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the most important groups of grain producing sorghums are kafir and milo the grain sorghums are of comparatively recent introduction they are now extensively grown in the southern half of the great plains area sorghum grain is feed for stock and food for man it also may be used in making alcohol the grain has about 90 percent of the feeding value of corn it is a profitable feed therefore when the price is not more than 90 percent of the price of corn where the yield is 10 per cent more than the yield of corn grain sorghums are as profitable crops to grow as corn sorghum grain is relished by all stock and poultry and if of good quality is readily eaten for human food the meal can be used in every way that corn meal is used and the grain may be popped like pop corn the thrashed grain should be thoroughly dry and as clean as possible before it is stored in bins broken kernels and dirt pack so closely that they exclude the air and so increase the danger of spoiling bins for sorghum grain should be equipped with simple and easily made ventilators the acreage of grain sorghum is increasing steadily more of the grain should be used in the section where it is grown p 2

designed to educate individuals loss prevention associates businesses and consultants on the many faces of fraud in today s technologically advanced society this book presents tips advice and recommendations for fraud awareness protection and prevention it covers employee theft organizational fraud consumer fraud identity theft ponzi and pyramid schemes and cyber crime fraud it also examines how some fraud typologies can overlap and co mingle and the best ways to make an organization s or individual s financial assets a harder target for fraud and victimization

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this book examines the evolution of legal institutions in containing and tackling fraudulent activities plaguing payment systems payment fraud e g forged cheques wrongful payment instructions etc in asia focusing on laws in greater china and singapore in the past century the payment system has invited much innovation changing the modes of payments from exchanging cash and coins to the use of cards wire transfers and other new types of payment instruments or services e g bitcoins or qr code payments as the nature of payment services is to move money from one place to another it naturally attracts fraudsters even with advanced computer technology payment fraud is still rampant in the market causing billions of dollars in losses globally per annum through an examination of payment instruments and associated

frauds over time the book illustrates a shifting trend of legal solutions from criminal sanctions and civil compensation to a gradual focus on regulations of payment intermediaries this trend reflects the complexity of payment systems and the challenge of protecting them the book also identifies the underlying actors and institutional characteristics driving the evolution of legal institutions to deal with payment fraud and illustrates how the arrival of new technology may affect the market and thus the evolution of legal institutions the book will help readers to better understand the interaction between technology the market and law and help regulators financial institutions practitioners and end users as well as about payment fraud and corresponding legal responses

the second edition of the bestselling measurement instrumentation and sensors handbook brings together all aspects of the design and implementation of measurement instrumentation and sensors reflecting the current state of the art it describes the use of instruments and techniques for performing practical measurements in engineering physics chemistry and the life sciences and discusses processing systems automatic data acquisition reduction and analysis operation characteristics accuracy errors calibrations and the incorporation of standards for control purposes organized according to measurement problem the electromagnetic optical radiation chemical and biomedical measurement volume of the second edition contains contributions from field experts new chapters and updates to all 98 existing chapters covers sensors and sensor technology time and frequency signal processing displays and recorders and optical medical biomedical health environmental electrical electromagnetic and chemical variables a concise and useful reference for engineers scientists academic faculty students designers managers and industry professionals involved in instrumentation and measurement research and development measurement instrumentation

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personal data is increasingly being exchanged and stored by electronic means making businesses organizations and individuals more vulnerable than ever to identity theft and fraud this book provides a practical and accessible guide to identity theft and fraud using a risk management approach it outlines various strategies that can be easily implemented to help prevent identity theft and fraud it addresses technical issues in a clear and uncomplicated way to help decision makers at all levels understand the steps their businesses and organizations can take to mitigate identity theft and fraud risks and it highlights the risks individuals face in this digital age this book can help anyone businesses and organizations of all sizes as well as individuals develop an identity theft and fraud prevention strategy that will reduce their risk and protect their identity assets to date little has been written on identity theft and fraud with a canadian audience in mind this book fills that gap helping canadians minimize their identity theft and fraud risks

this multiple volume publications exhibits the most up to date collection of research results and recent discoveries in the transfer of knowledge access across the globe provided by publisher

this book discusses the trips agreement the madrid protocol and other international conventions and compares the basic principles of u s law with asian european law

the goals of this book are to provide a comprehensive review of identity policies as they are being implemented in various countries around the world to consider the key arenas where identity policies are developed and to provide intellectual coherence for making sense of these various activities

