then you can just easily stop taking acupuncture treatments. If it works, though, then you can say you’ve found a good treatment for stress that doesn’t rely on those dangerous chemicals and pills.

First as the romans did a sourcebook in**Acupuncture Can Help Treat Migraines**

Acupuncture can help treat migraines. This was discovered after a comparative study was done with conventional medical care. In some cases, it even prevents it from happening which helps improve the quality of life for the patient.

To understand how acupuncture helps migraine sufferers, you have to understand that in traditional Chinese medicine, it is believed that an imbalance in the flow of blood and energy causes this to happen.

In order to treat it, the specialist must relieve the tension by inserting needles into the body to improve the blood flow to the brain thus reducing the pain experienced during an attack.

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Is Acupuncture The Remedy for You?

With the growing acceptance of alternative medicine in Western cultures, acupuncture is quickly becoming a popular practice. More and more people today are choosing acupuncture over western medicine to treat bodily pains, relieve stress, or to promote overall health. If you are thinking about trying acupuncture but are wondering if it is safe or if it’s the right treatment for you, the following information may aid you in making a more informed decision.

Description and Origin

Acupuncture is the practice of inserting fine needles into specific points in the body for therapeutic purposes. According to theory, these specific points called “acupuncture points” lie along pathways of the body along which one’s vital energy is said to flow. The needles are used to promote free-flow of energy in areas of the body that circulation may have stagnated. Although acupuncture is practiced in many Asian cultures such as Japan, Tibet, and Korea the practice is commonly known to have originated in China.

Rating : as the romans did a sourcebook in

How to Look For a Good Acupuncture School

Since 1982, acupuncture has found its way to the US. There are currently 50 schools that teach it and 3,000 licensed practitioners all over the country. Do you think you can be a licensed professional? Here are a few things to help you look for a good acupuncture school.

You should now that the 50 schools mentioned are all accredited by the National Commission for Acupuncture and Oriental Medicine. It is recognized by the Department of Education and some of these schools even have a masters program.

Most of these schools can be found online so you can give them a call and ask certain questions about the school. You can find out the cost of tuition, the teacher student ratio, if the school offers consultation services to students and the alumni and if they have an extensive library which focuses on traditional Chinese medicine.

Reading as the romans did a sourcebook in-Acupuncture Closely Revealed

The foundation of acupuncture rests on the relevance of an individual’s chi in maintaining bodily and mental health. It is believed that chi is present in every living creature, and flows through specific pathways in the body. Health problems arise when the flow of chi on the body is blocked. As a result, a person may feel persistent headaches, muscle pain, fever, weakness, or in the worst case, becomes afflicted with more serious health conditions.

A Deeper Explanation of Acupuncture

Acupuncture has its origins in ancient Chinese philosophy and practice. More than ten thousand years ago, during the Old Stone Age of China, stones were fashioned into knives for medical purposes. After several years, during the New Stone Age, these stones were eventually made into needles intended for the same therapeutic end. These accounts are further evidenced by unearthed stone needles found to be of the same types used during the New Stone Age.

Best Seller : as the romans did a sourcebook in.About the salary of accountants, the lowest rate is roughly \$35,000 per year and that is for starters only. Once you’re hired and you’ve been with a company for many years, the salary will naturally increase. Did you know that the senior accountants can earn as much as \$80,000 per year on the average? That’s a lot of money, right? Being an accountant has its benefits, especially in term of salaries. It seems that accountancy graduates of today are given more job opportunities. You should be thankful because unemployment is prevalent in many areas. If you’re a graduate of accountancy, it means that you have better chances of finding a good paying job as compared to graduates of other courses. If you try to analyze the business situation, accountancy is essential to the success of a business organization or company. With the growing number of business worldwide, big scale or small scale, accountants are badly needed.

For those who are just going to start college, why don’t you consider an accountancy course? According to statistics, the demand for knowledgeable accountants will increase in the years to come, so why not join the force? It will only take a couple of years to graduate. Make sure that you have excellent grades so that you will have an edge when you apply for a job. It pays to study hard now because you can use the knowledge in the future. You can be one of the assets of the biggest company in the world – now who wouldn’t want that?

