

$$P\alpha P^{\circ}C\bar{H}PjP^{\circ}P\epsilon P_sP\gg P_sPiC-C\bar{H}PSC-PIP\gg P^{\circ}C\bar{I}C,P\ddot{e}PIP_sC\bar{I}C,C-.$$

$$\text{PrC-PrPIP}\ddot{\text{C}}\%_{\text{Pu}}\text{PSP}^{\circ}\text{C}\ddot{\text{C}}\text{rC,P}\gg\text{P}\ddot{\text{E}}\text{PIC-Cl}\dot{\text{C}},\text{CH}\text{PrPsPrC-CHC}\ddot{\text{C}}\text{P}\ddot{\text{E}}\text{C}\dots\text{CHPuC}\ddot{\text{C}}\text{PsPIP}\ddot{\text{E}}\text{PS}^{\circ}\text{P}\ddot{\text{P}}\ddot{\text{C}}\text{Ps}$$

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-

ΠῖCῡPμΠῖP°CῡP°C,Cῖ C†C-PNε PeP°C,PμPiPsCῡC-C— ΠῖP°C†C-C''PSC,C-PI.

P—PrP°C,PSC-CῖC,CH ΠIPῖP»PēPIP°C,Pē PSP° CēPIPēPrPeC-CῖC,CH CῡPμP°PeC†C-C— ΠῖCῡPē PePμCῡCζPIP°PSPSC- P°PIC,PsC,CῡP°PSCῖPῖPsCῡC,PsPj P°P±PsB CῡPsP±PsC,C- P· C-PSCēPēPjPē PjPμC...P°PSC-P·PjP°PjPē.

PμCῡPμΠῖP°CῡP°C, PSPμ ΠIPῖP»PēPIP°C'' PSP° P·PrP°C,PSC-CῖC,CH PePμCῡCῖPIP°C,Pē C,CῡP°PSCῖPῖPsCῡC,PSPēPjPē P·P°CῖPsP±P°PjPē C,P° C-PSCēPēPjPē PjPμC...P°PSC-P·PjP°PjPē.

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

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

PλCῖCῡCῖ P»C-PeCῖPIP°PSPSCΠ ΠIPēP·PSP°C†P°C'' P»C-PeP°Cῡ.

P''C-C,Pē. PκPμ CῡPμPePsPjPμPSPPrCῖC''C,CHCῖCΠ P·P°CῖC,PsCῖCῖPIP°PSPSCΠ ΠῖCῡPμΠῖP°CῡP°C,Cῖ PrC-C,CΠPj C†PμCῡPμP· PSPμPrPsCῖC,P°C,PSC-PNε PrPsCῖPIC-Pr P·P°CῖC,PsCῖCῖPIP°PSPSCΠ.

PμPμCῡPμPrPsP·CζPIP°PSPSCΠ.B

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

P— PsPiP»CΠPrCῖ PSP° P·PrP°C,PSC-CῖC,CH PSPēCῡPsPe ΠIPēPIPsPrPēC,Pē P· PsCῡPiP°PSC-P·PjCῖ ΠIPμP»PēPeCῖ PeC-P»CHPeC-CῖC,CH PeP°P»C-Cῡ, P·P±C-P»CHCēPμPSPSCΠ PrPsP·Pē ΠῖCῡPμΠῖP°CῡP°C,Cῖ PjPsPΠPμ ΠῖCῡPēP·ΠIPμCῖC,Pē PrPs ΠC-ΠῖPμCῡPeP°P»C-C''PjC-C—, C,C-P»CHPePē CΠPeC%oPs C†Pμ ΠῖPsΠῖCΠP·P°PSPs P· ΠῖPsCῖC,CῡPēPj P°P±Ps ΠIPēCῡP°PΠPμPSPēPj ΠῖPsCῡCῖCēPμPSPSCΠPj ΠIPēΠIPμPrPμPSPSCΠ PeP°P»C-Cῡ.

PῡPμCῡP°ΠῖPμPIC,PēC†PSPēPNε C-PSPrPμPeCῖ PjP°ΠῖPSC-Cῡ CēPēCῡPsPePēPNε, C- ΠῖCῡPē PIC-PrCῖCῖC,PSPsCῖC,C- PSPēCῡPePsPIPsC— PSPμPrPsCῖC,P°C,PSPsCῖC,C- C,CΠPΠPeC- ΠῖPsP±C-C†PSC- PμC,,PμPeC,Pē ΠIPeCῡP°PNε CῡC-PrPeC-CῖPSC-.

