

插畫?!

有得慳!



本週
激減



你間 7-ELEVEN 係邊?

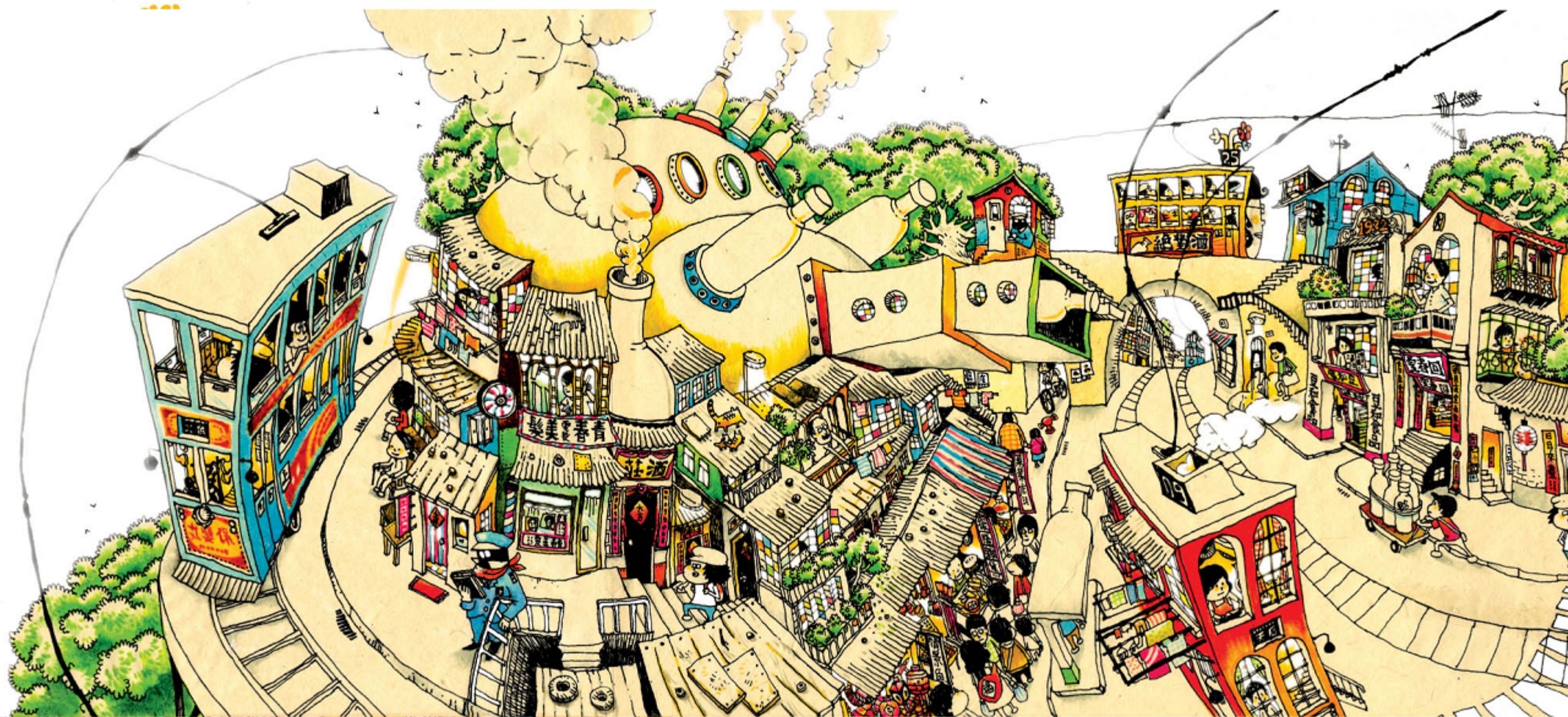
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Stella So





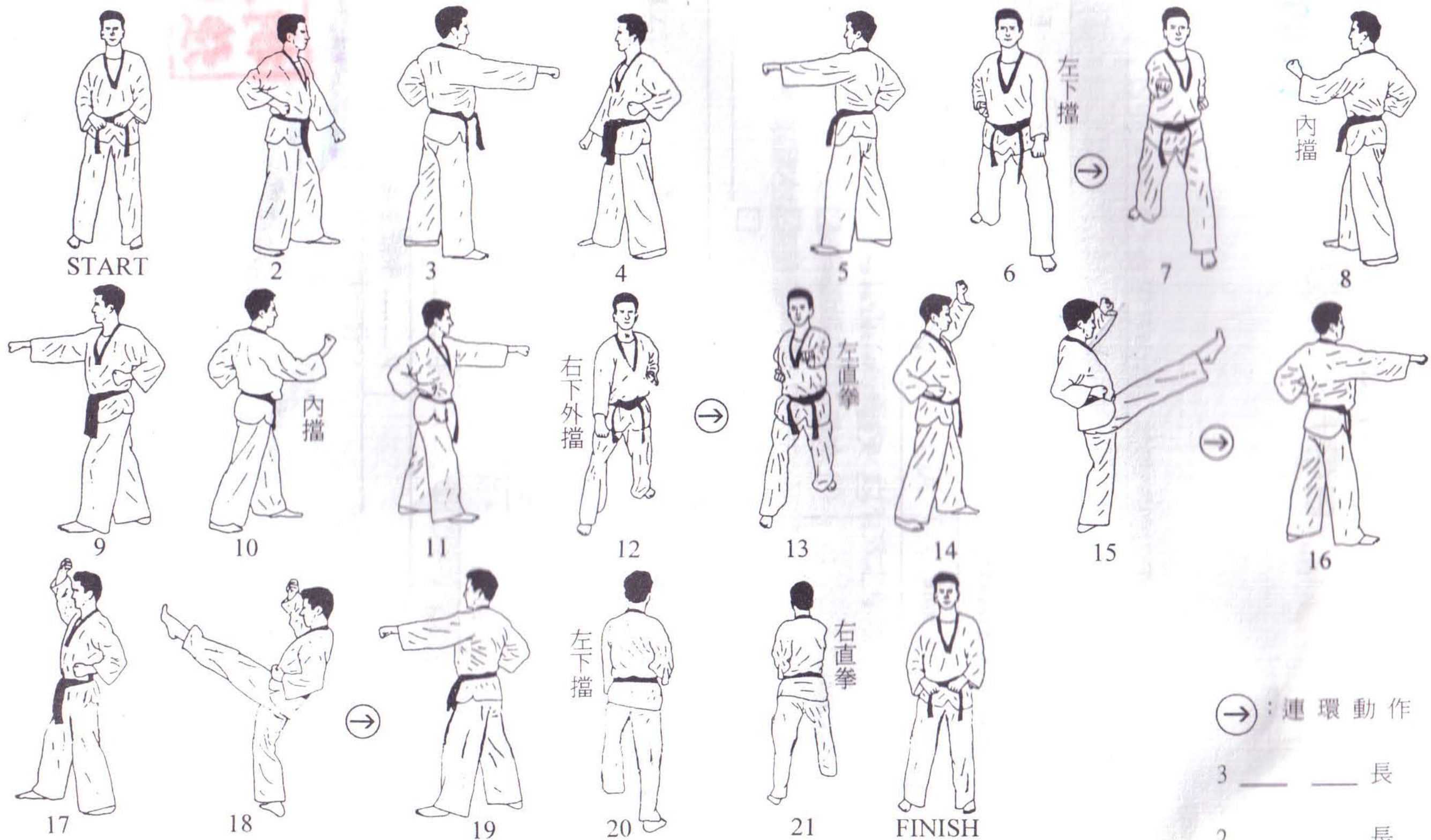






BASIC TAEGEUKS FOR PRACTICE

Taegeuk 1 太極一型



3 ——— 長

2 ——— 長

1 ——— 短

插畫Illustration又稱插圖

- 可以將文字內容或思想以視覺的方式呈現
- 多數有文字的敘說性
- 大多有特定對象和目的

內容

- 時事
- 政治
- 商業產品
- 書籍, 封面
- 生活品味
- 旅遊, 時裝
- ...