Opportunity as the romans did a sourcebook in

There are different accounting fields. Are you already in the right career path? If not, perhaps it’s now time to change your accounting career. So which is it going to be? Government accounting, public accounting, internal auditing, management accounting, etc? Choose the one you really like.

Older adults are sometimes hard to teach but if you want to reach your ultimate goals, you must not stop learning. You have to become proficient in the accounting software used by the company that you’re working. There is a great number of accounting software out there and you must familiarize yourself with the software.

How long have you been in the accounting field? Have you been promoted? You have to take advanced accounting career studies so that you can become highly skilled and experienced in the profession. You will benefit a lot and promotions will come soon.

Concepts as the romans did a sourcebook in

Acupressure is another example and here, the fingers are used to relieve the pain. This can be used by itself or with other manual healing techniques.

Impulses of electromagnetic energy are used because our bodies generate tiny but electrical discharges which influence the function, growth and maturity of certain types of cells. By inserting the needles in these areas, it stimulates and alters the neurotransmitters in the body thus making the patient feel better after treatment. This is also sometimes used for diagnosis and testing.

According to the World Health Organization or WHO, here is a list of some illnesses where acupuncture is used. These include acute bronchitis, the common cold, cataract, toothaches, gingivitis, hiccups, ulcers, constipation, diarrhea, headache and migraine, Meniere’s disease, osteoarthritis and a lot more. In the US, acupuncture is often used to treat chronic pain conditions and mind body disorders.

Solutions as the romans did a sourcebook in

Treatment of acne is classified into topical and systemic drug therapies which are given based on extent of severity. In some instances the combination of both the methods might be the way to go for acne treatment. Topical medication is nothing but creams, gels, lotions, solutions etc. prescribed to patients for acne treatment. Some of the examples of topical medication are: Benzoyl Peroxide which kills the Propionibacterium Acnes bacteria, antibiotics helps in stopping or slowing down the growth of the bacteria and also reduces inflammation, Tretinoin helps in stopping the formation of new acne lesions and Adapalene reduces formation of comedo.

Systemic drug therapies involve prescription of systemic antibiotics primarily for the treatment of acne problem which is moderate to severe in nature. The examples of antibiotics prescribed are Doxycycline, erythromycin and tetracycline. In some cases an oral drug called Isotretinoin is prescribed for teenagers with severe acne problem which shrinks down the sebaceous glands that produce oil. The results are pretty good and almost ninety percent of the adolescents have success with this oral drug. But the drug has some serious side-effects and thus it is very important that one consults a doctor before use.

Adolescent Pregnancy

Adolescent pregnancy in ninety nine percent of the cases is unwanted and is the major consequence of adolescent sexual activity, other than STDs. This issue has affected youth, families, educators, health care professionals, and government official. A study on the high school adolescents has concluded that forty eight percent of the males and forty five percent of the females are sexually active. One fourth of the high school students had sexual contact by fifteen years of age. The average age of boys is sixteen and a girl is seventeen, who have had intercourse. Ninety percent of adolescents, in the age range of fifteen to nineteen, say their pregnancy is unintended.

Review as the romans did a sourcebook in...The history of acupuncture is first discussed in an ancient Chinese medical text called the "Huang Di Nei Jing" or The Yellow Emperors Classic of Internal Medicine.

But there have been a few who are skeptic as archaeologists have found a 5,000 year old mummy in the Alps with similar acupuncture points in the body. This gives some people the idea that it was used even before the Chinese did but sine there is no written text to prove that, no one is certain and credit to this ancient practice goes back to the Chinese.

In the 6th century, this knowledge moved to Japan. In the 17th century, a man by the name of Waichi Sugiyama wanted to make this procedure painless for the patient so he developed the insertion tube, a small cylindrical tube through which the needle is inserted. Believe it or not, this technique is still being used today.

Guide as the romans did a sourcebook in

This was further strengthened by the fact that the side effects of acupuncture are much less than that of conventional drugs that are being sold by pharmaceutical companies.

So that people can avail of acupuncture, another recommendation by the NIH is for US companies to provide full coverage for certain conditions. If you do not quality, perhaps there is partial coverage which you should look up in your policy.

But despite that, more research needs to be done to see its effects on other health related problems. Some examples of these include addictions, autism, chronic low back pain, migraines and osteoarthritis of the knee.