offering compelling practical and legal reasons why de identification should be one of the main approaches to protecting patients privacy the guide to the de identification of personal health information outlines a proven risk based methodology for the de identification of sensitive health information it situates and contextualizes this risk ba

competitive advantage in banking comes from effective use of technology the handbook of banking technology provides a blueprint for the future of banking with deep insight into the technologies at the heart of the industry the rapid evolution of it brings continual change and demand for investment yet keeping pace with these changes has become an essential part of doing business this book describes how banks can harness the power of current and upcoming technology to add business value and gain a competitive advantage you ll learn how banks are using technology to drive business today and which emerging trends are likely to drive the evolution of banking over the next decade regulation is playing an ever increasing role in banking and the impact of regulatory change on technology and the management of it are discussed while mandatory changes put pressure on many of our high street banking brands their ability to adapt and utilise technology will have a fundamental impact on their success in the rapidly changing marketplace technology costs can amount to 15 per cent or more of operational costs and bank leaders need to be able to make informed decisions about technology investments in light of the potential benefits

this book explores the depth and breadth of banking technology to help decision makers stay up to date and drive better business assess your current technology against the new banking paradigms procure the systems needed to protect the bottom line implement newer technology more efficiently and effectively ensure compliance and drive value with appropriate technology management technological change is driven by mass adoption of new channels innovation from new entrants and by banks themselves as a means of increasing revenue and reducing costs the handbook of banking technology offers a comprehensive look at the role of technology in banking and the impact it will have in the coming years

with debt and the cost of living rising astronomically generation debt offers the personal financial advice that every young adult must have to live a more secure life there is a growing financial epidemic young adults are taking on more student loan and consumer debt than ever before but finding it harder to pay it off with tuition and living expenses rising every year and the average college student graduating with over 18 000 in debt many are trapped and can t find a way out now this definitive book offers the financial advice necessary to help readers navigate their way toward a debt free future informative timely and entertaining generation debt teaches readers how to get a grip set goals and make financial plans by identifying needs vs wants employ the b word budget to lower bills master loans with payback options and consolidation strategies learn good debt vs bad debt and be smarter with credit cards understand interest rates and fees and shop for the best rates and services take advantage of employee savings plans stocks bonds and mutual funds and much more

ajax the popular term for asynchronous javascript and xml is one of the most important combinations of technologies for web developers to

know these days with its rich grouping of technologies ajax developers can create interactive web applications with xml based web services using javascript in the browser to process the web server response taking complete advantage of ajax however requires something more than your typical how to book what it calls for is ajax hacks from o reilly this valuable guide provides direct hands on solutions that take the mystery out of ajax s many capabilities each hack represents a clever way to accomplish a specific task saving you countless hours of searching for the right answer a smart collection of 80 insider tips and tricks ajax hacks covers all of the technology s finer points want to build next generation web applications today this book can show you how among the multitude of topics addressed it shows you techniques for using ajax with google maps and yahoo maps displaying weather com data scraping stock quotes fetching postal codes building web forms with auto complete functionality ajax hacks also features a number of advanced hacks for accelerated web developers discover how to create huge maintainable bookmarklets how to use client side storage for ajax applications and how to call a built in java object from javascript using ajax the book even addresses best practices for testing ajax applications and improving maintenance performance and reliability for javascript code the latest in o reilly s celebrated hacks series ajax hacks smartly complements other o reilly titles such as head rush ajax and javascript the definitive guide

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When Tragedy Strikes: Understanding Marathon-Related Deaths

Marathon running, a feat of incredible endurance and human spirit, unfortunately carries a risk of serious complications, even death. While statistically rare, the sudden death of a marathon runner is a sobering reminder of the physical demands placed on the body during such intense exertion. Understanding the contributing factors, preventative measures, and appropriate responses is crucial for both participants and organizers. This article aims to address common questions and concerns surrounding marathon-related fatalities, providing insights into potential causes and strategies for minimizing risk.

