



$P\alpha P^{\circ}C\tilde{H}PjP^{\circ}PePsPrP\ddot{e}PSP^{\circ}PjC-PeP^{\circ}$ .  $P\ddot{t}PsPSP\ddot{e}PeP^{\circ}P\gg C-C\tilde{H}C-PjP^{\circ}PiPSC-C\tilde{H}C\ddot{C}IPe$   
 $PIP^{\circ}P\Pi P\gg P\ddot{e}PIC-PIPSCrC,C\tilde{H}C-C\epsilon PSC\tilde{H}PsPeP\gg C-C,P\ddot{e}PSPSC-PeP^{\circ}C,C-PsPSP\ddot{e}$   
 $PIPeP\gg C\tilde{H}C\ddot{t}P^{\circ}C\tilde{H}C,C\tilde{H}C\ddot{t}C\ddot{C}PI C\tilde{H}PsP\pm PsC,Cr C\tilde{H}C\ddot{C}IPrCr C,,P\mu C\tilde{H}PjP\mu PSC,C-PI,Cr$   
 $P\ddot{t}C\tilde{H}PsC\ddot{t}P\mu C\ddot{t}P\cdot PI'C\ddot{C}IP\cdot CrPIP^{\circ}PSPSC\ddot{C}PjP^{\circ}PeC\tilde{H}PsPjPsP\gg P\mu PeCrP\gg P\cdot$   
 $C\ddot{t}CrP\pm C\ddot{t}P\mu P\gg C\tilde{H}P\gg C\ddot{C}C\tilde{H}PSP\ddot{e}PjP\ddot{e}P\mu P\gg P\mu PjP\mu PSC,P^{\circ}PjP\ddot{e}C-PI PjP\mu C...P^{\circ}PSC-P\cdot Pj$   
 $Pj'C\ddot{C}IP\cdot PsPIP\ddot{e}PiPs C\ddot{t}PePsC\tilde{H}PsC\ddot{t}P\mu PSPSC\ddot{C}PSP^{\circ}PjPsP\gg P\mu PeCrP\gg C\ddot{C}C\tilde{H}PSP\ddot{e}PjCr C\tilde{H}C-PIPSC-$   
 $P\ddot{Y}PiC-PIPIC-PrPSP\ddot{e}C\epsilon P\mu PSPSC\ddot{C}PiPsP\cdot P^{\circ}-C-PIPSCrC,C\tilde{H}C-C\epsilon PSC\tilde{H}PsPeP\gg C-C,P\ddot{e}PSPSP\ddot{e}C-$   
 $PePsPSC\ddot{t}P\mu PSC,C\tilde{H}P^{\circ}C\ddot{t}C-C- C-PsPSC-PI PeP^{\circ}P\gg C-C\tilde{H},PeP^{\circ}P\gg C\tilde{H}C\ddot{t}C-C\tilde{H},PSP^{\circ}C,C\tilde{H}C-C\tilde{H}C-$   
 $PjP^{\circ}PiPSC-C\tilde{H}PIPiP\gg P\ddot{e}PIP^{\circ}C" PSP^{\circ}C\ddot{t}PePsC\tilde{H}PsC,P\gg P\ddot{e}PICr P\cdot PrP^{\circ}C,PSC-C\ddot{t}C,C\tilde{H}$   
 $PjC-PsPeP^{\circ}C\tilde{H}PrP^{\circ}. PhC\ddot{t}PiP^{\circ}C\tilde{H}C,P^{\circ}C,C\ddot{C}IPe P\mu PSPrPsPiP\mu PSPSP^{\circ}C\tilde{H}P\mu C\ddot{t}PsPIP\ddot{e}PSP^{\circ}C"$   
 $PiP\mu C\tilde{H}P\mu PSP\ddot{e}C\ddot{t}PSP\ddot{e}PePsPj C-PsPSC-PI PeP^{\circ}P\gg C-C\tilde{H}C,P^{\circ}PjP^{\circ}PiPSC-C\tilde{H},PjP^{\circ}C"$   
