

Sanguine temperament: Specifications and lifestyle



ARTICLE

By Seyed Mahdi Mirghazanfari, MD, PhD

Part 1

SOCIETY TEHRAN — Personalized medicine (PM) is a novel term used for a medical model in which all diagnostic, prognostic, and therapeutic aspects of a disease are individualized for a patient.

The Iranian-Islamic traditional medicine is an ancient paradigm for personalized medicine based on which every person has an individual temperament, so they have individual and distinguishing behavioral and physical characteristics.

There are six essential factors behind the Iranian traditional medicine lifestyle in preventing diseases and maintaining one's health including food and drinks, climatic conditions and environment, physical activities and rest, psychiatric conditions including that of sadness, happiness, depression, and stress, sleep and wakefulness, absorbing key nutrients and ridding body from waste materials (sweat, urine, or feces).

In the Iranian-Islamic traditional medicine the excess or less of warmth and humidity define four essential temperaments of "Warm and Wet (sanguine or Damawiy)", "Warm and Dry (choleric or Safrawiy)", "Cold and Dry (melancholic or Saudawiy)" and "Cold and Wet (phlegmatic or Balghamiy)" respectively. The terms in the parentheses refer to four groups of material in the body (called "humors" or Akhlat) including blood, yellow bile, black bile, and phlegm respectively. Words written in italic show original Persian terms in the ancient literature.

■ Sanguine: warm and wet

People with sanguine temperament are normally gregarious, sociable and cheerful. They are usually in high spirits, beaming and funny, patient, and adaptable.

They have rosy and ruddy complexion and soft and smooth skin. They also have thick black hair, with thick density and more volume which can easily hold a curl or style.

People with sanguine temperament are stout, sturdy, and burly with muscular body.

These people have bigger veins which are prominent and easily seen through the skin in the arms and legs. They also have a more powerful and stronger pulse.

They rarely get sick; however, they are more prone to develop diseases such as obesity, h

Drowsiness, particularly in spring, is pretty common among people with sanguine temperament.

They are more likely to get abscess or pimple.

They are good leaders and due to their wetness, they are patient and very well manage and cope with those inferior or superior to them.

Their bodies feel squishy and warm.

Those with warm and wet temperament have good appetite and have a craving for meat, bread, rice and in general wider selection of dishes.

Waste matter (urine, sweat, and feces) discharged from their bodies have usually strong color and odor. As they consume food in large quantities they expel more body waste.

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LEARN ENGLISH

Daily Life - Setting up Your Voice mail Message

A: Can you help me **set up** my **voice mail** message? I just got this **service** and I am not really sure what I am supposed to say.

B: Sure! You just **basically** gotta let the caller know who they called, and ask them for their contact information so you can call them back.

A: Ok, so can I say, "This is Abby's voicemail. I will call you later, so leave me your name and number".

B: That's more or less the idea, but try something that sounds more friendly.

A: Ok, so how about this, "This is Abby and I am really happy you called! I promise I will give you a ring as soon as I can, so please leave me your name and number. Talk to you soon!"

B: A little too friendly Abby. Just say this, "Hi, you have reached Abby. I am unable to answer your call right now, but if you leave me your name and phone number, I will get back to you as soon as possible. Thanks".

A: That's perfect! Can you say that again and **record** it for me?

■ Key Vocabulary

set up: prepare
voice mail: an electronic system enabling the recording and storage of voice messages

service: the supplying or a supplier of something required by the public

basically: essentially, fundamentally

■ Supplementary Vocabulary

fundamentally: a foundation or basis; basic

repair: to restore to a good or sound condition after decay or damage

available: accessible

tape: a ribbon of material used to record sound, images, data

static: atmospheric electricity interfering with radar, radio, the sending and receiving of wireless messages

record: set down in writing or voice or the like

(Source: irlangua.ir)

UN climate fund calls on Iran to present new ideas

ENVIRONMENT TEHRAN — Green Climate Fund, a global fund aimed to support the efforts of developing countries to respond to the challenge of climate change, has called for new ideas by Iranian entities to implement regional climate change projects.