Challenge as the romans did a sourcebook in

Others

The following are other ailments that acupuncture has been known to remedy:

- Menopausal problems such as hot flushes, infertility, and premenstrual tension.
- Bladder or bowel problems, difficulty or pain in urination, and urinary infections.
- Digestive disorders including nausea, indigestion, heartburn, and diarrhea.
- Respiratory problems such as rhinitis, hay fever, prickly heat, rashes and ulcers, eczema, and some types of dermatitis and psoriasis.
- Conditions of the eyes and mouth such as cataracts, dry eyes, conjunctivitis, retinitis and toothache, and post extraction pains.
- Heat problems such as poor circulation, stroke recovery, and hypertension.
- Addictions such as smoking, drinking, or other harder drugs.

The Best as the romans did a sourcebook in.First step, log on to the internet. Job sites are all over the web and so you can definitely find an accounting job there. Most of the sites allow jobseekers to sort the job openings through location. After that, you can simply search by using ‘accounting’ as the keyword. If you surf the net, you can also find websites that focus mainly on accounting jobs. These sites can truly help you in looking for the perfect accounting job. If you can find a job online, then there’s no need to check out other resources.

If the search for an accounting job online fails, your second step is to check out local papers. Local companies who are in need of accounting graduates will usually post an advertisement in the local paper and not on the internet. This only means that you can also find jobs through the local papers.

Take a close look at the classified ads section. Find the section about accounting jobs and there you have it. Sort through the job openings posted on the paper; get the address of the company, and the requirements. All the necessary contact information should be noted. Remember, you will be applying directly to the company and not an employment agency unless stated.

Hope as the romans did a sourcebook in-The History of Acupuncture

Acupuncture comes from two Latin words namely “acus” which means needle in English and “pungere” which means prick. Its history originated in China more than 2000 years ago and has evolved into various forms.

Some of the techniques of acupuncture do not even use needles anymore. Vibrating objects, ultrasound and even the fingers of the practitioner have taken some of the work to make the person feel better.

Fight as the romans did a sourcebook in

Cholesterol screening helps to determine the cholesterol and fat levels in the blood. Children and adolescents with normal cholesterol level is a thing of the past. Because of the changing lifestyle and junk food trend, even they have a high risk to develop high levels of cholesterol which also increases the risk of developing heart diseases which can affect the blood vessels and the coronary arteries. The main cause of this change is obesity, junk food high in fat, fast food diets, sedentary lifestyle and high cholesterol level in family history. Keeping the blood cholesterol levels at normal is a good way of avoiding high blood pressure and coronary artery diseases.

The blood cholesterol level can vary from individual to individual. Healthy levels of LDL is less than one hundred and thirty milligrams, HDL is greater than thirty five milligrams. If the HDL is less than thirty five milligrams then the adolescent is at a higher risk of developing heart diseases. And LDL more than one hundred and thirty milligrams is dangerous. But a high level of LDL cholesterol is a problem in many citizens of America. And there is an expected increase in number, the figure is unknown, of adolescents who have a family history of high cholesterol levels.

An adolescent or a child who has a parent having high levels of blood cholesterol and family history of heart diseases at an early age, should take cholesterol test from the age of two. Adolescents who are obese also should have lipid test along with cholesterol test. The lipid test shows levels of kinds of fats in blood such as triglycerides, LDL and HDL.

Project as the romans did a sourcebook in___It sounds like a made-up explanation with no basis in reality, but there are numerous scientific studies which support the effects of acupuncture. Although the exact scientific basis is still unknown, recent theories seem to suggest involvement of complicated neurochemical effects in the brain, nerve to spinal cord impulse modulation, and microscopic connective tissue changes. What risks and side effects are of concern? The use of things not completely understood for the treatment of medical conditions is nothing new. Penicillin and aspirin were used for decades solely on the basis of their beneficial effects, without doctors knowing exactly how they worked. Results are what are truly important. However, it is equally important is to ensure that the technique is used safely.

