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Background[edit] The issue of mass repressions was recognized before the speech. The speech itself was prepared based on the results of a special party commission chairman Pyotr Pospelov , P. The direct goal of the commission was to investigate the repressions of the delegates of the 17th Congress , in , of the Communist Party of the Soviet Union. The 17th Congress was selected for investigations because it was known as "the Congress of Victors" in the country of "victorious socialism ", and therefore the enormous number of "enemies" among the participants demanded explanation. This commission presented evidence that during 1938 the peak of the period known as the Great Purge over one and a half million individuals were arrested for "anti-Soviet activities", of whom over , were executed. For the next four hours Khrushchev delivered the "On the Cult of Personality and Its Consequences" speech before stunned delegates. Reticent believed the information came from Khrushchev himself via an intermediary. It was never disclosed to Western communist party members by the nomenklatura , and most Western communists only became aware of the details of the text after the New York Times 5 June , Le Monde 6 June and The Observer 10 June published versions of the full text. The content of the speech reached the west through a circuitous route. A few copies of the speech were sent by order of the Soviet Politburo to leaders of the Eastern Bloc countries. Shortly after the speech had been disseminated, a Jewish Polish journalist, Wiktor Grajewski , visited his girlfriend, Lucja Baranowska, who worked as a junior secretary in the office of the first secretary of the Polish Communist Party, Edward Ochab. On her desk was a thick booklet with a red binding, with the words: Baranowska allowed him to take the document home to read. After he read the speech, he decided to take it to the Israeli Embassy and gave it to Yaakov Barmor who had helped Grajewski make his trip. Barmor was a Shin Bet representative; he photographed the document and sent the photographs to Israel. Israeli intelligence and United States intelligence had previously secretly agreed to cooperate on security matters. The photographs were delivered to him. Stalin, Khrushchev argued, was the primary victim of the deleterious effect of the cult of personality, [16] which had, through his existing flaws, transformed him from a crucial part of the victories of Lenin into a paranoiac, easily influenced by the "rabid enemy of our party", Lavrentiy Beria. Of the 1, delegates, 1, were declared "counter-revolutionaries", were executed, and 98 of members and candidates to the Central Committee were declared " enemies of the people ". After this repression, Stalin ceased to even consider the opinion of the collective of the party Examples of repressions of some notable Bolsheviks were presented in detail. Stalin ordered that the persecution be enhanced: NKVD is "four years late" in crushing the opposition, according to his principle of " aggravation of class struggle " Practice of falsifications followed, to cope with "plans" for numbers of enemies to be uncovered.

2: On the Cult of Personality and Its Consequences - Wikipedia

This supplement includes 58 titles, the majority of them published between January and December , with a few published too late in to have been included in the revised and enlarged 4th edition of the "Speech Index."