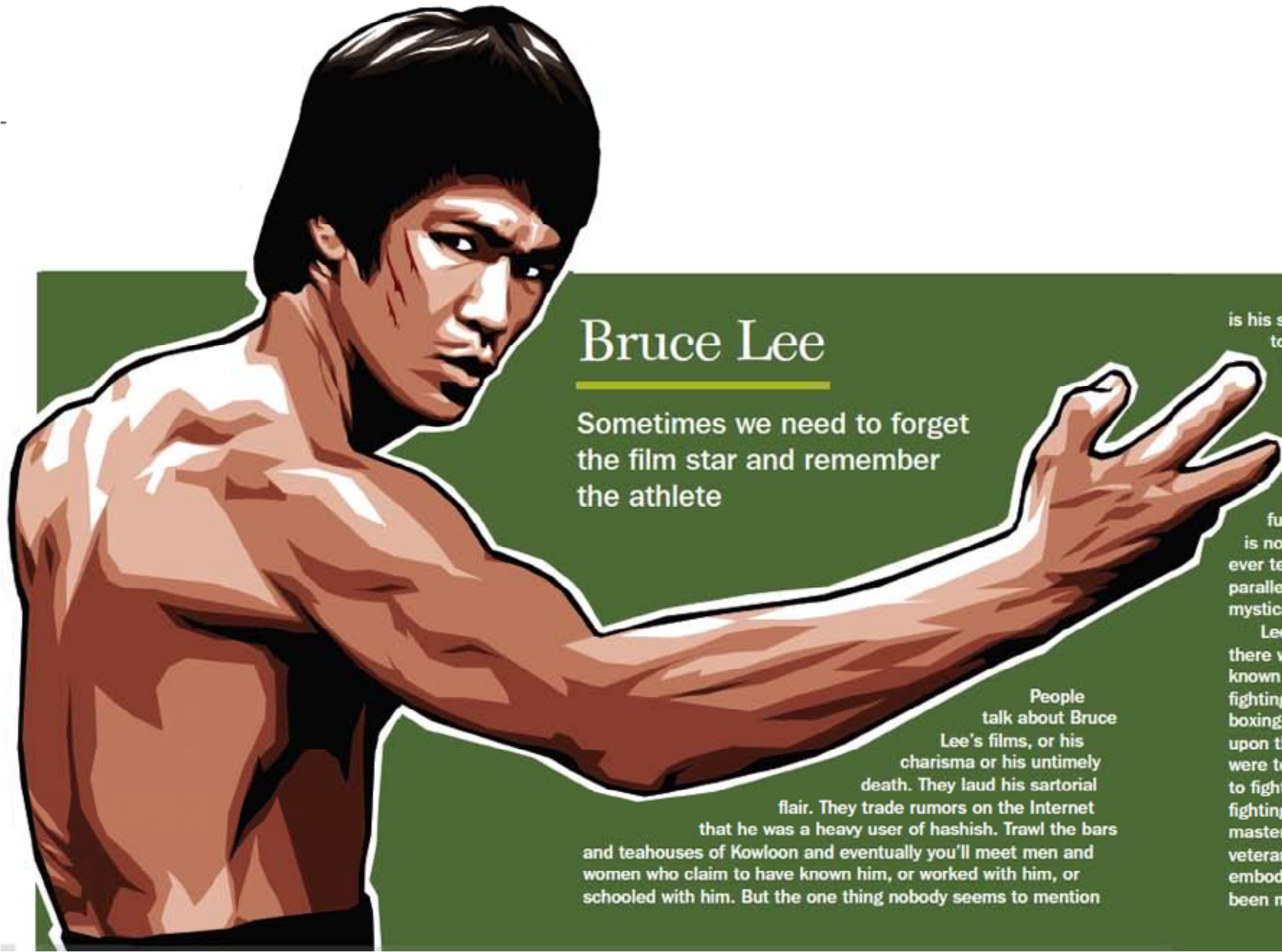
類型

- 漫畫, 敘事
- 卡通
- 人像
- 概念
- 指示
- 環境
- ...

媒介

- 針筆
- 水彩
- 拼貼
- 印刷
- 相片
- 混合
- ...

考考你



Bruce Lee

Sometimes we need to forget the film star and remember the athlete

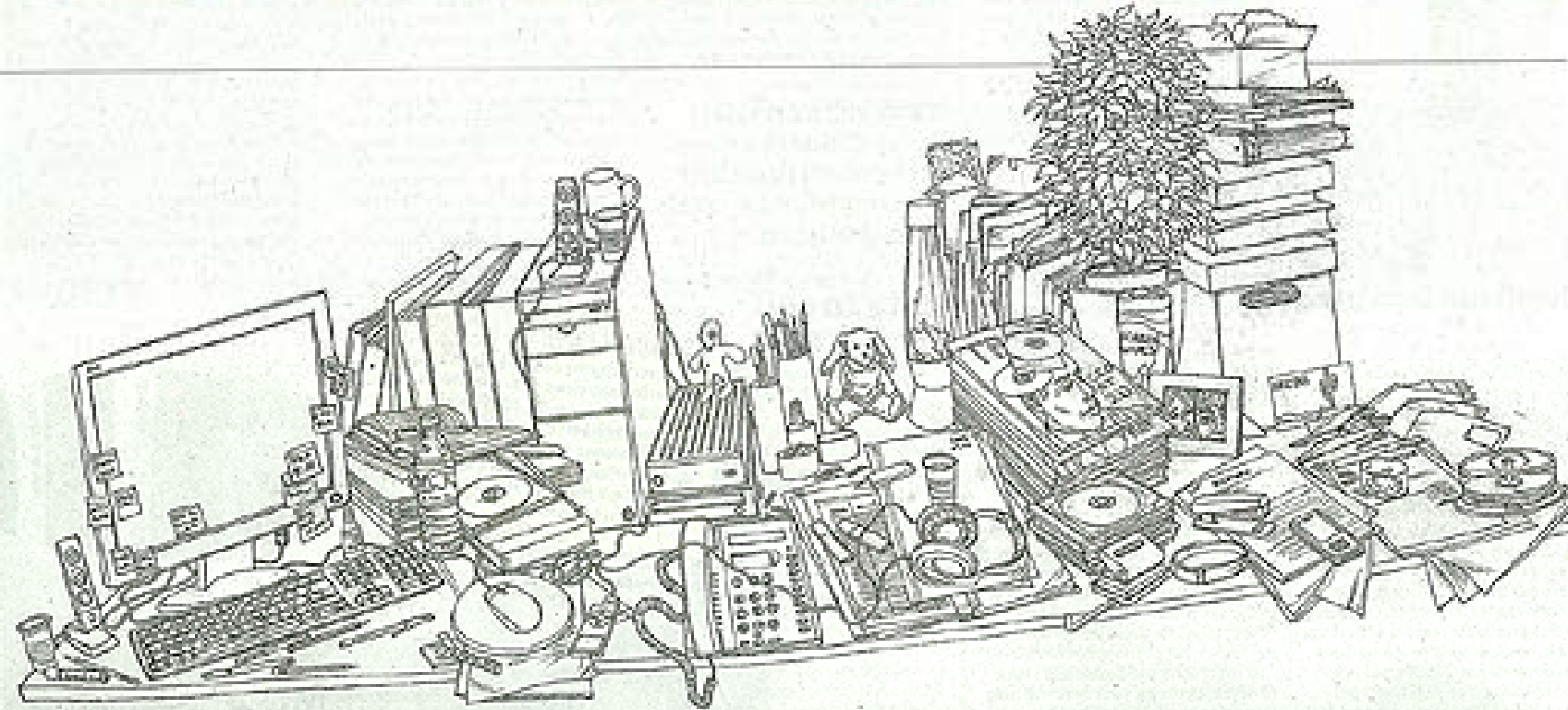
People talk about Bruce Lee's films, or his charisma or his untimely death. They laud his sartorial flair. They trade rumors on the Internet that he was a heavy user of hashish. Trawl the bars and teahouses of Kowloon and eventually you'll meet men and women who claim to have known him, or worked with him, or schooled with him. But the one thing nobody seems to mention

is his sheer athleticism. Like Muhammad Ali, Lee defied attempts to separate his dazzling public persona from his sporting brilliance. But he had considerably less time to devote to his sport than the great boxer did. Lee had movies to make, scripts to consider, starlets to flirt with and producers to call.

Had Lee not become a movie star, however, he would still have been a legend. It's just that his celebrity would have been confined to the world of kung fu, which then, as now, is largely hidden from public view. Kung fu is not an Olympic sport and kung fu tournaments are hardly ever televised. Instead, kung fu seems to inhabit an exotic parallel universe of flying monks, tattooed toughs and almost mystical feats of endurance.

Lee sprung from this cultish world—and having mastered all that there was to master went on to invent his own version of kung fu known as *jeet kune do* (way of the intercepting fist). This style of fighting drew on several martial arts traditions—even Western boxing—and outraged purists. But Lee didn't care. He danced upon the parapets of orthodoxy, laughing at those below who were too slow to share his vision of a multi-disciplinary approach to fighting. Today, of course, multi-disciplinary (or "extreme") fighting—in which *capoeira* champion is pitted against *muay thai* master, and judo exponent goes head to head against karate veteran—is martial arts' hottest ticket. Lee's own fighting embodied this spirit almost 40 years ago. Has any athlete ever been more ahead of his game? —By Liam Fitzpatrick

work



Clear thinking

The useless objects that gather dust next to your PC aren't just restricting your space, they're cramping your style. Theo Theobald explains how to detox your desk

To combine a couple of clichés, the great thing about seeing the wood for the trees is that you'll avoid treading in the stuff that bears are famous for depositing there. So it is with your desk – clear the clutter and you circumvent the trap.

Offices up and down the land are populated by a spectrum of workers from the "mildly messy" to the "terminally untidy". Cluttered desks drag us down, sap our energy and reduce our efficiency.

Of course, you may be part of that

school of thought which says a messy desk is the sign of a creative mind, but this is cloudy thinking. The truth is that many workers have abdicated responsibility for any degree of control over their lives. The reasons are many – fear of redundancy, the norms of organisational culture, a desire for peer recognition – but the result is the same: we've given up the option of making choices about our lives. Mention work-life balance in most offices now and you'll just get laughed at.

Your desk is at the heart of this. For many, it has become a metaphor for their whole working persona: badly

organised, over-burdened, with no sense of order. At the same time it acts as both a badge of honour (look how busy I am!) and a shield to hide behind.

So it's hardly surprising that tidiness of desk and mind is anything but fashionable. Mess covers up for our self-sabotage – the series of actions we take on a daily basis, which stop us from finishing on time, leave us permanently short of our targets and keep our objectives, frustratingly, just out of reach. When there's clutter, there's always something to take cover behind. Close the doors (and desks) and suddenly you're exposed.

Detoxing your desk is about more than a spit and polish, it's a different way of thinking about your working life.

Detoxing your desk is not about huge changes that, in a matter of weeks, will make you unrecognisable to your friends and family. Our detox programme is about small, daily changes over a 10-day period, followed by ongoing "farming" as a method for sustaining your progress. You only need to detox once (though reminding yourself about it will help). Then, with regular maintenance, you can keep yourself in that state for ever after.