Hope as the romans did a sourcebook in–Seventy four percent of females above fourteen years and sixty percent of females below fifteen years have reported to have involuntary sex. Fifty percent of the adolescent pregnancies are within the time period of six months after the initial sexual intercourse. More than nine hundred thousand teenagers are reported to have become pregnant every year in the United States. Fifty one percent of the adolescent pregnancies result in live birth, thirty five percent result in induced abortion and fourteen percent result in stillbirths or miscarriages. Four out of ten adolescent females get pregnant, before they turn twenty, at least once. Twenty five percent of adolescent deliveries aren’t the mother’s first child. When a teenager gives birth to her first child, she increases the risk of begetting another child. One third of the adolescent parents are themselves result of adolescent pregnancies.

There are many reasons why adolescents choose to become sexually active at an early stage in life. The reasons can be early pubertal development, poverty, sexual abuse in childhood, lack of parent’s attention, lack of career goals, family and cultural patterns of early sex, substance abuse, dropping out from school and poor school performance. Factors which discourage an adolescent to become sexually active are stable family environment, parental supervision, good family income, regular prayers, connectedness with parents and living with complete family and both the parents. The factors which are responsible for the consistent use of contraceptive among adolescents are academic success, anticipation for successful future, and involvement in a stable relationship. There are many medical risks associated with adolescent pregnancies. Adolescents who are less than seventeen years are at a greater risk of developing medical complications, when compared to adult females. The risk is even more in teenagers below seventeen. The weight of the child, given birth by an adolescent, is very low in these pregnancies. It is usually below 2.5 kilogram. The rate of neonatal birth is also three times greater in adolescents, when compared to adults. Other problems caused by adolescent pregnancies are prematurity of the child, birth of underweight child, poor maternal weight gain, poor nutritional status, anemia, STDs and hypertension induced due to pregnancy.

Challenge as the romans did a sourcebook in

Although there is an increase in the use of contraceptive methods by adolescents during their first sexual contact, only sixty three percent of the high school students have said to use condom while having sex previously. Adolescents, who use prescription contraceptives, delay their doctor’s visit until the time they become sexually active for over a year.

According to a research, youngsters who have participated in sex education programs which gave them knowledge about contraception methods, abstinence, sexually transmitted diseases and youngsters who involved in discussions in order to get a clear picture, used contraceptives and condoms effectively without any increase in sexual activity. The Center for Disease Control & Prevention has said that the solution for unwanted adolescent pregnancies and STDs are barrier contraceptive use and abstinence.

Allergies in Adolescents

Allergies are reactions by immune system that are abnormal in nature to stuff that are usually harmless to majority of the people. When somebody is allergic to something the immune system of that person gets confused and thinks that the substance is detrimental to the body. The substances causing allergic reactions are known as allergens. The examples of allergens are dust, food, plant pollen, medicine etc. The body produces antibodies to protect itself from these allergens. The antibodies make certain cells present in the system to let chemicals to mix with the bloodstream and one of them is histamine. This chemical then acts on nose, eyes, skin, lungs, gastrointestinal tract and results in allergic reaction symptoms. Exposure to the same chemicals in future triggers same response to the antibodies again meaning every time one comes in contact with the same allergen, allergic reaction is produced in the body.

The Best as the romans did a sourcebook in

Common Oral Health Problems in Adolescents

Adolescents face many oral health problems which may require them to visit a dentist or any other healthcare professional. Irregular teeth growth is a common problem and adolescents with braces are a common sight. Another problem is wisdom teeth extraction or the removal of the third molar. Dental cavities are yet another common problem in adolescents.

Orthodontics is a specialty in dentistry which deals with correction, development and prevention of irregular teeth, jaw and bite. Orthodontics also helps to correct jaw disorders and facial abnormalities. If a general dentist feels abnormalities in the adolescent, he/she will refer the patient to an orthodontist. The American Dental Association suggests that every adolescent above the age of seven should get an orthodontic evaluation done. Problems which require orthodontic treatment are crowded or crooked teeth, extra teeth, missing teeth, under-bite, overbite, jaw joint disorder, and incorrect or misaligned jaw position.

To get braces or any other orthodontic treatments, the appropriate age is ten to fourteen years. But regardless of the age, the same physical and biological process is used in correcting and moving the teeth alignments. Braces are also known as fixed orthodontic appliances. There are three types of braces used to move and reposition the teeth. The first consists of brackets which are made out of plastic or metal. They are either of tooth color or clear and are bonded onto the teeth. The second type is the lingual type of brackets which are attached to the back teeth and cannot be seen while talking. The third type is a band. It is a metal band which covers the teeth and wraps around the last ones.