 $PIP\ddot{e}C\tilde{H}P^{\circ}P\Pi P\mu PSP\ddot{e}PN_{\ddot{e}}P^{\circ}C,,C-PSC-C,P\mu C,PrPs PeP\gg C-C,P\ddot{e}PS,PN_{\ddot{e}}PsPiPs C\ddot{t}PsP\gg C-$   
 $PiC-PrPrP^{\circ}C\tilde{H}C,C\tilde{H}C\ddot{t}C\ddot{C}PrP\ddot{e}C\ddot{t}PsC\ddot{t}C-P^{\circ}C\ddot{t}C-C- P\gg P\ddot{e}C\epsilon P\mu PSP\mu P\cdot PSP^{\circ}C\ddot{t}PsPsC\tilde{H}$   
 $PjC-C\tilde{H}PsC\tilde{H}. P'PSP^{\circ}C\ddot{t}P\gg C-PrPsPe C\ddot{t}C\tilde{H}PsPiPs C-PsPSP\ddot{e}PiC\tilde{H}PsPSP\ddot{e}PeP^{\circ}C\tilde{H}C,C\tilde{H}Cr$   
 $PIPSCrC,C\tilde{H}C-C\epsilon PSC\tilde{H}PsPeP\gg C-C,P\ddot{e}PSPSP\ddot{e}PN_{\ddot{e}}PiC\tilde{H}PsC\ddot{t}C,C-C\tilde{H}Cr PIP\ddot{e}PiP\gg C\ddot{C}IPrC-$   
 $PePsPjPiP\gg P\mu PeC\ddot{t}PSP\ddot{e}C... C\ddot{t}PiPsP\gg CrPe. P\tilde{H}P^{\circ}PiPSC-C\tilde{H}P^{\circ}C\ddot{t}PiP^{\circ}C\tilde{H}C,P^{\circ}C,C,P^{\circ}PSP^{\circ}C,C\tilde{H}C-C\tilde{H}$   
 $P^{\circ}C\ddot{t}PiP^{\circ}C\tilde{H}C,P^{\circ}C,PiPsPeC\tilde{H}P^{\circ}C\%CrC\tilde{H}C,C\tilde{H}PjP\mu C,P^{\circ}P\pm PsP\gg C-P\cdot Pj PjC-PsPeP^{\circ}C\tilde{H}PrP^{\circ}.$   
 $P\acute{K}P\mu PrPsC\ddot{t}C,P^{\circ}C,PSC-PN_{\ddot{e}}PIPjC-C\ddot{t}C,PeP^{\circ}P\gg C-C\tilde{H}C-PjP^{\circ}PiPSC-C\tilde{H}PI PsC\tilde{H}PiP^{\circ}PSC-P\cdot PjC-$   
 $PiC-PrPIP\ddot{e}C\%CrC" C\tilde{H}P\ddot{e}P\cdot P\ddot{e}Pe C\tilde{H}PsP\cdot PIP\ddot{e}C,PeCr P^{\circ}C\tilde{H}C,P\mu C\tilde{H}C-P^{\circ}P\gg C\tilde{H}PSP\ddot{e}C-$   
 $PiC-PiP\mu C\tilde{H}C,P\mu PSP\cdot C-C-,P^{\circ}C,P\mu C\tilde{H}PsC\ddot{t}PeP\gg P\mu C\tilde{H}PsC,P\ddot{e}C\ddot{t}PsPiPs CrC\tilde{H}P^{\circ}P\Pi P\mu PSPSC\ddot{C}$   
 $PePsC\tilde{H}PsPSP^{\circ}C\tilde{H}PSP\ddot{e}C... C\ddot{t}CrPrP\ddot{e}PS,PiPsC\tilde{H}CrC\epsilon P\mu PSC\tilde{H}C\tilde{H}P\ddot{e}C,PjCr C\ddot{t}P\mu C\tilde{H}C\ddot{t}C\ddot{C},$   
 $PiP^{\circ}C,PsP\gg PsPiC-C- PjC-PsPeP^{\circ}C\tilde{H}PrP^{\circ}.$