Begin by giving yourself a bench-

mark against other people, not so you can pretend you're better than the average, but so you get a feel for what needs to be done. In our research we asked people what was on their desk. Here are the most common response

- Computer
- Files and folders
- Stationery (pens, pencils, staplers, paperclips, desk tidy, scissors, highlighters, etc)
- Trade magazines
- Research documents
- Reports
- Invoices
- Orders

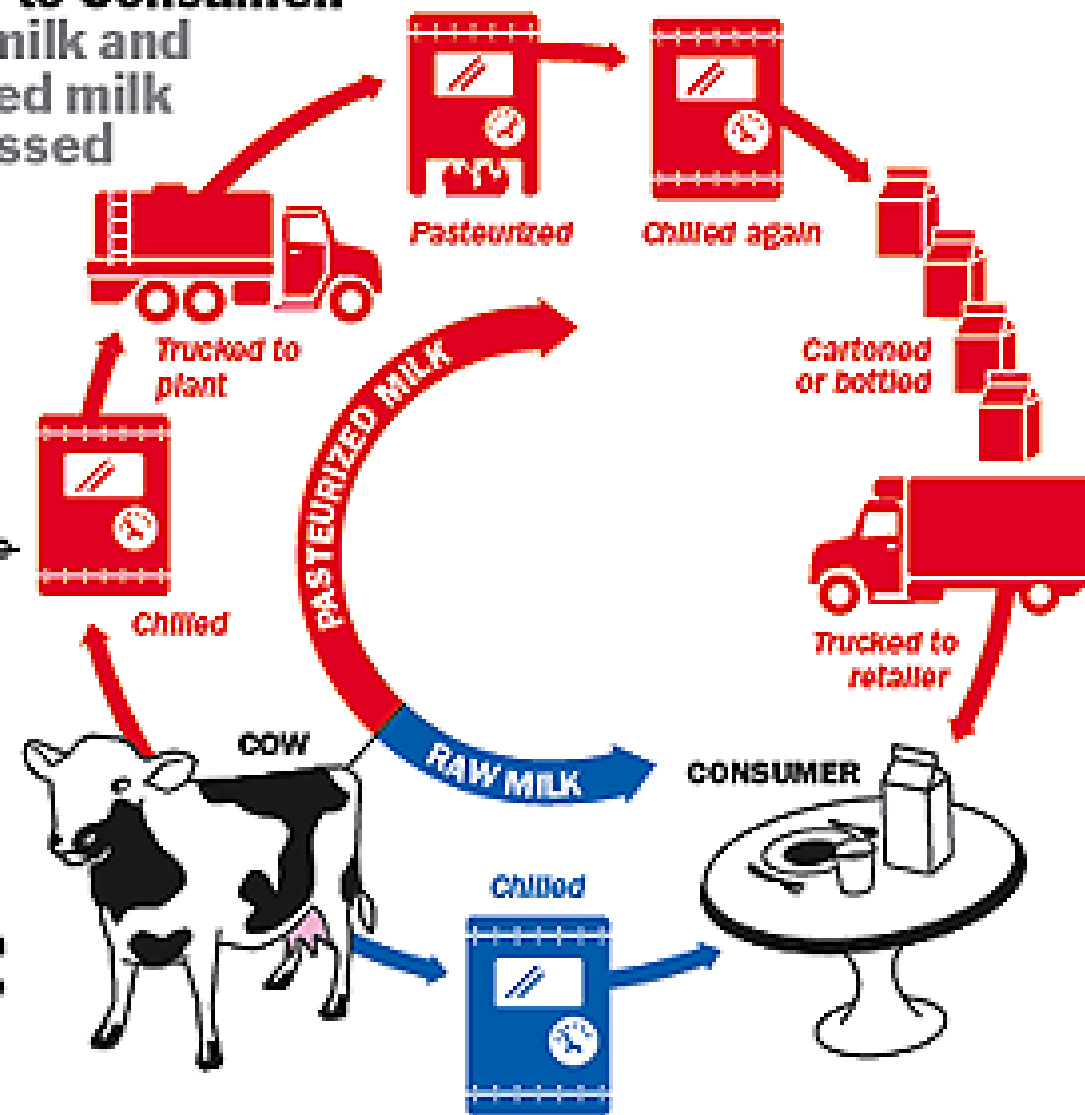


From Cow to Consumer.

How raw milk and pasteurized milk are processed

Pasteurization was introduced in the 1900s; this heating process kills potential disease-causing bugs and extends the shelf life of milk

Because the milk is never treated, the safety of **raw milk** depends on the health of the cow and the cleanliness of the dairy



Four Things You Need to Know About Raw Milk

How does it taste?

Fans say it tastes creamier than the pasteurized variety. They also believe it contains beneficial bacteria that strengthen the immune system and release enzymes like lactase, which helps in digesting the milk.

Can I buy raw milk at the store?

In the U.S., yes—in six states. In the others, officials say only pasteurized milk is safe enough for retail sale. However, you can buy cheese made from raw milk if it's been aged for 60 days.

Can I get raw milk delivered to me?

Yes, if it's labeled *pet food*. The *FDA bans the interstate sale of raw milk for human consumption but allows shipments for animal use—though this loophole may soon close.*

Bottom line: Is raw milk safe to drink?

Not entirely, according to health officials, who say bacterial contamination in raw milk has caused twice as many disease outbreaks as pasteurized milk.

For more on raw vs. pasteurized milk, go to www.cfsan.fda.gov/~dms/rawmilkqa.html



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/ ciência e saúde / **biologia**

13/08/08 - 05h00 - Atualizado em 13/08/08 - 05h00

Ingerir vitamina B não afasta os mosquitos, revelam estudos

Pesquisas, que incluíram ensaios no Brasil, derrubam mito de 'alimentação repelente'.

Variação na quantidade de picadas tem a ver com 'atratividade' de cada pessoa.

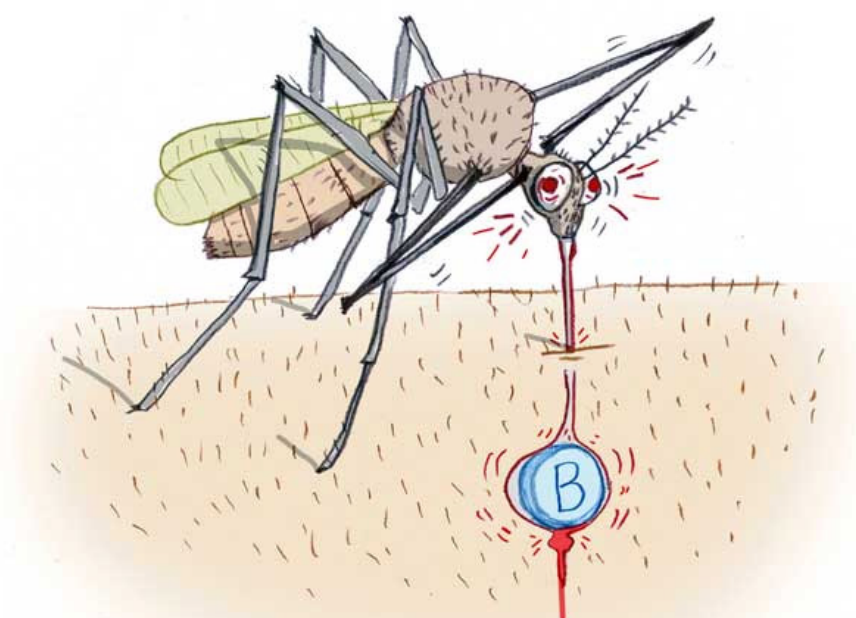
Anahad O'Connor
Do 'New York Times'

Tamanho da letra
A- A+

A AFIRMAÇÃO: A vitamina B afasta os mosquitos.

OS FATOS: Os mosquitos são mais atraídos por algumas pessoas do que por outras; isso já é sabido a partir de vários estudos.

Mas a internet está cheia de anúncios de pílulas e suplementos que, teoricamente, afastariam esses insetos dos imãs de mosquitos ambulantes. Um argumento generalizado é que, ao tomar vitamina B, ou usar adesivos ou outros produtos que contêm a vitamina, você consiga ficar livre dos insetos. Estudos realizados nos anos de 1960 sugerem que ingerir pequenas doses do suplemento três vezes ao dia durante a estação em que os mosquitos mais atacam ajuda a produzir um odor na pele que repele esses insetos.



Só na ficção as vitaminas conseguem barrar os insetos (Foto: Leif Parsons/NYT)

No entanto, estudos mais recentes demonstraram que a afirmação, na verdade, não passa de um mito. Em um estudo publicado em 2005 na revista científica "Journal of the American Mosquito Control Association", cientistas fizeram que com um grupo de pessoas tomasse suplementos de vitamina B diariamente durante oito semanas, enquanto outro grupo tomava vitamina C e um terceiro grupo não tomava nenhum suplemento. Uma vez a cada 15 dias, os cientistas usaram enxames de mosquitos para analisar se os suplementos tiveram algum efeito. Apesar de cada pessoa atrair os mosquitos em graus muito diferentes, no geral não houve nenhuma evidência de que a vitamina B ajudou a afastar os insetos.

Outro estudo, realizado por cientistas no Brasil, administrou gotículas de vitamina B a animais e os expôs a mosquitos fêmeas (os únicos que picam). Os estudiosos não encontraram nenhuma diferença no grau de atratividade entre o grupo com vitamina B e o grupo controle.

O VEREDICTO: Estudos sugerem que a vitamina B não é um repelente eficiente de mosquitos.

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DOM, 21/3/2010

11h42 | rio de janeiro

Operação Choque de Ordem
apreende caminhão de cocos em Copacabana

11h35 | mundo

Vida em assentamento judeu tem
convivência diária com palestinos

11h35 | mundo

Assentamentos voltam ao centro
do conflito entre Israel e palestinos

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Democratas dizem
já ter votos para
aprovar reforma

Brasileiro relata
como é a vida em assentamento
judeu

Veja outros crimes que, como o de
Isabella, abalaram SP

Como incluir investimentos na
declaração

Corpos de casal são encontrados
em apartamento no Centro do Rio

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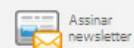
Enviar para amigo



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Assinar newsletter



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26/06/08 - 15h54 - Atualizado em 26/06/08 - 15h54

Listerine também pode ser usado para repelir insetos, mas por pouco tempo

Óleo derivado de eucalipto na fórmula do higienizante bucal ajuda a afugentar mosquitos.

No entanto, presença de álcool e água na fórmula faz com que seu efeito não perdure.