Miracle as the romans did a sourcebook in-These are some of the benefits of using an accounting software. However, don’t purchase the first accounting software that you come across. You see, there are things to consider when selecting the proper accounting software for the business. You have to determine the software’s functionalities. It should be user-friendly and most especially, it should resemble the paper counterparts so that you can run the software smoothly. Once you’re familiar with the software’s layout, you can already explore its functionalities.

If you can find software which combines the internet and e-commerce, the better; you see, there are a great number of accounting software sold in the market. If you want to enjoy all the benefits, you must be able to choose the finest accounting software that is suited to your small business.

In choosing an accounting software, you need to consider the number of your employees. You can find accounting software that is suited for small business with less than 25 employees. Other software is suited for large businesses with bigger numbers of employees.

Miracle as the romans did a sourcebook in...On a outskirts of Bubblegum Meadows, where clouds were made of cotton candy and raindrops tasted like lemonade, a curious bunny named Clover discovered a mysterious doorway beneath the giant toadstool. Little did Clover know that this portal led to a Fizzlepop Kingdom, where adventures in sweetness awaited.
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Behind the as the romans did a sourcebook in

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Guide as the romans did a sourcebook in

Even though acupuncture isnt part of Western medicine, Western medicine experts have studied it extensively. Some theories as to why it works involve acupuncture perhaps stimulating the brains release of the bodys natural painkillers. Acupuncture could also stimulate proper circulation in the human body.

Western medicine is still studying acupuncture and trying to find out how to best integrate it with practices in Western medicine. That is why, along with Western medicine and trips to the doctor, one could certainly try acupuncture.

It couldnt hurt and it might actually be the one to finally relieve you of a lot of your bodys aches and pains and even make you healthier.

as the romans did a sourcebook in__Accounting Software for Small Businesses

If you think that starting your own business is cakewalk, you're very wrong. Aside from developing good products and services, you still need to sell them to the market. One of the essential factors in running a business is effectively managing finances. The language of any business, whether big or small, is accounting.

The business scene is always loaded with work pressure. Therefore, there is an unerring need for handling accounts and finances effectively. Even small businesses need to be organized to achieve success and to do this the business owner should get the appropriate accounting software. Business units usually set long-term goals and to reach the goals, accounting management is required. If you want to be your business' boss, you will need accounting software. Manually doing all the accounting works can lead to a lot of errors which can terribly affect any business.

As owner of a small business, you have to know where funds come from and where it goes. If you decide to do accounting tasks manually, it can consume a great portion of your time and it will be cumbersome on your part.

Legend as the romans did a sourcebook in

It doesn't matter if you are still in high school or if you are already working because a shift in your career could let you achieve your true calling.

The best way to start though is to talk with an acupuncturist about what it takes to become one so he or she will be able to give you an idea of what happens in the job.

If you haven't picked a school, talk to students about the curriculum so you get your money' s worth should you decide to attend this college.

For Free as the romans did a sourcebook in:Career Opportunities in the Accounting Field

Any type of business needs an accountant who will be responsible for keeping records and also keep track of its income and assets over a period of time. In this type of career, you will see that as an accountant, you will be able to learn a lot of valuable things that can help you advance in this field. In accounting or accountancy, it is important for you to know how businesses work in order to have a full understanding on how you can do your job well.

In fact, a lot of successful businessmen and women today were former accountants who were also working in a business that they didn't own but decided to work their way up in the field.

The great thing about this career is that it will increase your knowledge on how businesses work. You have to consider that accounting is sort of like a continuing education. Even after you graduated from college and you are already a certified accountant, you will still need to learn about the different changes and trends in the business world in order for you to know what to do and what not to do when owning businesses.

First as the romans did a sourcebook in:Church Accounting Software

The church is a respected institution since it commands the people's general faith. It is always given utmost respect. The secular welfare and religious functions of the church are performed through the faith of its constituents. Church activities need funding and the funds come from Christians all over the world. Are you aware that the Christian contributions can reach billions?