$P\alpha P^{\circ}C\tilde{H}PjP^{\circ}PePsPeC-PSP\mu C,P\ddot{e}PeP^{\circ}.$

# $P\tilde{H}P^{\circ}PiPSC-PN_{\ddot{e}}$

$P-P^{\circ}PiP^{\circ}P\gg C\tilde{H}PSP\ddot{e}PN_{\ddot{e}}P\cdot P^{\circ}PiP^{\circ}C\ddot{t}PjP^{\circ}PiPSC-C\tilde{H}PI PsC\tilde{H}PiP^{\circ}PSC-P\cdot PjC-P\gg C\tilde{H}PrP\ddot{e}PSP\ddot{e}$   
 $PjP^{\circ}C\ddot{t}PsC\tilde{H}C,C-P\gg P^{\circ}70PePi C\ddot{t}C,P^{\circ}PSP\ddot{e}PIP\ddot{e}C,C\tilde{H}PI C\ddot{t}P\mu C\tilde{H}P\mu PrPSC\tilde{H}PsPjCr24Pi(1000$   
 $PjPjPsP\gg C\tilde{H});P\pm C-P\gg C\tilde{H}C\epsilon P\mu60\%PjP^{\circ}PiPSC-C\tilde{H}PiC\tilde{H}P\ddot{e}PiP^{\circ}PrP^{\circ}C" PSP^{\circ}PeC-C\ddot{t}C,PePsPICr$   
 $C,PeP^{\circ}PSP\ddot{e}PSCrC-P\pm P\gg P\ddot{e}P\cdot C\tilde{H}PePs40\%-BPSP^{\circ}C\ddot{t}PeP\mu P\gg P\mu C,PSC-Pj'C\ddot{C}IP\cdot P\ddot{e}C,P^{\circ}$   
 $C-PSC\epsilon C-C,PeP^{\circ}PSP\ddot{e}PSP\ddot{e}. P'P\gg P\ddot{e}P\cdot C\tilde{H}PePs1\%P\cdot P^{\circ}PiP^{\circ}P\gg C\tilde{H}PSP\ddot{e}PiPsP\cdot P^{\circ}PiP^{\circ}C\ddot{t}Cr$   
 $PjP^{\circ}PiPSC-C\tilde{H}PI PsC\tilde{H}PiP^{\circ}PSC-P\cdot PjC-P\cdot PSP^{\circ}C...PsPrP\ddot{e}C,C\tilde{H}C\ddot{t}C\ddot{C}PI$   
 $PiPsP\cdot P\cdot PeP\gg C-C,P\ddot{e}PSPSC-PN_{\ddot{e}}C\tilde{H}C-PrP\ddot{e}PSC-,PiP\mu C\tilde{H}P\mu PIP^{\circ}P\Pi PSPsPI C\ddot{t}P\ddot{e}C\tilde{H}PsPIP^{\circ}C,C\ddot{t}C-$   
 $PeC\tilde{H}PsPIC-. PJ P\cdot PrPsC\tilde{H}PsPIP\ddot{e}C... PrPsC\tilde{H}PsC\ddot{t}P\gg P\ddot{e}C... P\gg C\tilde{H}PrP\mu PN_{\ddot{e}}PIPjC-C\ddot{t}C,PjP^{\circ}PiPSC-C\tilde{H}$   
 $PI C\ddot{t}P\ddot{e}C\tilde{H}PsPIP^{\circ}C,C\ddot{t}C-PeC\tilde{H}PsPIC-PiP\mu C\tilde{H}P\mu P\pm CrPIP^{\circ}C"PI PrC-P^{\circ}PiP^{\circ}P\cdot PsPSC-0,7-1,10$   
 $PjPjPsP\gg C\tilde{H}/P\gg.$

$P P\mu PePsPjP\mu PSPrPsPIP^{\circ}PSP^{\circ}PSP\ddot{e}C\tilde{H}PjP^{\circ}C\ddot{t}PiPsP\Pi P\ddot{e}PIP^{\circ}PSPSC\ddot{C}PjP^{\circ}PiPSC-C\tilde{H}P\cdot C-P\Pi P\mu C\tilde{H}$   
 $PrP\gg C\ddot{C}C\ddot{t}PsP\gg PsPIC-PeC-PI C\ddot{t}C,P^{\circ}PSP\ddot{e}PIP\ddot{e}C,C\tilde{H}350PjPi PSP^{\circ}PrPsP\pm Cr,PrP\gg C\ddot{C}P\Pi C-PSP\ddot{e}Pe$   
 $-280PjPi PSP^{\circ}PrPsP\pm Cr.P\mu PsC,C\tilde{H}P\mu P\pm P^{\circ}PI PjP^{\circ}PiPSC-C-P\cdot C\tilde{H}PsC\ddot{t}C,P^{\circ}C"PiC-Pr C\ddot{t}P^{\circ}C\ddot{t}$   
 $PIP^{\circ}PiC-C,PSP\ddot{e}C\ddot{t}C,C-C,P^{\circ}PiC\tilde{H}CrPrPSP\ddot{e}PiPs PIP\ddot{e}PiPsPrPsPICrPIP^{\circ}PSPSC\ddot{C}.$

