

6ETTELA'AT

خانواده

آخبار

چگونه کمود خواب را جبران کنیم

دقیقه در بعدازظهر مناسب است.

چرت زدن مخصوصاً در افراد گرفتار

حمله خواب مفید است.

قهوه بخورد: کافئین یک محرك

درمان خواب آلودگی

آنکر تمام مدت سعی در بیدار نگاه

خواب آلودگی مؤثر است.

داشتن خودداری، مواد زیر را به کار

مقدار و قوت خواب، ممکن است نشانه

چگونگی آنسز باشد. سیساري از

زادای خواب کافی بخوايد: به اختلال

افراد مخصوصاً آنهاي که خروف

می‌کنند، از حالت خطرناک که

بی نفسی شبابی تام است؟ مقدار

فعالیت از خواب مغلظت مغناوت است.

هر چند مدت شبانه

زمینه برای خواب نباشد.

کافئین بخورد: کافی است: مقدار

بدتر است.

اگر شما هم خوب است: اگر راندنگی

یا مطالعه، پيشتر دچار خواب آلودگی

نموده باشند.

راي ارزش شان دهيم: اگر

بر سات بيداري غلبه می کند اگر

می شويد. در عوض، همچو شکر در

هنجار و روز، خواب آلودگی شود.

راي همان كيد و قوچ احساس کرد

تفصيل: از خواب آلودگی

چلوگيری می کند.

نور زيانه: کيد: براساس

طعامات اخري، روش تر کردن محل

كار باشد: زين در آفتان: متواند

خواب آلودگی را زين برد.

نور مسکن است اثر تحريري بر

دستگاه اعصاب مرکزي داشته باشد و

توبيك: «ملاتون». هر موسي که باعث

هد: کاری بکنيد: دوش آب گرم

نمی خطا کردن: موسقی تند و هيجز

تحرس: رك كنندگان: متواند

خواب آلودگی را زانداور کند.

داروهایان را کنسل کنيد:

فرهستي از داروهای را که اخیراً

صرف کرد: هر آنرا که داشته باشد

دید: شاید او را

خواب آلودگی می شود. رك

دید: داشته باشد.

دید: داش

سیاسی

۱۹ اطلاعات

آخرین پرواز شاه؟

شکه تلویزیونی «سی. ان. ان» با انجام مصاحبه‌ای با یکی از اساتید داشتگاه آمریکانی پیروز بنام وجود آورد. در وضیعت فعالی، افراد و افسران قدرتمند برداخت سهم تکنولوژیک روز مینه کشاورزی کردند. از سوی دیگر دولت قصد دارد از طریق کاهش نرخ هر سه، جذب اشتغال جنوب لبنان را درین میان و مصالحه با سرائيل درین مورد، اجرای طعنانه ۲۵۰ و عقب‌نشینی

پیش از زمان بیان جنگ لبنان را دارد برداشت.

برگشت وی که برای درمان سلطان غدالنقاری در بیمارستانی در آمریکا

بستری بود در قروداک (آن) به خیر نگران گفت که سلطان وی کالبد در میان شده

و آمده اداره مدد امور کشور است. شاه حسین «خلیلی» هوابیمای خود را

لندن تا مان به عهد داشت.

شکه تلویزیونی سی. ان. ان. نواست ترتیب اولین مصاحبه با پادشاه از دن را

بدهد او را دریابد آئند تاج و تخت از دن هاشمی پرسید. ملک حسین درباره

چاشنی برادرش «ملک حسن» سخنی به میان نوارد اما پراهمیت حضور وی در

آینده بی جواب ماند.

مت مصاحبه ملک حسین با «سی. ان. ان» رامی خوانیم.

■ ۱۲ جت جنگی نیروی هوایی از نوادگاه امام

هرماهی کردند. هنگام دیدار مجدد با خانواده و نزدیکان خود در فرودگاه چه

احساسی داشتند؟

ملک حسین: حظه تکان دهنده‌ای بود. ماها منظر این لحظه بود. حمایت

و دلاری همسر و فرزندان در بهبودی من موثر بود. دوران سختی از مردم

گذشت اما میل به بازگشت به وطن و ادامه خدمت ۴۰ ساله به مردم از نزد

نگاهداشت.