Anahad O'Connor
Do 'New York Times'

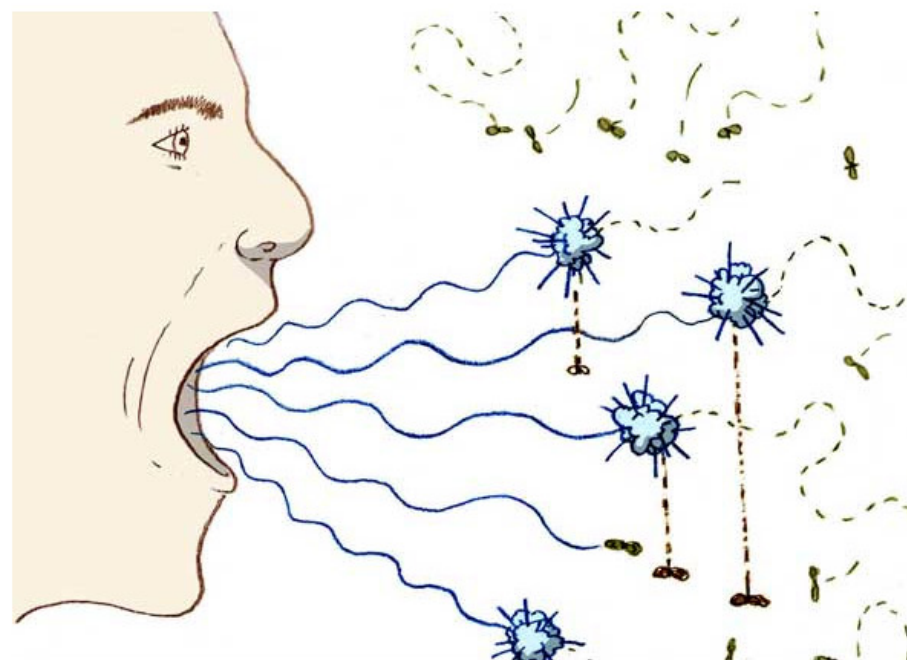
Tamanho da
letra A- A+

A alegação:

Listerine pode evitar um enxame de mosquitos.

Os fatos

O Listerine pode ter seu lugar no armário de remédios mas, para pessoas que adoram atividades ao ar livre e não abrem mão do conforto, ele oferece uma segunda utilidade.



Concentração dos agentes repelentes é alta demais (Foto: Leif Parsons/NYT)

Coloque um pouco de Listerine em uma garrafa com spray e borrife no ar no próximo churrasco, e pronto — você tem repelente barato e com cheiro agradável. Um ingrediente básico do Listerine e muitos outros antissépticos bucais é o eucaliptol, um óleo natural que é também ingrediente ativo em repelentes botânicos. Segundo o Centro de Controle e Prevenção de Doenças, o óleo de eucalipto é um dos mais eficientes repelentes contra mosquitos, juntamente com o DEET e a picaridina.

Muitos estudos, incluindo um da Escola de Higiene e Medicina Tropical de Londres, descobriram que repelentes a base de eucalipto podem ser extremamente eficazes e não-tóxicos para humanos. Mas eles muitas vezes contêm o composto em concentrações de até 75%, enquanto nos anti-sépticos a concentração fica geralmente abaixo de 1%. Antissépticos também contêm água e álcool, portanto tendem a evaporar rapidamente. Repelentes comerciais, por outro lado, são desenvolvidos para durar por horas.

A conclusão:

O Listerine pode desencorajar o zumbido dos mosquitos — mas não por muito tempo.

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energia foi normalizado no
Riachuelo

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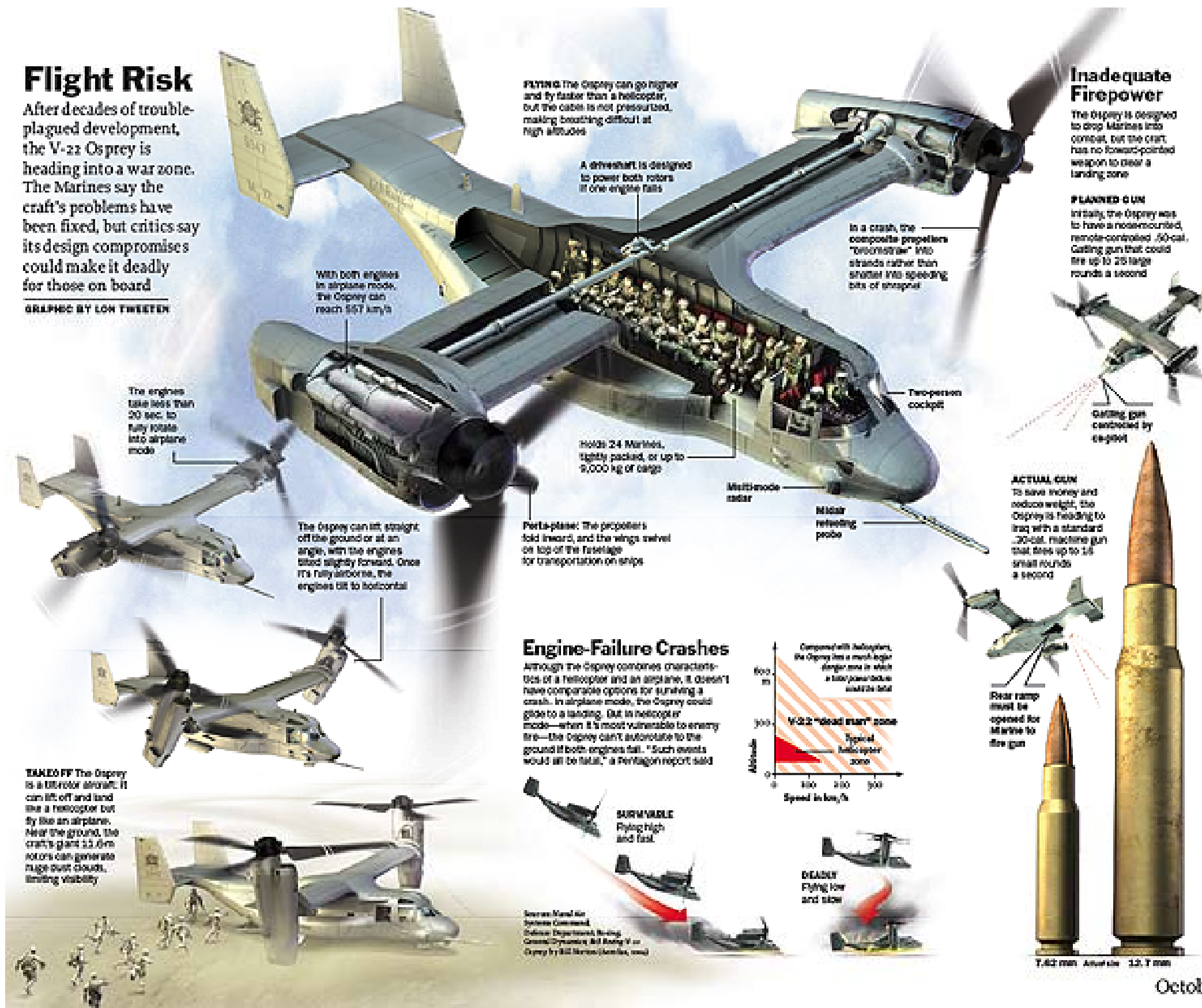
Fale Conosco

您們閱讀的習慣是怎樣的？

Flight Risk

After decades of trouble-plagued development, the V-22 Osprey is heading into a war zone. The Marines say the craft's problems have been fixed, but critics say its design compromises could make it deadly for those on board.

GRAPHIC BY LON FREESTEN



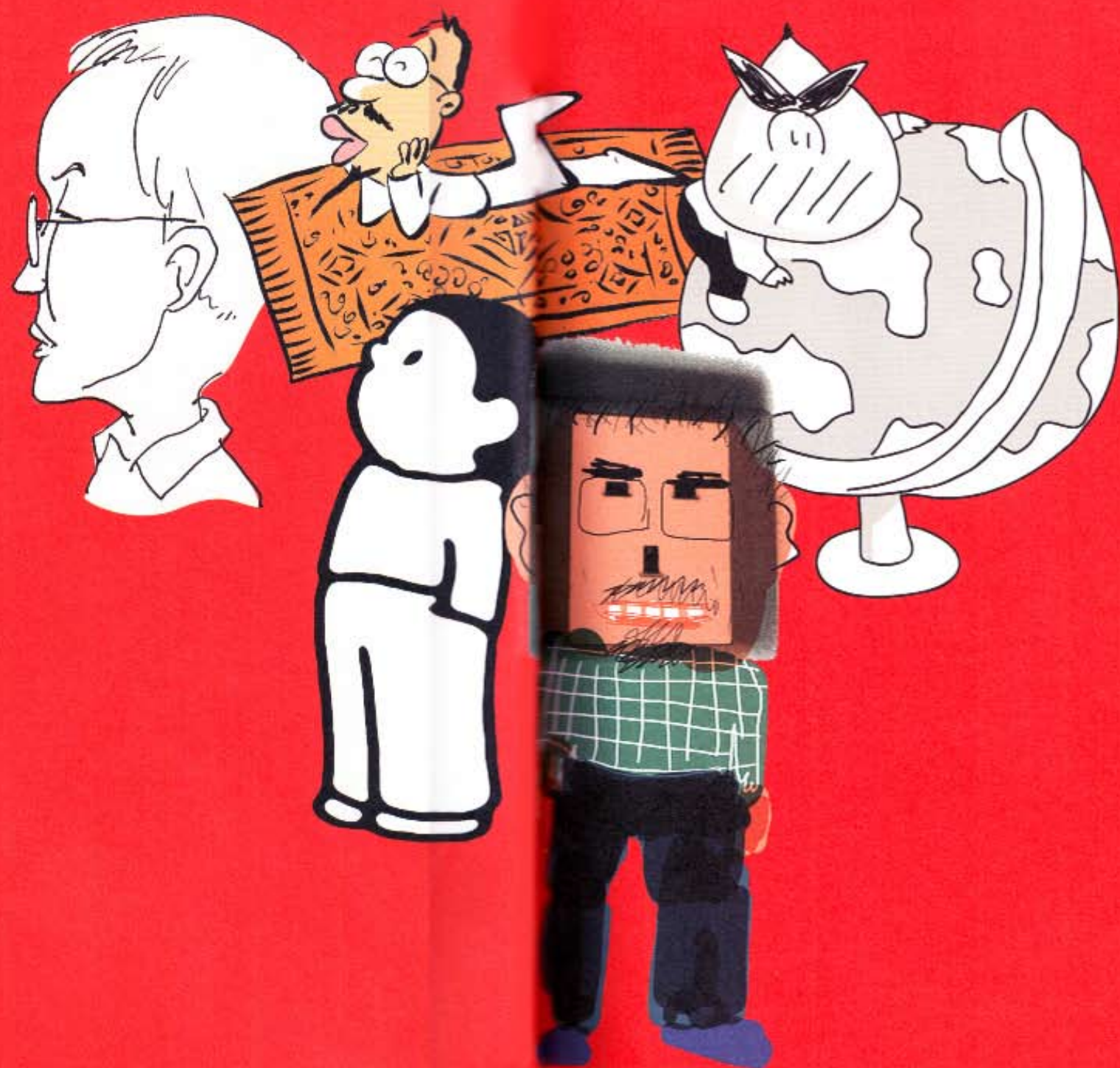
October 8 2007

插畫的功能

- ❶ 詮釋或加強文本的主題內容
- ❷ 能清晰地表達故事中的場景與角色
- ❸ 能將抽象概念具體化或實作步驟圖解
有助理解
- ❹ 將文本的內在情感圖像化
直接與讀者溝通交流

同學們，您認識哪些本地插畫師？

大路在前



中流砥柱





後來居上

一幅好的插畫具備的要素...