You can help by adding to it. July Requests[edit] Japanese requests and commands have many set forms depending on who is being addressed by whom. For example, the phrase *yoroshiku o negai shimasu*, meaning "I ask your favor" can take various forms. At the bottom of the scale comes *yoroshiku tanomu*, which might be used between male friends. Its more polite variant *yoroshiku tanomimasu* might be used towards less familiar people or to superiors. Going up in politeness, the phrase *yoroshiku onegai shimasu* means the same thing, but is used in business settings. It is possible to go further, replacing the polite "shimasu" with the humble *itashimasu*, to get *yoroshiku onegai itashimasu*. When making requests, at the bottom of the politeness scale comes the plain imperative *tabero* or *kue*, literally "Eat! This form might convey anger. To express anger, the suffix *yagaru* also exists: Negatives are formed by adding suffix *na*: Similarly, the negative of *da, ja nai*, can be used: More polite, but still strict, is the *nasai* suffix, which attaches to the *i*-form of the verb. This originates in the polite verb *nasaru*. *Tabenasai* thus is an order perhaps given by a parent to a child. This is often colloquially shortened to *na*, hence *tabena*. This form has no grammatical negative. Requests can also be formed by adding to the "te" form of a verb. The plainest form adds *kure*, an irregular form of the verb *kureru*, to the *te* form. For example, *tabete kure* or *kutte kure*: Negatives are made by using the negative "te" form: Going up one scale in politeness, the more polite verb *kudasai* is added. For example, *tabete kudasai*. A similar entry on the scale of politeness is made by using the imperative form of a polite verb. For example, *meshiagaru*, the polite verb for "to eat", when turned into *meshiagare*, the imperative, becomes the response to the set phrase *itadakimasu*. Further, more polite forms are also possible. These involve the "i-form" of the verb rather than the "te form", and an honorific prefix see honorific prefixes: Beyond simply increased politeness, this form is more formal, and is used when addressing a group, or as a general instruction, rather than directed at a particular person. For example, *tsukau*, "use", becomes *o tsukai kudasai*: Politeness can be carried even further by conjugating *kudasaru* into its *masu* form and using the imperative, which becomes "o tsukai kudasaimase. Other ways to increase politeness involve indirection of the request: These prefixes are used for two purposes: Prefix usage[edit] Although these honorific prefixes are often translated into English as "honorable" "o-denwa," for example, would be given as "the honorable telephone" this translation is unwieldy and cannot convey the true feeling of their use in Japanese. These prefixes are essentially untranslatable, but their use indicates a polite respect for the item named or the person to or about whom one is speaking. There are some words which frequently or always take these prefixes, regardless of who is speaking and to whom; these are often ordinary items which may have particular cultural significance, such as tea *o-cha* and rice *go-han*. In rare cases, both a base form and honorific are in use with different readings. The former, an everyday term, uses the usual kan-on reading, while the later, a specialized religious term, uses the older go-on reading. Overuse of honorific prefixes may be taken as pretentious or simpering, and, as with other polite speech, they are more used by women than men. In tea ceremony, common ingredients and equipment always take the honorific *o-* or *go-*, including water *o-mizu* , hot water *o-yu* , and tea bowls *o-chawan*. However, these terms are often heard in daily life as well. Foreign loanwords *gairaigo* , except those that come from Chinese; see above seldom take honorifics, but when they do *o-* seems to be preferable to *go-*. This was a less polite honorific than "san". For example, a female servant named *Kikuko* would be referred to as *O-kiku* rather than *Kikuko-san*. This usage has disappeared in current Japanese, and has been replaced by using the diminutive suffix *-chan* instead compare to male *-kun* , as in *Aki-chan* for *Akiko*. The honorific prefix generally does not fall in the middle. In compounds, where the honorific would fall in the middle, the honorific is almost always dropped. English analogs[edit] While English has different registers , its levels of formality and politeness are not as formalized or as clearly defined as in Japanese. However, they can be instructive in gaining a feel for Japanese speech. Similarly, changes in word use can make language more flowery or respectful rather than "Do you know? These are not hard-and-fast rules, but they give a feel for the gradations. Humble

language is less common in modern English, but is found in some contexts, such as guests saying "I am honored to be here," rather than "I am glad to be here" or "I am happy to be here" and in various valedictions such as "Sincerely", which were formerly more formal and humble, with such forms as "I am, Sir, your most humble and obedient servant," and the like. Manual keigo Some convenience stores and fast-food restaurants teach their young and part-time employees to verbally interact with customers in strictly prescribed ways laid down in instruction manuals. Manual keigo includes forms which would be considered incorrect or at least non-standard in terms of traditional usage keigo and otherwise. A common example is "udon ni narimasu" literally "[this] becomes udon", "[this] will be udon" as a polite form of "udon desu" "[this] is udon" , instead of the standard "udon de gozaimasu" "[this] is udon polite " â€”this manual keigo form is often criticized on the basis that the udon is not "becoming" anything, and therefore "ni naru" is incorrect, both as keigo and more generally.