■ آیا لحظاتی پیش آمد که از موقعیت آمیز بودن معالجات و بازگشت به وطن

نامیدند باشد؟

ملک حسین: خنین لحظاتی پیش آمد اما هر گز ناگاید شدم. من بر مردم

خود با صداقت روپر شدم و چیزی را آها مخفی نکرد. در این همه حتی

دانستند که بیماری من چیست و سلامت مراجعت در چه وضعی است.

■ ظاهراً شما سنت شکنی کردید. بسیاری از هرمان کشورهای این

منظقه بسیاری خود را مسد مخفی نگاه می‌دارند. نقشه شما برای آینده

چیست؟

ملک حسین: من به سرنوشت اعتقاد دارم. تولد و مرگ هر انسانی به دست

ملک حسین و برادرش حسن بن طلال

خداست.

بنابراین نمی‌توانم بگویم که آینده خود را چگونه ترسیم کردام!

دفعه‌من، موقفیت، بیان و خوشبختی مردم از دن است. من در این ۶ ماه

اواعز را در این زیر نظر داشته‌ام امیدوارم که بیان سیاسی و تمامیت ارضی از دن

در غیاب من همچنان حفظ شود.

شایعات زیادی در راه آئند تاج و تخت از دن هاشمی بر سر زبان‌ها است.

ان هاراد همان دشایعه قبول نکرد.

■ حسد و گمان زیادی در باره جانشین شمازده می‌شود. آیا تصمیم دارد

که برادر خود را در نظر گرفته‌اید؟

ملک حسین: «ملک حسن» به از دن خدمت کرد و خدمات از طبع نبوده

است.

قانون اساسی از دن این اجازه را برادرم می‌دهد که در آینده جانشین من شود.

اما این به معنی قطعی بودن این جانشین نیست. خواست مردم هم هست.

اردن ملک شخصی من با اراده نیست.

کسی جانشین من خواهد شد که بتواند شایسته ترین خدمت را به مردم از دن

بنماید. من وظیفه دارم که با این انتخاب شایسته، مردم خود را آینده کشور

طمثمن ننمایم.

■ بالاخره نگفتید که آیا برادر خود را به جانشینی برخواهید گردید؟

ملک حسین: من در حال حاضر در این باره نمی‌توانم جیزی به شما بگویم.

لطلاً اصرار نکنید! به هر حال این من هستم که تصمیم همایی را خواهم گرفت.

مطمئن باشید که شما بی خبر نخواهید ماند.

ملک حسین: من به سرمهای خود از دن هاشمی برخواهید ماند.

شایعات زیادی در همان دشایعه قبول نکرد.

■ ۱۳ نظام جهانی - نظام جهانی

فرو رختن اتحاد جماهیر

شوری و پیمان روش که روپوشی نظاظم

جهانی اینکه در نظام جهانی

ایجاد خالی از نیازهای انسانی و

شوری و پیمان روش که روپوشی نظاظم

جهانی اندیشان و سیاستمداران ایالات

متوجه دارند. مزده از این دو نیز

دو نیز این دو نیز

Asian Football Confederation congratulates Iran

TEHRAN - Asian Football Confederation Sunday congratulated Iran's national football team and its head coach for being selected as the best team and coach in Asia in the month of December.

Secretary General of Asian Football Confederation Peter Valappan said that the Asian confederation has selected Iran's national team and its head coach Mansour Pour-Heidari who participated the 1998 Asian games in Thailand, as the best team and coach, respectively for the month.

Valappan also expressed satisfaction with Iranian team's victories and requested Iranian football officials to convey his greetings to the members and coach of the national football team.

President:

Political parties, groups must maintain unity for councils elections

TEHRAN - President Mohammad Khatami said Sunday that the government was "honest" with the people in dealing with the recent political killings in the country.