$P\tilde{H}P^{\circ}PiPSC-PN_{\ddot{e}}P^{\circ}P\pm C\ddot{t}PsC\tilde{H}P\pm CrC"C,C\tilde{H}C\ddot{t}C\ddot{C}P\cdot C-C\epsilon P\gg CrPSPePsPIP\ddot{e}PeP\ddot{e}C\epsilon PePsPIP\ddot{e}PiPs$   
 $C,C\tilde{H}P^{\circ}PeC,Cr C\epsilon P\gg C\ddot{C}C...PsPj P^{\circ}PeC,P\ddot{e}PIPSP\ddot{e}PiPs C,C\tilde{H}P^{\circ}PSC\ddot{t}PiPsC\tilde{H}C,Cr. PhC\ddot{t}PSP\ddot{e}PiPSP\ddot{e}Pj$   
 $C\tilde{H}P\mu PiCrP\gg C\ddot{C}C,PsC\tilde{H}PsPj P\pm P^{\circ}P\gg P^{\circ}PSC\ddot{t}Cr PjP^{\circ}PiPSC-C\tilde{H}PI PsC\tilde{H}PiP^{\circ}PSC-P\cdot PjC-C"$   
 $PSP\ddot{e}C\tilde{H}PeP\ddot{e}. 3-5\%C-PsPSC-P\cdot PsPIP^{\circ}PSP\ddot{e}PiPs PjP^{\circ}PiPSC-C\tilde{H} PIP\ddot{e}PiPsPrP\ddot{e}C,C\tilde{H}C\ddot{t}C\ddot{C}$   
 $PSP\ddot{e}C\tilde{H}PeP^{\circ}PjP\ddot{e}.$

$P-P\pm C-P\gg C\tilde{H}C\epsilon P\mu PSPSC\ddot{C}PsP\pm B\tilde{H}^{\text{TM}}C"PjCr C\ddot{t}P\mu C\ddot{t}C-(PSP^{\circ}PiC\tilde{H}P\ddot{e}PeP\gg P^{\circ}Pr,PiC\tilde{H}P\ddot{e}$   
 $C,P\mu C\tilde{H}P^{\circ}PiC-C- PIP\ddot{e}C\ddot{t}PsPePsP\mu C,,P\mu PeC,P\ddot{e}PIPSP\ddot{e}PjP\ddot{e}PiP\mu C,P\gg C\tilde{H}PsPIP\ddot{e}PjP\ddot{e}$   
 $PrC-CrC\tilde{H}P\mu C,P\ddot{e}PeP^{\circ}PjP\ddot{e})PiC\tilde{H}P\ddot{e}P\cdot PIP\ddot{e}PrP\ddot{e}C,C\tilde{H}PrPs P\cdot P\pm C-P\gg C\tilde{H}C\epsilon P\mu PSPSC\ddot{C}$

$$\text{P}_{11}\text{C}-\text{PrPIP}\ddot{\text{C}}\%_{100}\text{PuPSP}^{\circ}\text{C}\ddot{\text{C}}\text{rC},\text{P}\gg\text{P}\ddot{\text{C}}\text{PIC}-\text{C}\ddot{\text{C}}\text{C},\text{CH}\text{PrPs}\text{PrC}-\text{C}\ddot{\text{C}}\text{C}\ddot{\text{C}}\text{P}\ddot{\text{C}}\dots\text{C}\ddot{\text{C}}\text{PuC}\ddot{\text{C}}\text{PsPIP}\ddot{\text{C}}\text{PS}\text{P}^{\circ}\text{P}\ddot{\text{C}}\text{Ps}$$

PrPs P±CfPrCH-ClPePsC— P· PrPsPiPsPjC-P¶PSPëC... C¶PµC±PsPIPëPS PiC¶PµPiP°C¶P°C,Cf.

P“PsCfC,C¶P° C,P° C...C¶PsPSC-C±PSP° PSPëC¶PePsPIP° PSPµPrPsCfC,P°C,PSC-CfC,CH,  
C...PIPsC¶PsP±P° PhPrPrC-CfPsPSP°, P°C,C¶C-PsPIPµPSC,C¶PëPeCfP»C¶C¶PSP°  
P±P»PsPeP°PrP° III CfC,CfPiPµPSC¶, PeP°C¶PrC-PsPiPµPSPSPëPNë CëPsPe  
(P°C¶C,PµC¶C-P°P»CHPSPëPNë C,PëCfPe < 90 PjPj C¶C,. CfC,.).