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How Products Were Evaluated Summary: Turmeric is a spice used for its orange-yellow color and flavor. Curcumin is one of several compounds found in turmeric called curcuminoids which gives turmeric its color and antioxidant and anti-inflammatory properties, making turmeric powders and extracts useful as dietary supplements see What It Is. What does it do? Small clinical studies suggest that curcumin from turmeric is helpful for indigestion, ulcerative colitis, rheumatoid arthritis and osteoarthritis, seasonal allergies and depression. Other compounds may also be active. See What It Does. How much to take? We also purchased bottles of popular turmeric spices, testing them for heavy metals lead, cadmium and arsenic and filth. To get the most from turmeric spice, use it in a meal which contains fats or oils, as well as some black pepper. Turmeric is a spice used commonly as a food coloring, flavoring agent, and is a key ingredient in curry powders and mustards. Turmeric is used in Ayurveda traditional East Indian medicine for abdominal ailments and arthritis. The dried, powdered roots or rhizomes of the plant, *Curcuma longa*, are used medicinally. Most research has focused on compounds in turmeric called curcuminoids and, more specifically, on the compound curcumin, which gives turmeric its orange-yellow color and is the predominant curcuminoid in turmeric. The other two curcuminoids in turmeric are demethoxycurcumin and bisdemethoxycurcumin. Many uses of turmeric relate to the anti-oxidant or anti-inflammatory activities of curcumin. A critical analysis of research on curcumin extracts as opposed to whole turmeric powder or extracts with a broader range of turmeric compounds by experts in medicinal chemistry suggested that: The analysis makes valid points -- studies to-date which have shown benefit have been small " but it avoids discussion of the potential for bioavailability-enhanced curcumin formulations which overcome absorption issues and are now the most commonly used types of curcumin supplements. One well designed study found turmeric powder better than placebo for symptoms of indigestion. In this study, participants took either a placebo or mg of turmeric four times daily for seven days. Curcumin may be helpful for people with ulcerative colitis when taken in addition to standard medication e. In one study, 50 people with mild to moderate ulcerative colitis not responsive to mesalamine were given 1. At week four, none of the patients who received placebo achieved remission, while a startling A study among 56 men and women in Iran with mild to moderate ulcerative colitis found that 80 mg of an enhanced-bioavailability "nanoparticle" formulation of curcumin similar to Theracurmin taken three times daily mg per day in addition to mesalamine for one month modestly decreased urgency of bowel movements and improved self-reported well-being, but did not decrease blood in the stool or colitis-related skin ulcers compared to mesalamine alone Masoodi, J Cell Biochem One gram of curcumin taken twice daily in addition to mesalamine or sulfasalazine for six months helped maintain remission from ulcerative colitis compared to standard medications plus placebo Hanai, Clin Gastroenterol Hepatol , but a lower dose mg of curcumin daily did not improve remission rates or improve mucosal healing compared to placebo in men and women with active ulcerative colitis taking mesalamine Kedia, World J Gastrointest Pharmacol Ther The results of human studies using turmeric for treating gastric or duodenal ulcers conflict. At least two studies found no benefit while a third found that turmeric improved symptoms. Additionally, while some animal research suggests that turmeric might help prevent ulcers, other animal research suggests that turmeric might increase the risk of ulcers. A preliminary study in five people with familial adenomatous polyposis a genetic disorder causing hundreds of intestinal polyps and eventually colorectal cancer suggested that curcumin might cause regression of polyps in such people, and such is the case with other non-steroidal anti-inflammatory drugs. However, a month clinical study in which patients were given 1, mg of pure curcumin twice daily or a placebo found no significant difference in the mean number of polyps or polyp size between the two groups. Possibly explaining the different outcomes of the studies, the researchers noted the earlier, positive, study used a lower total dose of curcumin mg given three times daily but it included black pepper extract to increase bioavailability as well as quercetin 20 mg per dose Cruz-Correa, Gastroenterology Curcumin can help treat