The fund was set up by the 194 countries who are parties to the United Nations Framework Convention on Climate Change (UNFCCC) in 2010.

Private sector companies, the chamber of commerce, and NGOs are invited to submit their ideas to the Department of Environment until August 23, 2017.

The fund has allocated \$500 million for the selected projects.



GREEN CLIMATE FUND

GCF helps developing countries limit or reduce their greenhouse gas emissions and adapt to climate change and seeks to promote a paradigm shift to low-emission and climate-resilient development, taking into account the needs of nations that are particularly vulnerable to climate change impacts.

It aims to deliver equal amounts of funding to mitigation and adaptation, while being guided by the Convention's principles and provisions.

The fund uses public investment to stimulate private finance, unlocking the power of climate-friendly investment for low emission, climate resilient development.

Iran, Armenia plan to boost disaster management co-op

SOCIETY TEHRAN — Iran and Armenia plan to boost cooperation in the field of disaster management as well as search and rescue operations.

Armenia's Minister of Territorial Administration and Development Davit Lokyan and Iranian Red Crescent

Society's Director Amir Mohsen Ziaee met in Yerevan on Monday, discussing ways to increase cooperation in the abovementioned areas.

As the two neighboring countries, the most important thing is to share experiences in the field of natural disasters management with each other, IRNA quoted Ziaee as saying during the meeting.

Lokyan, for his part, stressed the importance of cooperation in mitigating effects of natural disasters and enhancing relief operations jointly between Iran and Armenia.

The officials from two the countries will hold sessions for sharing and boosting their knowledge in the field of disaster management in the near future.

Sturdy Aragog of Harry Potter found in Iran

By Farnaz Heidari

Spiders are some of the most feared and least understood creatures in the animal world. These hairy hunters are famous for spinning webs but also very useful to humans, because they control insect pests and keep their numbers in check.

Due to the lack of information, finding new spider species in Iran is possible. Spiders in Iran live nearly everywhere, from South to North, from West to East. Forests, deserts, grasslands, caves, mines, burrows and even urban areas have the chance of harboring new spider species as the most sophisticated invertebrate predators.

A new species of burrowing wolf spiders in Iran has been recently described by Anton A. Nadolny from Institute of Marine Biological Research of Russian Academy of Science and his colleague Alireza Zamani from Science College of University of Tehran. The new species is named *Lycosa aragogi*, because of its exotic icons which is similar to a fictional spider from the "Harry Potter" series.

■ Burrow dweller recognized

From the outside, a spider's body is very different from ours. Lycosidae is one of the largest spider families. Just like other spiders, they have hard outer skeleton called an exoskeleton and eight legs that have many joints.

Spiders of Lycosidae (derived from the Latin *Lycosa* which means "wolf") are robust and agile hunters because of their excellent eyesight and other abilities. The most important and unique characteristic of wolf spiders refers to their no interest in spinning webs. About half of all spiders spinning webs, but wolf spiders have jaw-dropping techniques to catch their prey, then there is no need to spin webs. Lycosidae in Iran are poorly known because of lack of investigation.

The type genus, *Lycosa*, refers to large sized wolf spiders. In the Palearctic region, *Lycosa* is



The real life Aragog vs. the imaginery one in Harry Potter series/ Photo by Alireza Zamani

represented by 61 species according to the World Spider Catalog, four of which are known to occur in Iran, with a single record of one of them being definitely hinged on a misidentification. Meanwhile, one more species has been recorded from Iran by an Iranian researcher in 1994, but the record was consequently assigned to another species by Alireza Zamani, a young Iranian arachnologist. At this point, Zamani and his colleague, Anton A. Nadolny identified a new species of this genus which has been rapidly gaining ground because of its unique name, Aragog.