**P·P·P°C”PjPsPrC-C¶ P· C-PSCëPëPjPë P»C-PeP°C¶CfCHPePëPjPë P·P°CfPsP±P°PjPë C,P°  
C-PSCëC- PIPëPrPë PIP·P°C”PjPsPrC-PNë.**

P¶PµC,C¶P°C±PëPeP»C-PSPë, ClPeC- P·P°CfC,PsCfPsPICfCHC,CH PIPSCfC,C¶C-CëPSCHPs,  
CfPsP»C- P·P°P»C-P·P° C- PSP°C,C¶C-CH C,,C,PsC¶PëPr PiP°P»CHPjCfCHC,CH  
PICfPjPsPeC,CfPIP°PSPSC¶ PiC¶PµPiP°C¶P°C,Cf P·C- CëP»CfPSPePsPIPs-PePëCëPePsPIPsPiPs  
C,C¶P°PeC,Cf. PµC¶Pë PePsPjP±C-PSPsPIP°PSC-PNë C,PµC¶P°PiC-C— P·  
PIPëC%oPµP·P°P·PSP°C±PµPSPëPjPë P»C-PeP°C¶CfCHPePëPjPë P·P°CfPsP±P°PjPë  
PSPµPsP±C...C-PrPSP° PiPµC¶PµC¶PIP° PSPµ PjPµPSCëPµ 3 PiPsPrPëPS PjC-P¶  
PiC¶PëPNëPsPjP°PjPë. PhPrPSPsC±P°CfPSPµ P·P°CfC,PsCfCfPIP°PSPSC¶ PiC¶PµPiP°C¶P°C,Cf P·  
PeP°P»C-PNëP·P±PµC¶C-PiP°C¶C±PëPjPë PrC-CfC¶PµC,PëPeP°PjPë C,P°/P°P±Ps  
C-PSPiC-P±C-C,PsC¶P°PjPë P°PSPiC-PsC,PµPSP·PëPSPiPµC¶PµC,PIPsC¶CHC±PsPiPs  
C,,PµC¶PjPµPSC,Cf, P±PµC,P°-P±P»PsPeP°C,PsC¶P°PjPë, C±PëPeP»PsCfPiPsC¶PëPSPsPj,  
PiPµPiP°C¶PëPSPsPj, PSPµCfC,PµC¶PsC—PrPSPëPjPë PiC¶PsC,PëP·P°PiP°P»CHPSPëPjPë  
PiC¶PµPiP°C¶P°C,P°PjPë PiC-PrPIPëC%oCfC” C¶PëP·PëPe C¶PsP·PIPëC,PeCf  
PiC-PiPµC¶PeP°P»C-C”PjC-C—.

**PhCfPsP±P»PëPIPsCfC,C- P·P°CfC,PsCfC±PIP°PSPSC¶.**

PµP°PSP°PSPiC-PS, ClPe PiC¶PµPiP°C¶P°C,, C%oPs PjC-CfC,PëC,CH PeP°P»C-PNë C-  
PjP°PiPSC-PNë, PSPµPsP±C...C-PrPSPs P· PsP±PµC¶PµP¶PSC-CfC,CH  
P·P°CfC,PsCfPsPICfPIP°C,Pë PiP°C±C-C”PSC,P°Pj P· PjC-P°CfC,PµPSC-C”CH PiC¶P°PIC-Cf;  
PiC¶Pë CfC,P°PSP°C..., C%oPs PjPsP¶CfC,CH PiC¶PëP·PIPsPrPëC,Pë PrPs  
PiC-PiPµC¶PeP°P»C-C”PjC-C—, C,P°PePëC... ClPe P·PSPëP¶PµPSPSC¶ C,,CfPSPeC±C-C—  
PSPëC¶PsPe, PiPsCfC,C¶P° PrPµPiC-PrC¶P°C,P°C±C-C¶, PiPsCëPëC¶PµPSPµ  
PiPsCëPePsPrP¶PµPSPSC¶ C,PeP°PSPëPS, P·PsPeC¶PµPjP° PiC¶Pë C,ClP¶PePëC...  
PsPiC-PeP°C.... Pj C±C-C”C— PeP°C,PµPiPsC¶C-C— PiP°C±C-C”PSC,C-PI  
C¶PµPePsPjPµPSPrCfC”C,CHCfC¶ C¶PµPiCfP»C¶C¶PSPs PrPsCfP»C-PrP¶CfPIP°C,Pë  
PePsPSC±PµPSC,C¶P°C±C-CH PµP»PµPeC,C¶PsP»C-C,C-PI Cf CfPëC¶PsPIP°C,C±C- PeC¶PsPIC-.

PµP°PSP°PSPiC-PS, C,P°P±P»PµC,PePë, PIPëC¶PëC,C- PiP»C-PIPePsPIPsCH  
PsP±PsP»PsPSPePsCH, PSPµ CfP»C-Pr PiC¶PëP·PSP°C±P°C,Pë PiP°C±C-C”PSC,P°Pj P·  
PiP°CfC,C¶PsPrCfPsPrPµPSP°P»CHPSPëPjPë PIPëC¶P°P·PeP°PjPë P°P±Ps  
PsP±CfC,C¶CfPeC±C-C”CH.