挑戰!

葉子







大挑戰!

美術室一角

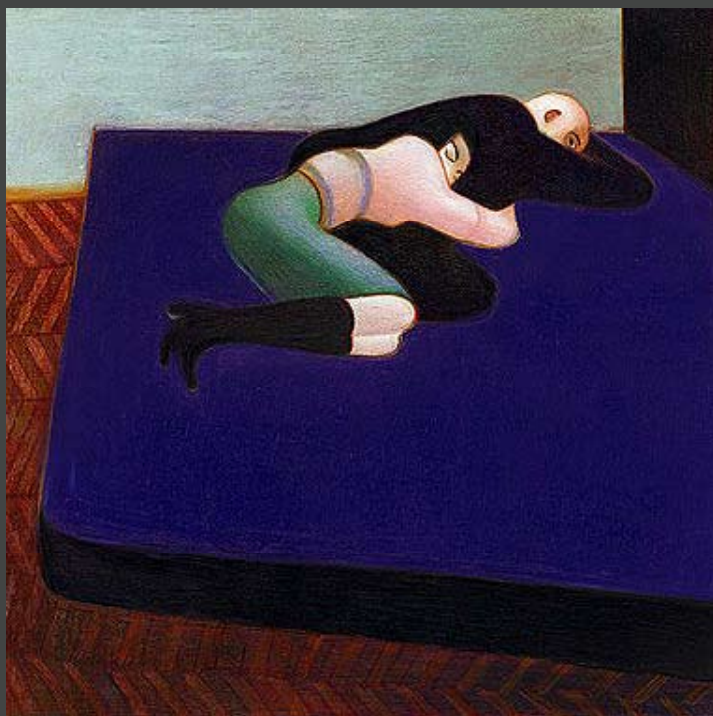
7 x 7 cm

5 分鐘

有趣特別的角度

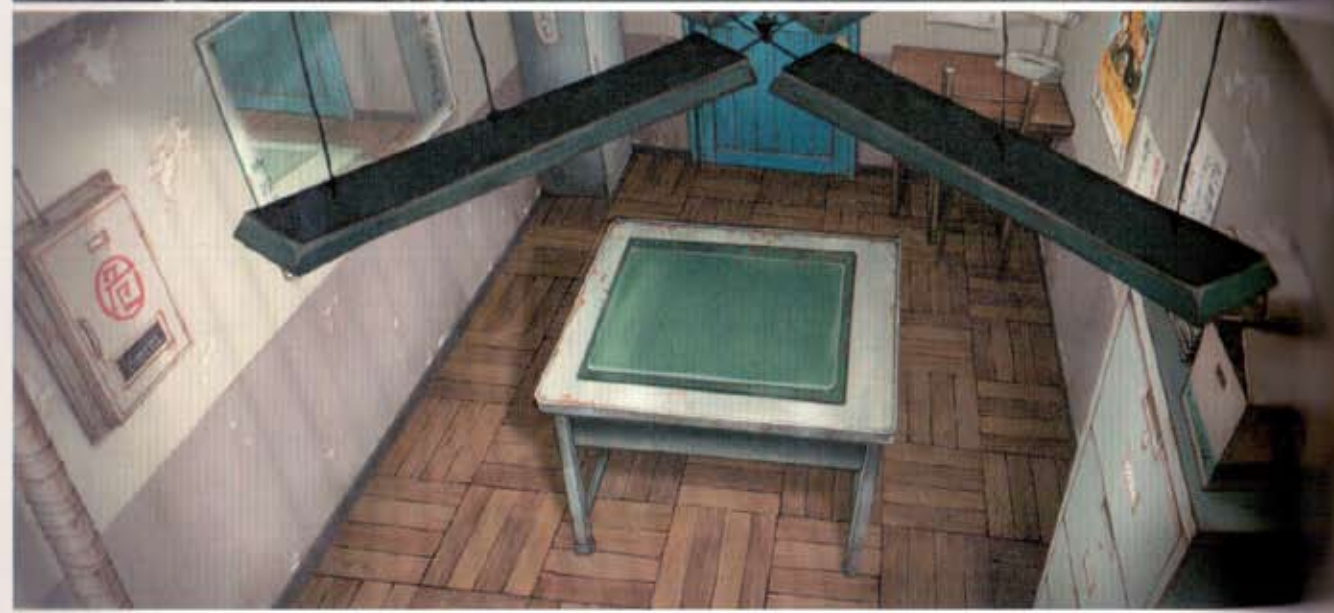
單線, 針筆, 原子筆

角度





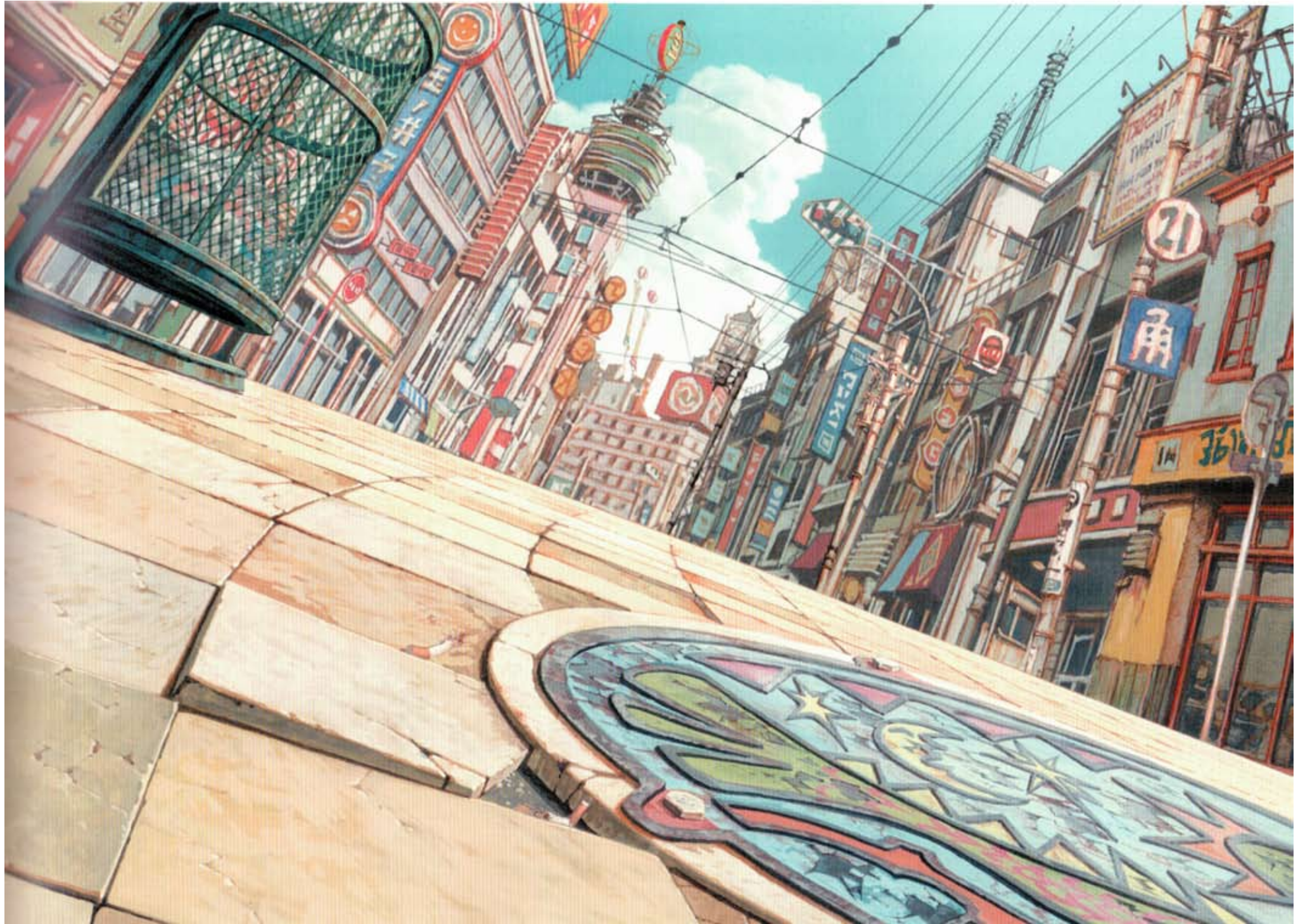