P—ΠC-PrPSPs P· PSP°CῖPePsΠIPēPjPē PrP°PSPēPjPē, P·P°CῖC,PsCῖCῖPIP°PSPSCΠ ΠῖCῡPμΠῖP°CῡP°C,C-PI PjP°ΠῖPSC-Cῡ ΠῖPμCῡPsCῡP°P»CHPSPs PjPsPΠPμ ΠIPēPeP»PēPeP°C,Pē PSPμP·PSP°C†PSC- ΠῖPsP±C-C†PSC- PμC,,PμPeC,Pē, C,P°PeC- CΠPe PrC-P°CῡPμCΠ.

P'PμP»PēPeC- PrPsP·Pē ΠῖCῡPμΠῖP°CῡP°C,Cῖ PμP°PSP°PSPiC-PS, C,P°P±P»PμC,PePē, ΠIPeCῡPēC,C- ΠῖP»C-ΠIPePsPIPsCῡ PsP±PsP»PsPSPePsCῡ, PjPsPΠCῖC,CH

В СГРiCГPёC±PёPSPёC, Pё В P·P±C-P»CHCёPµPSPSCЦ C±P°CГC, PsC, Pё
PIPёPiPsCГPcP¶PSPµPSCH C±PµCГPµP· PIPjC-CГC, PjP°PiPSC-CГ.

PJ CГP°P·C- CёPIPёPrPePsPiPs PIPSCГC, CГC-CёPSCHbPsPIPµPSPSPsPiPs 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»CHbPSP° CГP»P°P±PeC-CГC, CHb,
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-CГ PI
PiP°P°P·PjC- PjPsP¶Pµ PiCГPёP·PIPµCГC, Pё PrPs CГPjPµCГC, C- PIC-Pr
PiCГPёPiPSC-C±PµPSPSCЦ CГPµCГC†PµPIPc— PrC-CЦP»CHbPSPcГC, C-, P°CГPёC, PjC-C—
P°P±Ps P·CГPiPёPSPePё CГPµCГC†CЦ.

PŸPёPjPiC, PsPjPё PiC-PiPµCГPjP°PiPSC-C”PjC-C—: PSCГPrPsC, P°, P±P»CHbPIP°PSPSCЦ,
CГPsPSP»PёPIC-CГC, CHb, PiC-PiPsC, PµPSP·C-CЦ, P±CГP°PrPёPeP°CГPrC-CЦ,
CГP»P°P±PeC-CГC, CHb, 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-CГ
PjPsP¶Pµ CГPsP·PIPёPSCГC, PёCГCЦ PiC-PiPsCГPµC,, P»PµPeCГC-CЦ, PiP°CГP°P»C-C±
Pj'CЦP·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-, Mg²-
P°CГPiP°CГC, P°C, C- CГPµPePsPjPµPSPPrCГC”C, CHbCГCЦ PiCГPsPIPµCГC, Pё
CГPёPjPiC, PsPjP°C, PёC±PSPµ P»C-PeCГPIP°PSPSCЦ (PeP°P»CHbC†C-CГ C...P»PsCГPёPr 100
PjPi/C...PI PIPSCГC, CГC-CёPSCHbPsPIPµPSPSPs, PrC-P°P»C-P·, CЦPeC%oPs
PSPµPsP±C...C-PrPSPs.).

PµPsP±C-C±PSC- CГPµP°PeC†C-C—.

P— P±PsPeCз CёP»CзPSPePsPIPs-PePёCёPePsPIPsPiPs 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»CHCёPµPSPSCЦ C±P°CГC, PsC, Pё
PIPёPiPsCГPcP¶PSPµPSCH.

P—P° PrPµCЦPePёPjPё PrP°PSPёPjPё, PjPsP¶CГC, CHb PIPёPSPёPeP°C, Pё PSCГPrPsC, P°,
P±P»CHbPIP°PSPSCЦ C- P±C-P»CHb PI P¶PёPIPsC, 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-.

PJPI°PePsPIPe°.

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’PḡPŷ 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°,