**P—P°CfC,PsCfC±PIP°PSPSC¶ C± PiPµC¶C-PsPr PIP°PiC-C,PSPsCfC,C- P°P±Ps  
PiPsPrC±PIP°PSPSC¶ PiC¶C±PrPrCH.**

P”Ps C,PµPiPµC¶C-CëPSCHPsPiPs C±P°CfCf PSPµ PiPsPIC-PrPsPjP»C¶P»PsCfC¶ PiC¶Ps  
P±CfPrCH-ClPePëPNë CëPeC-PrP»PëPIPëPNë PIPiP»PëPI PiC¶Pë P·P°CfC,PsCfCfPIP°PSPSC-

ΠῖCῥPμΠῖP°CῥP°C,Cῖ C†C-PNε PeP°C,PμPiPsCῥC-C— ΠῖP°C†C-C''PSC,C-PI.

*P—PrP°C,PSC-CῖC,CH PIPῖP»PēPIP°C,Pē PSP° CēPIPēPrPeC-CῖC,CH CῥPμP°PeC†C-C— ΠῖCῥPē PePμCῥCζPIP°PSPSC- P°PIC,PsC,CῥP°PSCῖPῖPsCῥC,PsPj P°P±PsB CῥPsP±PsC,C- P· C-PSCēPēPjPē PjPμC...P°PSC-P·PjP°PjPē.*

PμCῥPμΠῖP°CῥP°C, PSPμ PIPῖP»PēPIP°C'' PSP° P·PrP°C,PSC-CῖC,CH PePμCῥCῖPIP°C,Pē C,CῥP°PSCῖPῖPsCῥC,PSPēPjPē P·P°CῖPsP±P°PjPē C,P° C-PSCēPēPjPē PjPμC...P°PSC-P·PjP°PjPē.

***PῖPῖPsCῖC-P± P·P°CῖC,PsCῖCζPIP°PSPSCΠ C,P° PrPsP·Pē.***

P—PIPēC†P°PNεPSP° PrPsP±PsPIP° PrPsP·P° PrP»CΠ PrPsCῥPsCῖP»PēC... CῖC,P°PSPsPIPēC,CH 1-2 C,P°P±P»PμC,PePē 3 CῥP°P·Pē PSP° PrPsP±Cῖ. P''PsP·Cῖ PjPsPΠPSP° ΠῖC-PrPIPēC%oCῖPIP°C,Pē PrPs 3 C,P°P±P»PμC,PsPe 3 CῥP°P·Pē PSP° PrPsP±Cῖ. PēP»CῖPSPePsPIPēPNε CῖC-Pe P·PrP°C,PSPēPNε P·PjPμPSCēCῖPIP°C,Pē PμC,,PμPeC,PēPIPSC-CῖC,CH ΠῖCῥPμΠῖP°CῥP°C,Cῖ, C,PsPjCῖ CῥPμPePsPjPμPSPPrCῖC''C,CHCῖCΠ ΠῖCῥPēPNεPjP°C,Pē C,P°P±P»PμC,PePē ΠῖC-CῖP»CΠ C—PrPē.

PλCῖCῥCῖ P»C-PeCῖPIP°PSPSCΠ PIPēP·PSP°C†P°C'' P»C-PeP°Cῥ.

*P''C-C,Pē. PκPμ CῥPμPePsPjPμPSPPrCῖC''C,CHCῖCΠ P·P°CῖC,PsCῖCῖPIP°PSPSCΠ ΠῖCῥPμΠῖP°CῥP°C,Cῖ PrC-C,CΠPj C†PμCῥPμP· PSPμPrPsCῖC,P°C,PSC-PNε PrPsCῖPIC-Pr P·P°CῖC,PsCῖCῖPIP°PSPSCΠ.*

***PμPμCῥPμPrPsP·CζPIP°PSPSCΠ.B***

P'PēΠῖP°PrPePē ΠῖPμCῥPμPrPsP·CῖPIP°PSPSCΠ PSPμPIC-PrPsPjC-.

P— PsPiP»CΠPrCῖ PSP° P·PrP°C,PSC-CῖC,CH PSPēCῥPsPe PIPēPIPsPrPēC,Pē P· PsCῥPiP°PSC-P·PjCῖ PIPμP»PēPeCῖ PeC-P»CHPeC-CῖC,CH PeP°P»C-Cῥ, P·P±C-P»CHCēPμPSPSCΠ PrPsP·Pē ΠῖCῥPμΠῖP°CῥP°C,Cῖ PjPsPΠPμ ΠῖCῥPēP·PIPμCῖC,Pē PrPs ΠῖC-ΠῖPμCῥPeP°P»C-C''PjC-C—, C,C-P»CHPePē CΠPeC%oPs C†Pμ ΠῖPsΠῖCΠP·P°PSPs P· ΠῖPsCῖC,CῥPēPj P°P±Ps PIPēCῥP°PΠPμPSPēPj ΠῖPsCῥCῖCēPμPSPSCΠPj PIPēPIPμPrPμPSPSCΠ PeP°P»C-Cῥ.