房間/家的一角

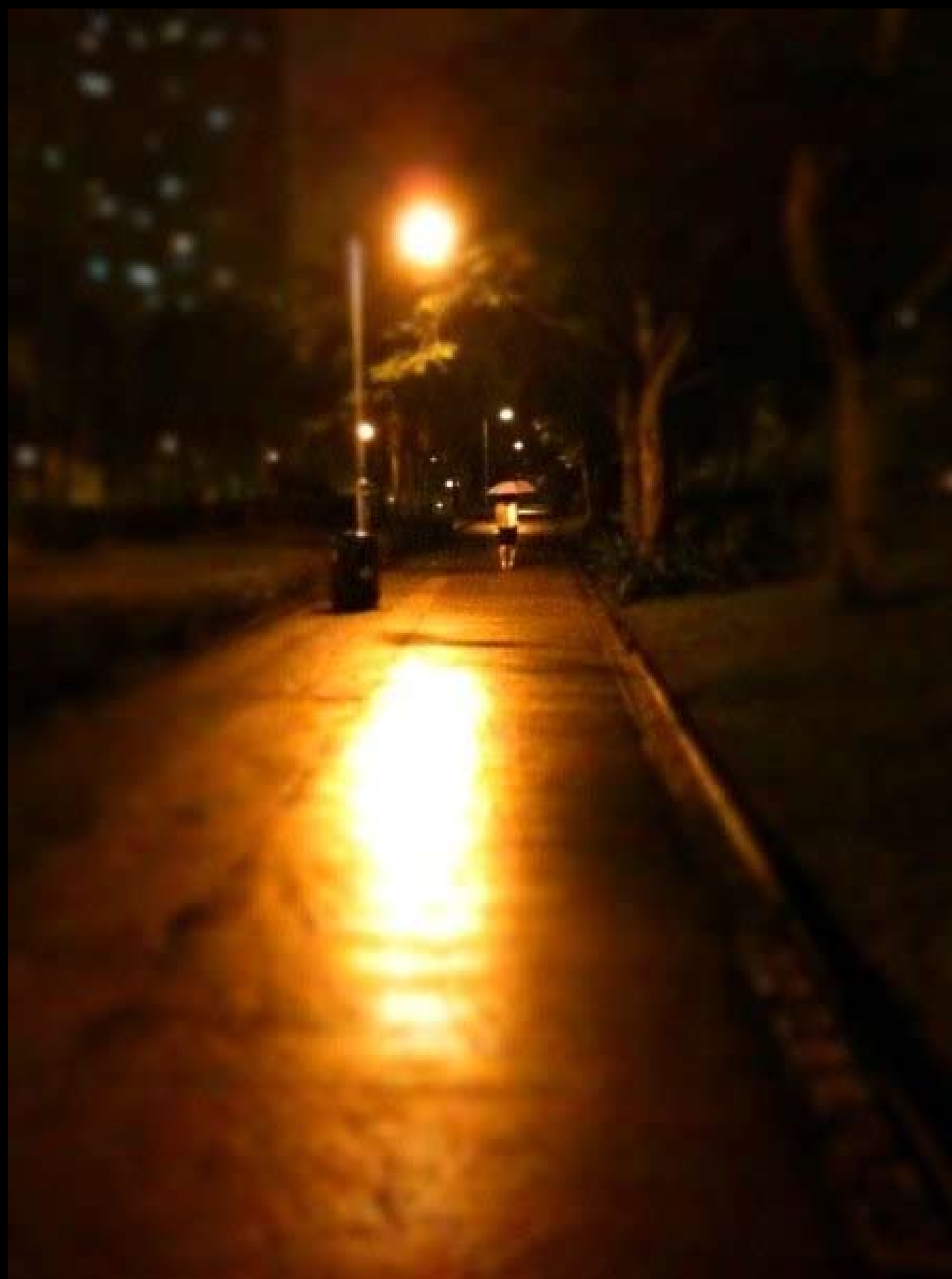






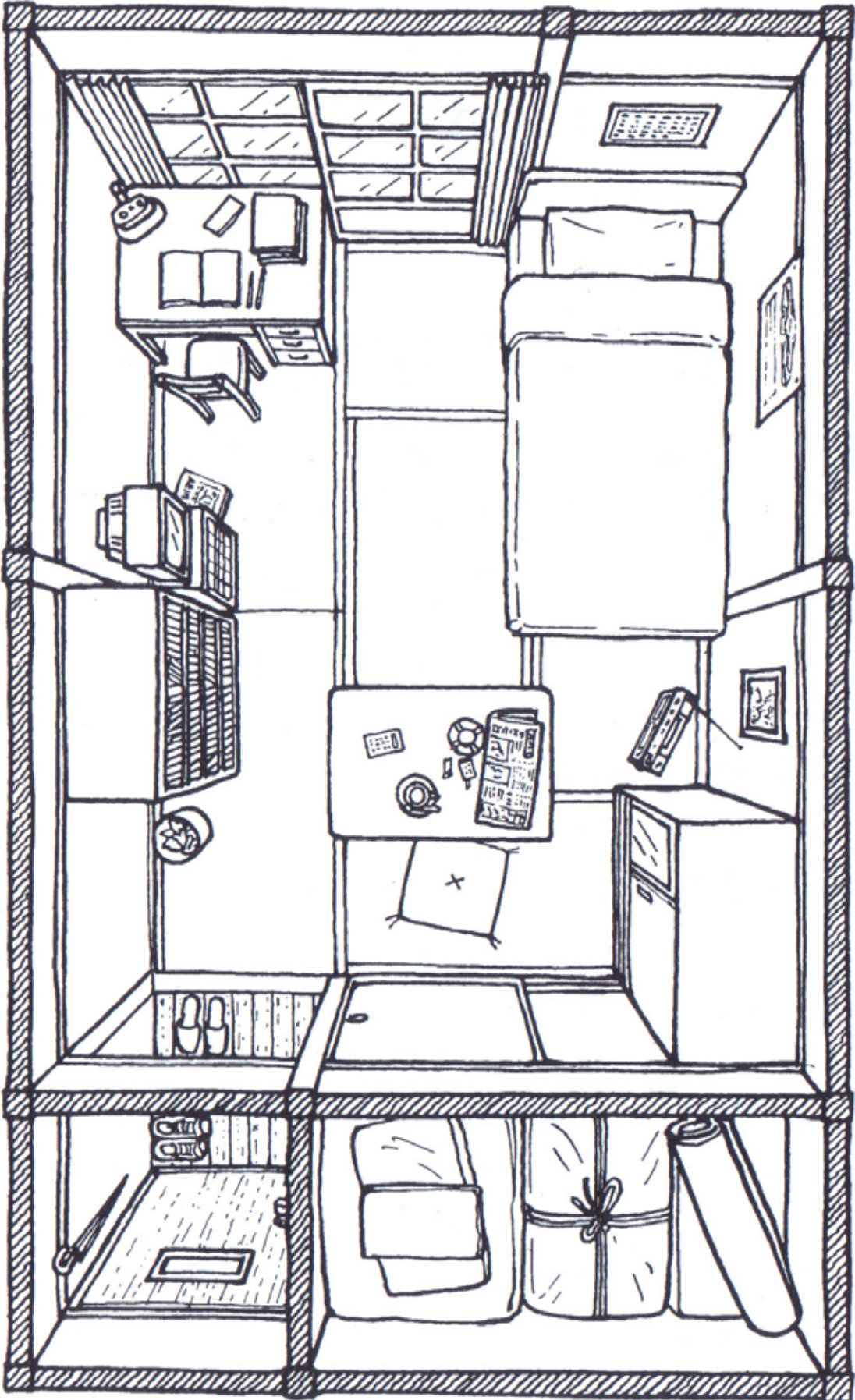
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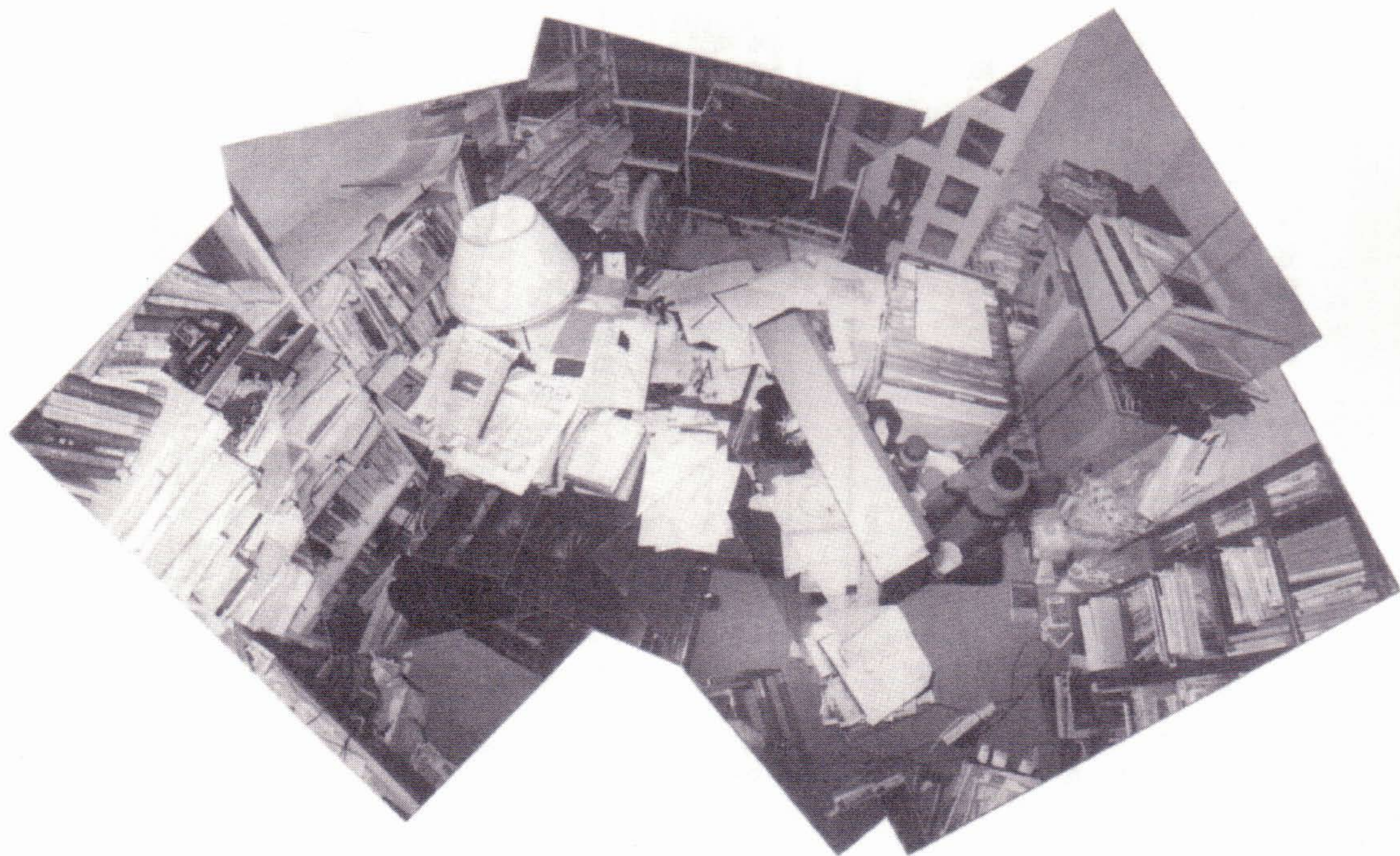