That's true and with such great amount of money, the church should make use of accounting. One way to do this is through a church accounting software. The church should be accountable for their people's money; church officials should therefore monitor where all the money came from and where it is being spent.

The church is a large institution and so are its financial transactions. In order to manage the accounts, the church will need a skilled force of financial experts. However, that would mean additional cost to the church since they have to pay for the services. It can consume so much time and money.

History as the romans did a sourcebook in

Women who are pregnant are also advised not to undergo acupuncture treatment. However, they can engage in that once the baby is born.

How well the acupuncture treatment will go depends also on specialist who will be performing it. You have to take into account their years of experience and skill so they are able to make the correct diagnosis, finding the acupoints in the body, the angle at which the needles will be inserted and the techniques they know as there are different types of acupuncture.

This brings us to asking ourselves how to find a skill acupuncturist. For this to work, we have to do ask our doctor if they can refer anyone. It wouldn't hurt to also do some research online. After all, there are about 3,000 acupuncturists all across the country so it won't be that hard to find one.

For Free as the romans did a sourcebook in

Nicotine is the addictive and toxic substance present in a cigarette. This is the same substance that makes quitting a big challenge for most smokers. The nicotine that you get from smoking will attach itself to the pleasure areas in the brain, making it hard for you to stop. Without a steady stream of this substance, a smoker will tend to feel depressed and uncomfortable.

People who have undergone acupuncture treatment reported that they no longer find cigarettes as tempting or as satisfying. Oftentimes, smoking would leave an awful taste in their mouths prompting them to stop their habit for once. Some patients would even resort to eating mints or lozenges to clear to get rid of the terrible aftertaste.

According to skilled practitioners, approximately 7 out of 10 smokers will successfully extricate themselves from their smoking habit after 2 or 3 weeks. While the others are unable to quit totally, these smokers will be able to cut down on their cigarette consumption quite significantly.

Best Seller : as the romans did a sourcebook in__Afterwards, you will simply have to choose one that you think is best. Good luck in your trainings.

Accounting is basically the language of businesses.

In accounting, you will see that there will be a lot of career opportunities that you can consider.

The first is public practice. Most accountants start their career as a certified public accountant. In this career choice, you will be able to charge a fee for your services or you can also work as a staff accountant or an in-house accountant.

Obsession as the romans did a sourcebook in-Once you start your accounting classes, you have to study all your lessons and know them by heart. This is the only way to become a successful professional someday. And of course, you need to pass all your exams so that you will soon hold your diploma.

There are many career opportunities for accounting graduates. Again, if you think that an accounting course is the best for you, enroll now. Study hard and master the principles and concepts of accounting. Only by then can you say that you're an effective and efficient accountant.

Developing awareness in related fields. In accounting alone, there are several career opportunities. If you keep yourself up to date, you will be able to perform effectively and resourcefully. Know the recent developments in the accounting field. Don't focus all your attention to your current career. You have to look into other accounting careers so that you can be a well-rounded employee.

Study as the romans did a sourcebook in

Advanced accounting career training is an essential part of career development and continuing education. Once you've accomplished the career training's key components, you will be prepared at all times in case unforeseen events or circumstances come your way.

For those individuals who practically hate their current jobs, why not take up advanced career training in accounting? In just a week's time, you will be ready to explore the accounting field. Don't hesitate to make changes if it's going to create positive results. Accounting careers pay good money and with a bit if dedication and hard work, you can be one of the top accountants in the business industry.

You can use the internet to find free advanced accounting career training. There are also paid trainings that you can choose from. For now, you have to look for the specific career training that you would like to take. Do some surfing on the net during your free time. You can even make a list of the top five career trainings that you come across on the net.

Story of" as the romans did a sourcebook in:The educational components of an accounting education are specialized accounting, general accounting, and professional accounting. These days, accounting students can also take advantage of doctoral programs and other continuing educational programs.

Is accounting education right for you? Before you finally enroll in an accounting course, you have to be very sure that you like business matters. You see, accounting is more on business matters and mathematical computations. It also involves a lot of analyzing tasks.

Once you've decided that an accounting course if the best for you, find a university or college now; you can either go to college abroad or you can attend school locally. Every step involves making decisions. So make sure that you make the best decisions because your future lies with it.