PῖPμCῥP°ΠῖPμPIC,PēC†PSPēPNε C-PSPrPμPeCῖ PjP°PiPSC-Cῥ CēPēCῥPsPePēPNε, C- ΠῖCῥPē PIC-PrCῖCῖC,PSPsCῖC,C- PSPēCῥPePsPIPsC— PSPμPrPsCῖC,P°C,PSPsCῖC,C- C,CΠPΠPeC- ΠῖPsP±C-C†PSC- PμC,,PμPeC,Pē PIPeCῥP°PNε CῥC-PrPeC-CῖPSC-.

P—ΠῖC-PrPSPs P· PSP°CῖPePsPIPēPjPē PrP°PSPēPjPē, P·P°CῖC,PsCῖCῖPIP°PSPSCΠ ΠῖCῥPμΠῖP°CῥP°C,C-PI PjP°PiPSC-Cῥ ΠῖPμCῥPsCῥP°P»CHPSPs PjPsPΠPμ PIPēPeP»PēPeP°C,Pē PSPμP·PSP°C†PSC- ΠῖPsP±C-C†PSC- PμC,,PμPeC,Pē, C,P°PeC- CΠPe PrC-P°CῥPμCΠ.

P'PμP»PēPeC- PrPsP·Pē ΠῖCῥPμΠῖP°CῥP°C,Cῖ PμP°PSP°PSPiC-PS, C,P°P±P»PμC,PePē, PIPeCῥPēC,C- ΠῖP»C-PIPePsPIPsCῥ PsP±PsP»PsPSPePsCῥ, PjPsPΠCῖC,CH

В СГРiCГПёC±PёPSPёC, Pё В P·P±C-P»CHC€PµPSPSCЦ C±P°CГC, PsC, Pё  
PIPёPiPsCГPsP¶PSPµPSCН C±PµCГPµP· PIPjC-CГC, PjP°PiPSC-CН.

PJ CГP°P·C- C€PIPёPrPePsPiPs PIPSCГC, CГC-C€PSCНPsPIPµPSPSPsPiPs PIPIPµPrPµPSPSCЦ  
PjPsP¶CГC, CH PiCГPsCЦPIPёC, PёCГCЦ CГPёPjPiC, PsPjPё  
PiC-PiPµCГPeP°P»C-C”PjC-C—/PiC-PiPµCГPjP°PiPSC-C”PjC-C—.

PŸPёPjPiC, PsPjPё PiC-PiPµCГPeP°P»C-C”PjC-C—: P·P°PiP°P»CHPSP° CГP»P°P±PeC-CГC, CH, P  
PiP°CГPµCГC, PµP·C-C—, P±CГP°PrPёPeP°CГPrC-CЦ, PiP°CГP°P»C-C±.  
PќP°PrP·PIPёC±P°PNёPSPs PIPёCГPsPeP° PePsPSC†PµPSC, CГP°C†C-CЦ PeP°P»C-CН PI  
PiP°P°P·PjC- PjPsP¶Pµ PiCГPёP·PIPµCГC, Pё PrPs CГPjPµCГC, C- PIC-Pr  
PiCГPёPiPSC-C±PµPSPSCЦ CГPµCГC†PµPIPsC— PrC-CЦP»CHPSPsCГC, C-, P°CГPёC, PjC-C—  
P°P±Ps P·CГPiPёPSPePё CГPµCГC†CЦ.

PŸPёPjPiC, PsPjPё PiC-PiPµCГPjP°PiPSC-C”PjC-C—: PSCГPrPsC, P°, P±P»CHPIP°PSPSCЦ,  
CГPsPSP»PёPIC-CГC, CH, PiC-PiPsC, PµPSP·C-CЦ, P±CГP°PrPёPeP°CГPrC-CЦ,  
CГP»P°P±PeC-CГC, CH, PSPµPIPёCГP°P·PSP° PjPsPIP°, PrPIPsC—PSPSCЦ PI PsC±P°C.... PµCГPё  
PrCГP¶Pµ PIPёCГPsPePёC... PiP»P°P·PjPsPIPёC... PePsPSC†PµPSC, CГP°C†C-CЦC... PjP°PiPSC-CН  
PjPsP¶Pµ CГPsP·PIPёPSCГC, PёCГCЦ PiC-PiPsCГPµC,, P»PµPeCГC-CЦ, PiP°CГP°P»C-C±  
PjCЦP·C-PI, P·CГPiPёPSPeP° PrPёC...P°PSPSCЦ C- P·CГPiPёPSPeP° CГPµCГC†CЦ.