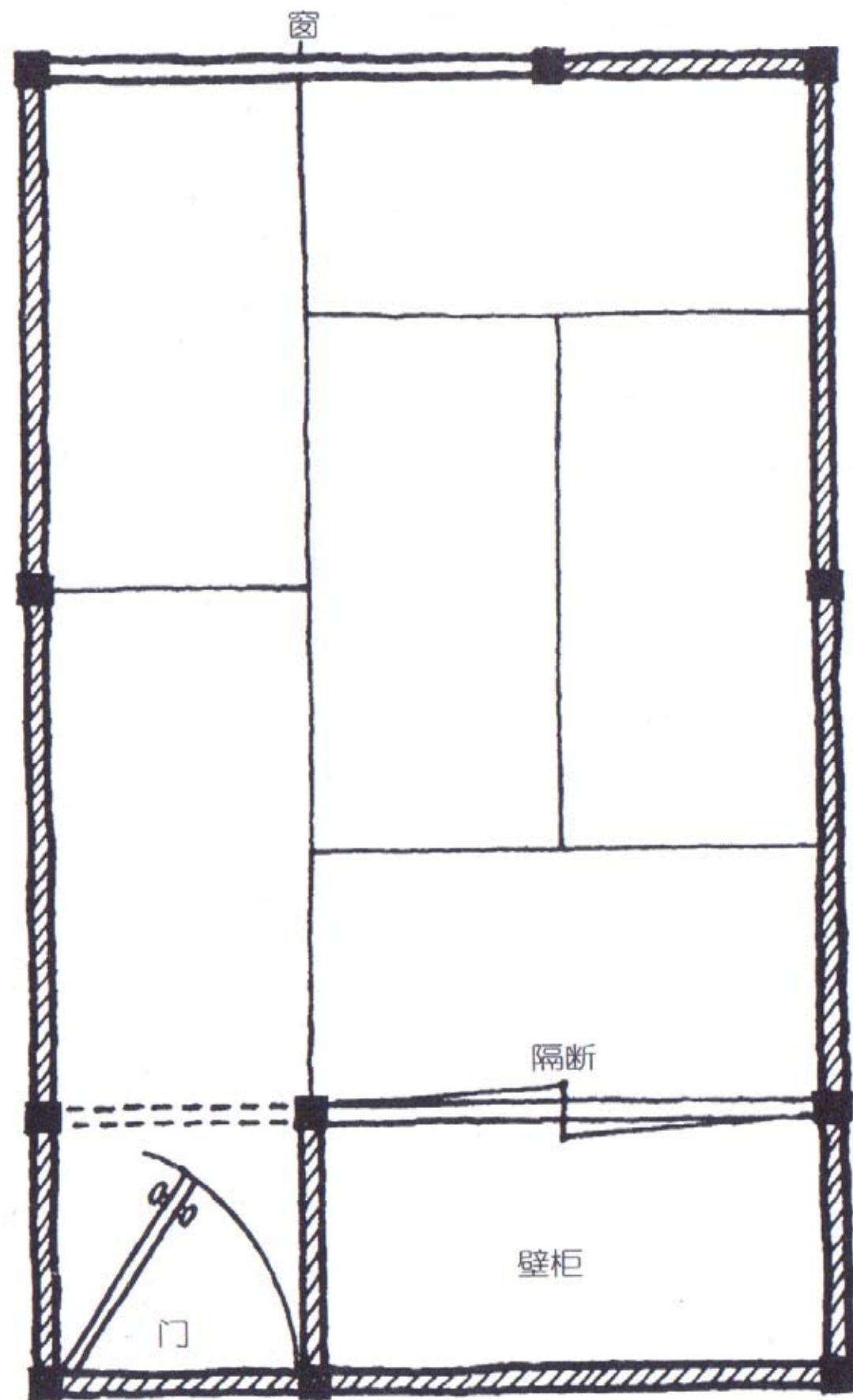


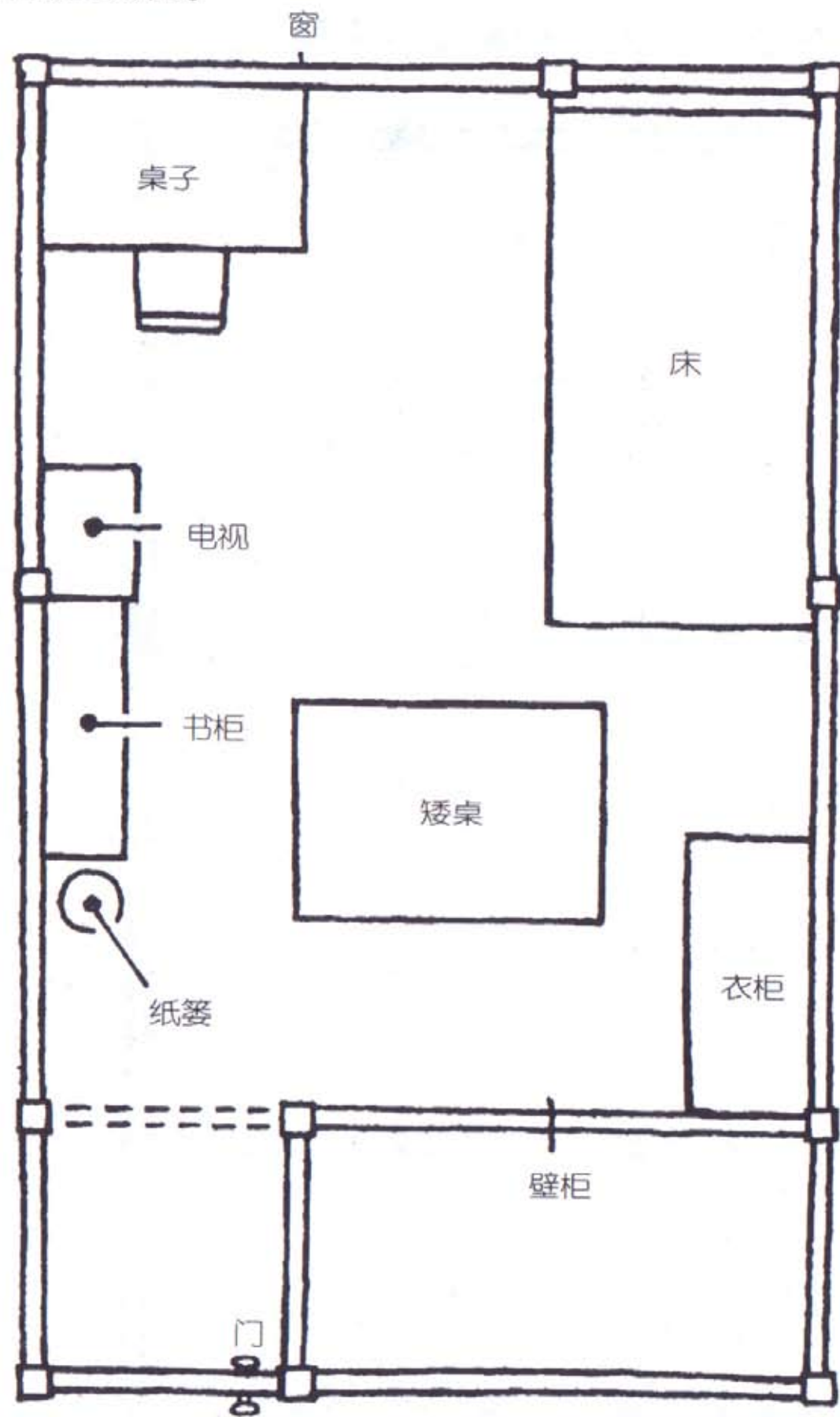


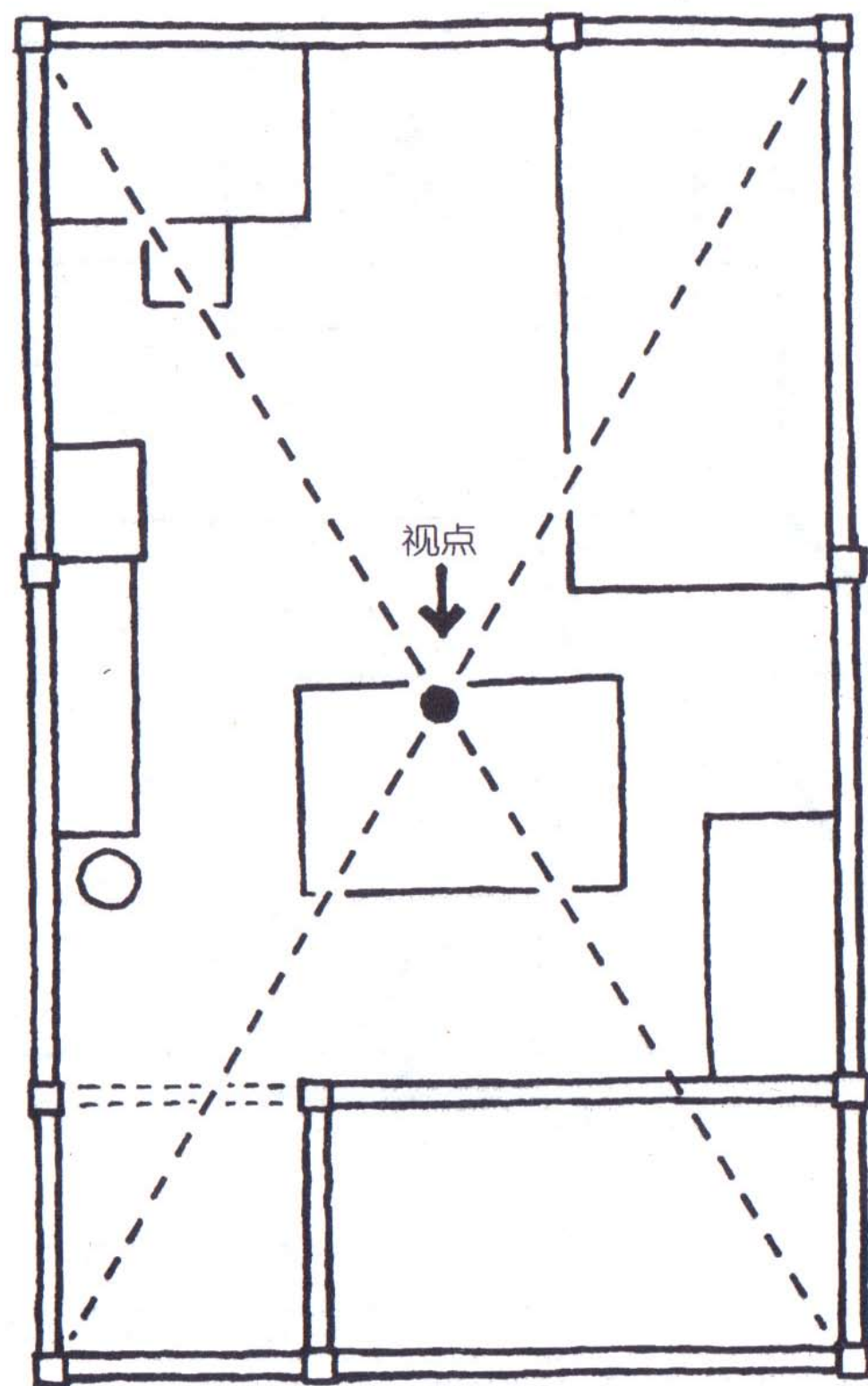
