

「自動化」的調節系統，以常進行，但不少反常的因

素影響很大，酷熱的夏天，

的雷雨，春天乍暖還寒的驟

寒，會加重人體的負擔，使

過而生病，例如血壓升高

時，有人會煩躁不安或精

神也不見。

××

「是很有道理的，

哀傷、驚恐、反常情緒，

風健康。心胸開闊、榮耀順

的平衡，是健康長壽的重

主講者：陳醫生

甚至會因狂飲暴食引致死亡
為追求減肥而盲目節食，同
體健康。盲目減肥會導致神
經，嚴重者會引致死亡。

立相關心關注，有益身心健
成員帶來極大的痛苦，心靈
害身體健康。經常吵鬧衝突
壞情緒均受損害，健康當然

☆☆

對身心健康有裨益，例如早
因，應注意島或下乳罩等

壯，有明顯的皮孔與葉痕，具三角狀

開期裡，每一簇的花球，
移到窗前環境觀賞。

This image shows a blank, aged, cream-colored page, likely an endpaper or flyleaf of a book. The paper has a textured appearance with various dark smudges, stains, and foxing marks scattered across its surface, particularly concentrated along the right edge and bottom. A faint, dark vertical line runs down the left side, possibly indicating a binding edge or a fold. The page is set against a dark, solid background.

This image shows a blank, aged, cream-colored page, likely an endpaper or flyleaf of a book. The paper has a textured appearance with visible creases, discoloration, and faint, illegible markings. A vertical line of small, dark, irregular marks runs down the center, possibly from a binding or scanning artifact. The page is set against a dark background.

A close-up photograph of a piece of aged, yellowed paper. The paper has a rectangular dashed border, likely from a document or photograph. The paper is heavily stained with dark, irregular spots and smudges, particularly concentrated on the right side. The left edge of the paper is torn and ragged. The background is dark and textured.