symptoms of rheumatoid arthritis -- although it is not superior to non-steroidal anti-inflammatory drugs. As noted in a meta-analysis of several clinical studies, there is compelling evidence that curcumin about 1, mg per day can be effective in treating symptoms mainly pain and inflammation of osteoarthritis and rheumatoid arthritis, although larger studies are needed to confirm these findings before a definitive recommendation can be made Daily, *J Med Food* More details regarding the use of curcumin in each type of arthritis are below. Two small studies have shown that curcumin may reduce symptoms of rheumatoid arthritis including joint swelling and stiffness and walking time. In another study, mg twice daily of a bioavailability-enhanced curcumin product BCM, Biocurcumin was comparable to a low-dose 50 mg of diclofenac an NSAID twice daily, after 8 weeks. Combining the curcumin and diclofenac was no more effective than either one alone Chandran, *Phytother Res* A weakness of this study is that there was no placebo control group. A small, day study in India found a highly bioavailable formulation of curcumin to greatly reduce pain and inflammation in people with rheumatoid arthritis. Although improvements were noted in biochemical markers of inflammation relative to placebo, it was not mentioned whether the improvements in symptoms were statistically significant relative to placebo: Due to small sample sizes in the study, they may not have been. This, and the fact that most of the study authors were employed by the product manufacturer, raise doubts about the importance of the findings. This ingredient does not appear to be in any of the products tested in the Review, below. A small placebo-controlled study of people with mild to moderate osteoarthritis of the knee found treatment with curcuminoids to be helpful. Six weeks of daily treatment with 1, mg of a curcuminoid complex resulted in significantly greater reductions in the severity of osteoarthritis symptoms than with placebo, with a particular reduction in pain and an improvement in physical function. Reports of stiffness were reduced in both the treatment and placebo groups, although not significantly more so in the treatment group Panahi, *Phytother Res*

There is only slight additional benefit to taking curcumin along with an anti-inflammatory drug for osteoarthritis. Not surprisingly, at two months both groups reported major improvements in joint pain, stiffness and function, but the curcumin group showed only slightly better improvement in pain and function, e. The curcumin group had greater decreases in markers of oxidative stress, but not in levels of IL-1 beta, a marker of inflammation. Neither group showed knee joint improvements on X-ray. Although most arthritis studies have focused on curcumin, one study suggested that other constituents in turmeric may have a role. The extract was found to perform better than placebo and better than chondroitin sulfate among people with osteoarthritis Madhu, *Inflammopharm*

Muscle Soreness and Recovery After Exercise: Several studies have evaluated formulations of curcumin on muscle function, recovery, and soreness after exercise. Although some studies report a benefit, others have not and the usefulness of curcumin in muscle recovery and soreness remains questionable. Studies which have suggested a benefit include two that used a bioavailability-enhanced curcumin, Meriva: One gave 20 healthy young men mg of curcumin from 1 gram of Meriva at breakfast and dinner for four days; they experienced significantly less soreness in their front thighs 48 hours after intense treadmill exercise on the third day of treatment than men given placebo Drobic, *JISSN* Both groups reported similar decreases in self-reported pain and improvements in physical function. However, the exact dose and type of anti-inflammatory medications were not reported, those taking curcumin were also permitted to take anti-inflammatory drugs as needed, and there was no statistical analysis comparing the results of the two groups, making it impossible to draw any real conclusions Di Pierro, *Eur Rev Med Pharmacol Sci* Another small, placebo-controlled study in young healthy men found that 2, mg of curcumin taken twice daily a total daily dose of 5, mg providing roughly an equivalent amount of curcuminoids 2 days prior to, and 3 days after, intense leg exercise moderately reduced leg pain during subsequent exercise 24 and 48 hours later, indicating a reduction in delayed onset muscle soreness DOMS. Effects on biochemical markers of inflammation, however, were inconclusive Nicol, *Eur J Appl Physiol*

A small study among healthy young men and women given mg of curcuminoids from 1 gram of CurcuWIN daily for two months showed significantly reduced thigh muscle soreness 24 hours after muscle damaging exercise compared to placebo; however, there were no significant reduction in soreness one hour after exercise, nor after 2 and 3 days after exercise, compared to placebo. The curcuminoids also reduced a marker of muscle damage two days after the exercise, but did not reduce other markers of inflammation, compared to placebo. A more recent, placebo-controlled study in