■ Aragog, ingenious spider

Iranian Aragog is a skilled nighttime hunter who lives in mountainous areas with xerophyte vegetation

of southeastern Iran. This species is yellow, brown and black in color. As you can see in the picture, the dull colors help to hide the spider as it hunts along the ground. It has long back legs to chase after its prey. Aragog has large eyes; the position and arrangement of a spider's eye can be useful in telling which family it belongs to and how it catches food. The main eyes of Aragog produce a focused image and help in pouncing on prey. Secondary eyes have light-sensitive cells to pick up movements from a distance. They all work rather like a telephoto lens on a camera. Spiders such as Aragog that spend much of their time in burrows usually rely on their eyesight and sense of touch to test objects around them.

■ Aragog's tale

Some typical names of species are deceiving, but some boast public attention for the purpose of drawing conservation inferences in the near future. Those names which are popular among people has the chance to gain importance in specific situations, it is quite simple: if people know spiders, they will help conservationists and if not, there would be little or even no chance of public support. Aragog has a legendry tale in "Harry Potter" series. The researchers pointed to some similar characteristics between this new species and the fictional character of Aragog.

Researchers believe that gaining public attention to these small, unique creatures is amongst the most important goals.

Zamani told the Tehran Times "as some people hate or fear spiders, it could be hard to soften the relationship between them. A considerable percentage of all people around the world have arachnophobia, which is a certain degree of fear of spiders, and meanwhile others believe that spiders are messy and so on. How can we educate these people, is there any hope? I think yes, perhaps choosing interesting names for our newly discovered species can be useful".

ENGLISH IN USE

LEARN NEWS TRANSLATION

Tehran to host ECO workshop on combating desertification

The Economic Cooperation Organization (ECO) secretariat in Tehran will hold a project development consultation workshop on combating desertification on July 5-6.

Organized by the ECO Institute of Environmental Science and Technology, the event is held with a special emphasis on dust haze and sand storm in the ECO region.

Representatives from ECO member countries Iran, Afghanistan, Azerbaijan, Tajikistan, Turkmenistan, Pakistan, Turkey, Kyrgyzstan, Kazakhstan, and Uzbekistan are to attend the event.

The ECO is a Eurasian political and economic intergovernmental organization which provides a platform to discuss ways to improve development and promote trade and investment opportunities.

برگزاری نشست مشورتی مقابله با پدیده گردوغبار در منطقه اکو

به دلیل گسترش روزافزون چالش‌های زیست‌محیطی، تغییر اقلیم و خشکسالی‌هایی که کشورهای عضو اکو با آن دست به گریبان هستند، پروژه‌ای تحت عنوان «مبارزه با بیابان‌زایی در منطقه اکو با تأکید ویژه بر گرد و غبار و طوفان شن» در دستور کار قرار گرفت.

این نشست با حضور نمایندگان از کشورهای ایران، افغانستان، آذربایجان، تاجیکستان، ترکمنستان، پاکستان، ترکیه، قرقیزستان، قزاقستان و ازبکستان با هدف هم‌اندیشی اعضا و بحث و تبادل نظر در همین راستا در روزهای چهارشنبه و پنجشنبه ۱۴ و ۱۵ تیرماه ۱۳۹۶ در محل سالن همایش‌های اکو در تهران برگزار خواهد شد.

ENGLISH PROVERB

Who makes himself a sheep will be eaten by the wolves

■ Explanation: an easily influenced person can be misled
■ For example: James should not disregard the cheating. Who makes himself a sheep will be eaten by the wolves!

PHRASAL VERB

Write off

■ Meaning: destroy a car in an accident
■ For example: The car was a complete write-off.

ENGLISH IDIOM

xerox subsidy

■ Explanation: This term refers to the habit of using the photocopier at work for personal use.
■ For example: A certain percentage of photocopies are in fact xerox subsidies.