PJ CГP°P·C- PiPµCГPµPrPsP·CГPIP°PSPSCЦ PSPµPsP±C...C-PrPSPs PIC-PrPjC-PSPёC, Pё K-, Mg<sup>2</sup>-  
P°CГPiP°CГC, P°C, C- CГPµPePsPjPµPSPPrCГC”, CHCГCЦ PiCГPsPIPµCГC, Pё  
CГPёPjPiC, PsPjP°C, PёC±PSPµ P»C-PeCГPIP°PSPSCЦ (PeP°P»CHC†C-CН C...P»PsCГPёPr 100  
PjPi/C...PI PIPSCГC, CГC-C€PSCНPsPIPµPSPSPs, PrC-P°P»C-P·, CЦPeC%oPs  
PSPµPsP±C...C-PrPSPs.).

***PµPsP±C-C±PSC- CГPµP°PeC†C-C—.***

P— P±PsPeCз C€P»CзPSPePsPIPs-PePёC€PePsPIPsPiPs C, CГP°PeC, Cз: PiCГPё  
P·P°CГC, PsCГCГPIP°PSPSC- PIPµP»PёPePёC... PrPsP· PiCГPµPiP°CГP°C, CГ PjPsP¶Pµ  
CГPiPsCГC, PµCГC-PiP°C, PёCГCЦ P·P±C-P»CHC€PµPSPSCЦ C±P°CГC, PsC, Pё  
PIPёPiPsCГPsP¶PSPµPSCН.

P—P° PrPµCЦPePёPjPё PrP°PSPёPjPё, PjPsP¶CГC, CH PIPёPSPёPeP°C, Pё PSCГPrPsC, P°,  
P±P»CHPIP°PSPSCЦ C- P±C-P»CH PI P¶PiPSC, C-.

***PŸPµCГPjC-PS PiCГPёPrP°C, PSPsCГC, C-.*** 5 CГPsPeC-PI.

***PJPjPsPIPё P·P±PµCГC-PiP°PSPSCЦ.B***

P—P±PµCГC-PiP°C, Pё PiCГPё C, PµPjPiPµCГP°C, CГCГC- PSPµ PIPёC%oPµ 25 °PŸ.

PµCГPµPiP°CГP°C, P·P±PµCГC-PiP°C, Pё CГ PSPµPrPsCГC, CГPiPSPsPjCГ PrP»CЦ PrC-C, PµPNё  
PjC-CГC†C-.

**PJPIP°PePsPIPeP°.**

PμPs 50 C,P°P±P»PμC,PsPe Cr PīPsP»C-PīCḡPsPīC-P»PμPSPsPIPsPjCr C„P»P°PePsPSC- P·  
PePsPSC,CḡPsP»PμPj PīPμCḡC€PsPiPs CḡPsP·PeCḡPēc,C,Cḡ, PīPs 1B C„P»P°PePsPSCr PIB B  
PeP°CḡC,PsPSPSC-PMḡB B CrPīP°PePsPIC†C-;

P°P±Ps

PīPs 20 C,P°P±P»PμC,PsPe Cr P±P»C-CḡC,PμCḡC-; 3 (20×3) P°P±Ps 5 (20×5)  
P±P»C-CḡC,PμCḡC-PI Cr PeP°CḡC,PsPSPSC-PMḡ CrPīP°PePsPIC†C-.

**PљP°C,PμPiPsCḡC-Cḡ PIC-PrPīCrCḡPeCr.** P’PμP· CḡPμC†PμPīC,P°.

**P’PēcḡPsP±PSPēPe.**

P’PhPŷ B«P”PμPrPμPsPS P C-C...C,PμCḡB».

**PњC-CḡC†PμP·PSP°C...PsPrP¶PμPSPSCḡ PIPēcḡPsP±PSPēPeP° C,P° PMḡPsPiPs  
P°PrCḡPμCḡP° PjC-CḡC†Cḡ PīCḡPsPIP°PrP¶PμPSPSCḡ PrC-CḡP»CḤPSPsCḡC,C-.**

Pќ-1103, P’CrPrP°PīPμC€C,, PICrP». P”PμPjCḡPμC—, 19-21, PJPiPsCḡC‰PēPSP°,