I. Understanding the Contributing Factors

Marathon-related deaths are rarely caused by a single, isolated factor. Instead, they often result from a complex interplay of predisposing conditions, environmental factors, and the intense physiological stress of the race itself. A. Pre-existing Cardiac Conditions: The most common cause is undiagnosed or poorly managed cardiovascular disease. Conditions like hypertrophic cardiomyopathy (HCM), coronary

artery disease (CAD), and congenital heart defects can significantly increase the risk of sudden cardiac arrest during strenuous activity. These conditions may not present obvious symptoms before the race, making early detection challenging. B. Dehydration and Electrolyte Imbalances: Prolonged exertion leads to significant fluid and electrolyte loss through sweat. Severe dehydration can cause electrolyte imbalances, leading to cardiac arrhythmias, muscle cramps, and heat stroke – all of which can be life-threatening. Inadequate hydration strategies and ignoring early warning signs contribute significantly to these risks. Example: A runner neglecting to drink water throughout the race, experiencing increasingly severe muscle cramps, and ultimately collapsing due to a heat stroke. C. Heatstroke: High ambient temperatures and humidity create a significant challenge for runners, exacerbating dehydration and increasing the risk of heatstroke. Heatstroke is a serious medical emergency characterized by a dangerously high body temperature, confusion, and potential organ damage. D. Other Factors: Less common factors include respiratory issues (asthma exacerbation), underlying kidney disease, and even rare genetic predispositions. Drug interactions or the use of performance-enhancing substances can also contribute to increased risk.

II. Prevention and Risk Mitigation

Minimizing the risk of marathon-related deaths requires a multi-pronged approach encompassing individual responsibility, medical screening, and race organization protocols. A. Comprehensive Medical Evaluation: Before undertaking marathon training, runners should undergo a thorough medical examination, including an electrocardiogram (ECG) and potentially other relevant tests, to identify any pre-

existing cardiovascular conditions. This is particularly crucial for individuals with a family history of heart disease or those experiencing unusual symptoms during exercise. B. Gradual Training and Proper Hydration: A well-structured training plan that gradually increases intensity and distance is essential. Runners should prioritize proper hydration throughout training and the race itself, consuming fluids and electrolytes regularly. Learning to recognize signs of dehydration (e.g., dizziness, muscle cramps) and responding appropriately is crucial. C. Race Organization Responsibilities: Race organizers play a vital role in mitigating risk. This includes providing adequate hydration stations along the course, having readily available medical personnel (paramedics, EMTs) positioned throughout the route, and establishing clear communication channels for reporting emergencies. Implementing strict temperature monitoring and potentially postponing or cancelling races under extreme heat conditions are critical preventative measures. D. Recognizing Warning Signs: Runners should be educated on recognizing potential warning signs in themselves and others, including chest pain, shortness of breath, dizziness, severe muscle cramps, and confusion. Promptly seeking medical attention upon experiencing any of these symptoms is paramount.

III. Responding to an Emergency

Effective response to a medical emergency during a marathon is critical for improving survival rates. A. Immediate Action: If a runner collapses, immediately call emergency medical services (EMS). Begin CPR if the runner is unresponsive and not breathing. Early intervention is crucial in increasing the chances of survival. B. Bystander Involvement: Bystanders can play a crucial role by providing

assistance until EMS arrives. This may include basic first aid, such as maintaining the airway, monitoring vital signs, and providing shade in the case of heatstroke. Knowing basic life support skills is highly beneficial. C. Post-Incident Investigation: Following a marathon-related death, a thorough investigation is typically conducted to identify contributing factors and learn from the event. This often involves reviewing medical history, race conditions, and post-mortem examination results.

IV. Conclusion

Marathon running presents a unique set of challenges to the human body. While the risk of death is statistically low, understanding the contributing factors and implementing preventative measures is crucial for ensuring the safety of participants. A collaborative effort between runners, medical professionals, and race organizers is essential for reducing the likelihood of tragedy and ensuring a safe and enjoyable experience for all.

FAQs:

1. Can a person with a heart condition ever run a marathon? It depends entirely on the specific condition and its severity. Some individuals with well-managed heart conditions may be cleared to participate after undergoing rigorous medical evaluation and with careful monitoring.

However, many heart conditions preclude participation. 2. What are the key signs of heatstroke? Signs include high body temperature (over 104°F), confusion, dizziness, seizures, rapid pulse, and loss of consciousness. 3. How much water should I drink during a marathon? Hydration needs vary greatly based on individual factors like sweat rate and climate. It's crucial to practice hydration strategies during training to determine your individual requirements. 4. What is the role of electrolytes in marathon running? Electrolytes, such as sodium and potassium, are essential for muscle function and fluid balance. Loss of electrolytes through sweat can lead to cramps and other complications. Replenishing electrolytes is vital during prolonged exertion. 5. What should I do if I see a runner collapse during a race? Immediately call for emergency medical services. If you are trained in CPR, administer CPR if needed. Stay with the runner and provide any assistance you can until medical help arrives.

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