"The government did not lie to the people though the issue was very complicated and costly," he said, stressing that the most important factor for confidence and solidarity in the society is "sincerity", IRNA reported.

He termed the recent murders of a number of dissident writers and opposition leaders as "bitter" incidents and said "the government, having the supreme Leader's support, decided to deal with the issue firmly."

"A great work has been done. It is unprecedented for a system to be honest with its people despite knowing that it would hurt part of the government," he said, referring to the public announcement that a number of "willful" Information Ministry agents were behind the killings.

"This is a wicked trend and the society, the leadership, the government and officials will never allow this trend to continue in the so-

ciet," he stressed.

The president made the remarks at the opening ceremony of a gathering on "Islamic councils and people's participation" here.

"The government is determined to deal with this issue as a matter of national security and in order to create mutual confidence and because the government is in charge of state security," said Khatami.

The president further stated: "this source of corruption and the roots of corruption in the society in general, must be eliminated and we hope that the society will move forward with more vigor."

"We have still a lot of work to do. The left, the right, the moderates, all these classifications must develop. To be fair, on the average the people's (political) maturity is higher than that of the institutions, organs and those who claim to be social teachers."

Referring to the upcoming city/village council elections, the president urged all the political groups and factions to enter a "healthy competition" by participating in the polls to

be held next month.

"This competition must be coupled with ethical, Islamic and human yardsticks and all must prove their enthusiasm in practice."

"The councils elections must be turned into a field for displaying our national will and determination. I expect all the factions and groups to get united in this arena to ensure people's presence and sovereignty."

Khatami said the presence of various parties and groups means that "we must recognize the differences and should not let competition turn into confrontation."

"The people have the

President Khatami stressed that differences should not turn into means for taking revenge, catching each other red-handed or undermining one another.

In the opinion of the president, the councils elections can provide suitable grounds for "national resolve" and elimination of hostilities.

"National resolve, however, does not mean that the people must shut up and listen to their president. The aim is not to have things unsaid and complaints not raised."

"The more the people know about the councils and the candidates, the more they will participate," he said.

right to be elected and the right to elect and any decision to deprive them of nomination (in the elections) must be based on principled, documented and logical criteria."

Underlining the role of the mass media in enlightening the public opinion, the president said the news media must try to inform the people about the important status of the councils.

"The more the people know about the councils and the candidates, the more they will participate," he said.

OPCW chief:

Iran latest victim of chemical weapons

TEHRAN - Director General of the Hague-based Organization for Prohibition of Chemical Weapons (OPCW) Jose M. Bustani called Iran the latest victim of the chemical weapons.

He lauded Iran's membership of the Convention on Prohibition of Chemical Weapons and its efforts to implement all the provisions of the convention, IRNA reported.

He made the remarks in a meeting with Vice-Speaker of the Islamic Consultative Assembly (Majlis), Hassan Rowhani. Bustani further stated that Iran can be a great ally to the OPCW.

Referring to the Islamic teachings which bans use of any kind of mass destruction weapons, Rowhani said Iran has made its utmost to universalize the convention.

Assuming the convention especially article 10 and 11 as applicable to all

Briefing Rowhani on the activities of the OPCW, Bustani said the organization has so far conducted 400 inspection operations in 32 countries.

Only the OPCW's inspectors are entitled to inspect and monitor the implementation of the member states used for production of peaceful chemical substances.

Referring to certain rules of the U.S. Congress has set forth for implementation of the convention, Rowhani said this move indicates insincerity of the U.S. in joining the convention.

He further warned against any political abuse of the OPCW by the big powers.

Expressing satisfaction with expansion of bilateral ties Habibi added, "one of the positive aspects of bilateral relations is exchange of views between the officials of the two countries, resulting in further promotion of ties," IRNA reported.

He also called for broadening of bilateral cooperation in various fields.

Habibi referred to the expansion of transportation cooperation between the two countries as important in international trade, adding "the two countries should take advantage of the opportunity to find their place in the region."

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