France gave athletes 6, mg of curcumin plus 60 mg of the bioavailability enhancer piperine daily divided into 3 doses for two days before and after exercise-induced muscle damage. The curcumin did not limit muscle damage or soreness and only limited loss of power in one of several exercises sprinting Delecroix, J Sports Sci Med While these results are intriguing, it must be noted that no benefits were found on tests of word and picture recall Cox, J Psychopharm However, a longer study funded by the U. NIH using a much higher dose of the same curcumin formula did not find benefit. It should be noted that, unlike the earlier study, Longvida was taken without food, which may have reduced its absorption although Longvida is made with fats claimed to improve its absorption Santos-Parker, Nutr Healthy Aging When tested six hours after taking the turmeric, scores were 2. Scores did not improve among those who received placebo. Interestingly, turmeric had no effect on blood sugar or insulin levels. The study also evaluated the effects of taking 2 grams of cinnamon, which had no effect on any of the parameters measured Lee, Asia Pac J Nutr A long-term study in Australia among older adults mainly in their 60s with normal cognitive function found that taking high-dose curcumin daily had no beneficial effect on cognitive function, nor on mood or general quality of life, compared to treatment with placebo over a month period. According to the researchers, the rate of side-effects would likely have been lower had the dose been gradually ramped-up rather given at the full amount at the beginning of the study Rainey-Smith, Br J Nutr Those in the placebo group showed slight increases on PET scans in amyloid beta plaque and tau tangles in the hypothalamus and these increases were not found in the curcumin group, but no other significant differences between the groups were found in other parts of the brain. Several authors of the study have a financial interest in a tracer agent used in the PET scan and have been warned by the FDA for claiming it can be used to diagnose neurological conditions. In mouse models of the disease, curcumin given orally appears to reach the brain and reduce oxidative damage and memory impairment Frautschy, Neurobiol Aging Depression Curcumin may help treat depression, although effects may take two to three months. A small but controlled, 8-week study among people with major depression found partial support for antidepressant and anti-anxiety effects of curcumin. Patients received either placebo or curcumin mg of BCM twice daily and remained on pharmaceutical antidepressants during the study. At four weeks into treatment, depressive symptoms had improved equally for both groups, but from weeks 4 to 8 curcumin was significantly more effective than placebo in improving depressive symptoms. Greater efficacy was noted among individuals with atypical depression. One of the ways curcumin may affect depression, according to the researchers, is through an immune-inflammatory pathway Lopresti, J Affect Disorders A larger, more recent study among people with major depression about half of whom were taking a prescription antidepressant found that a lower dose mg twice daily of BCM taken for three months significantly reduced symptoms of depression, as well as anxiety, compared to placebo, and was as effective as the higher dose of mg twice daily Lopresti, J Affect Disorders In addition, a study in Thailand showed that curcumin supplementation was more effective than placebo in improving symptoms of depression in adults who were already taking an antidepressant fluoxetine Prozac , sertraline Zoloft , trazodone Desyrel or mianserin Tolvon. The curcumin was given as a capsule containing mg curcuminoids The dose was increased by mg per week for three weeks, and then maintained at a dose of 1, mg per day for eight more weeks. Compared to placebo, significant improvements in symptoms of depression occurred 12 weeks after beginning supplementation with curcumin Kanchanatawan, Neurotox Res A review of 11 randomized, placebo-controlled studies among adults with conditions such as pre-diabetes, obesity, metabolic syndrome, or non-alcoholic fatty acid liver disease concluded that curcumin had a modest but significant effect in reducing body weight and BMI body mass index. On average, study participants lost 2. Curcumin was also found to reduce waist circumference by about 1 to 1. A pilot study suggests that curcumin can reduce nasal symptoms associated with seasonal allergy allergic rhinitis. Over this period there were significant improvements in sneezing, runny nose, and nasal congestion among those given curcumin, with the average total symptom score falling from 8 out of a possible 12 down to 2. Curcumin was also found to affect levels of certain inflammatory mediators, including decreases in interleukin-4 and TNF-alpha Wu, Ann Allergy Asthma Immunol A preliminary study in people with chronic anterior uveitis, an autoimmune disease of the eye, suggested that curcumin may be as effective as corticosteroid treatment for this condition Lal, Phytother Res There are anecdotal reports of curcumin

being given to treat psoriasis, an autoimmune disease. However, a clinical trial with a curcuminoid complex showed a low response rate Kurd, J Am Acad Dermatol, There is mixed evidence on whether turmeric and curcumin can lower cholesterol.

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