妹尾河童

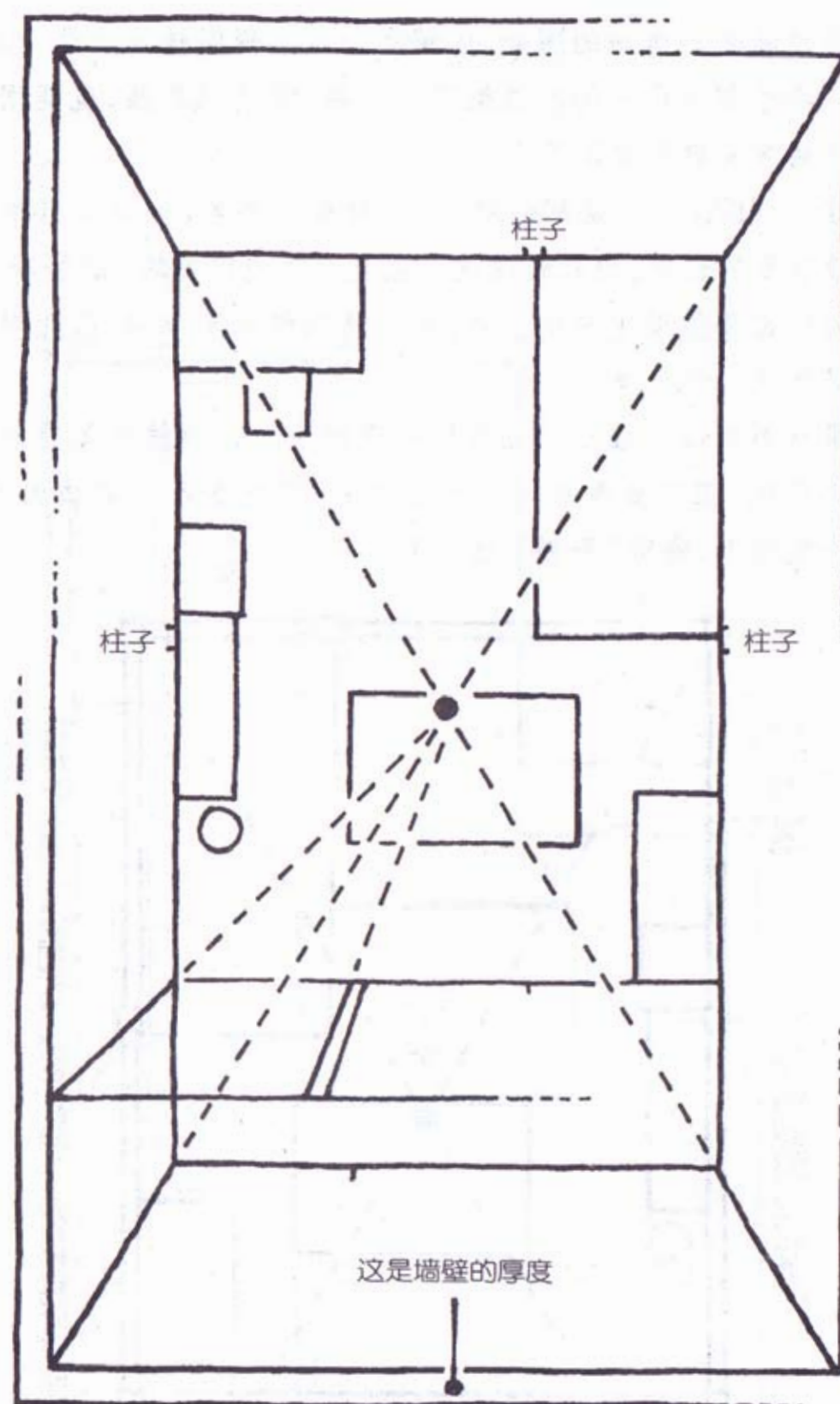


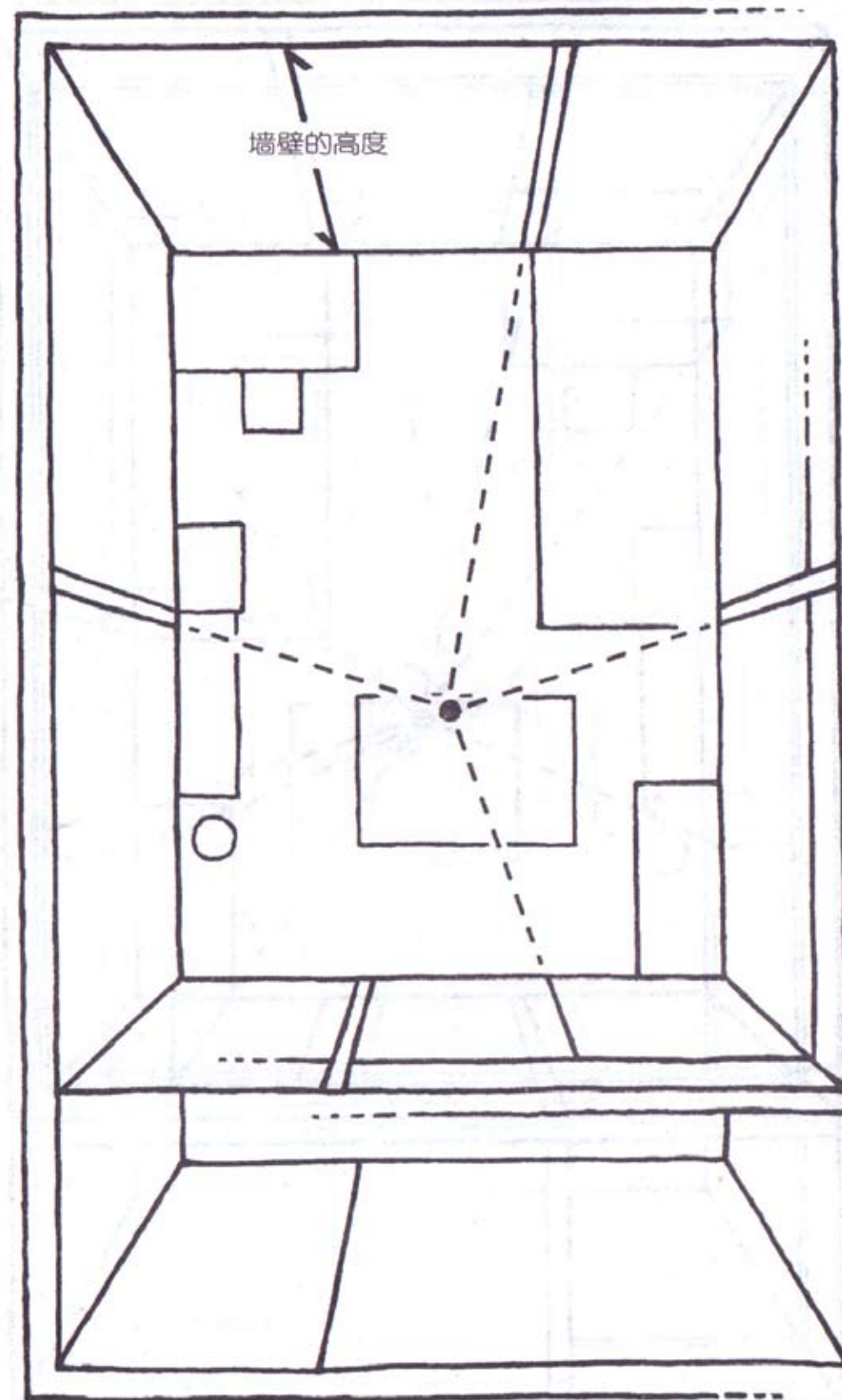


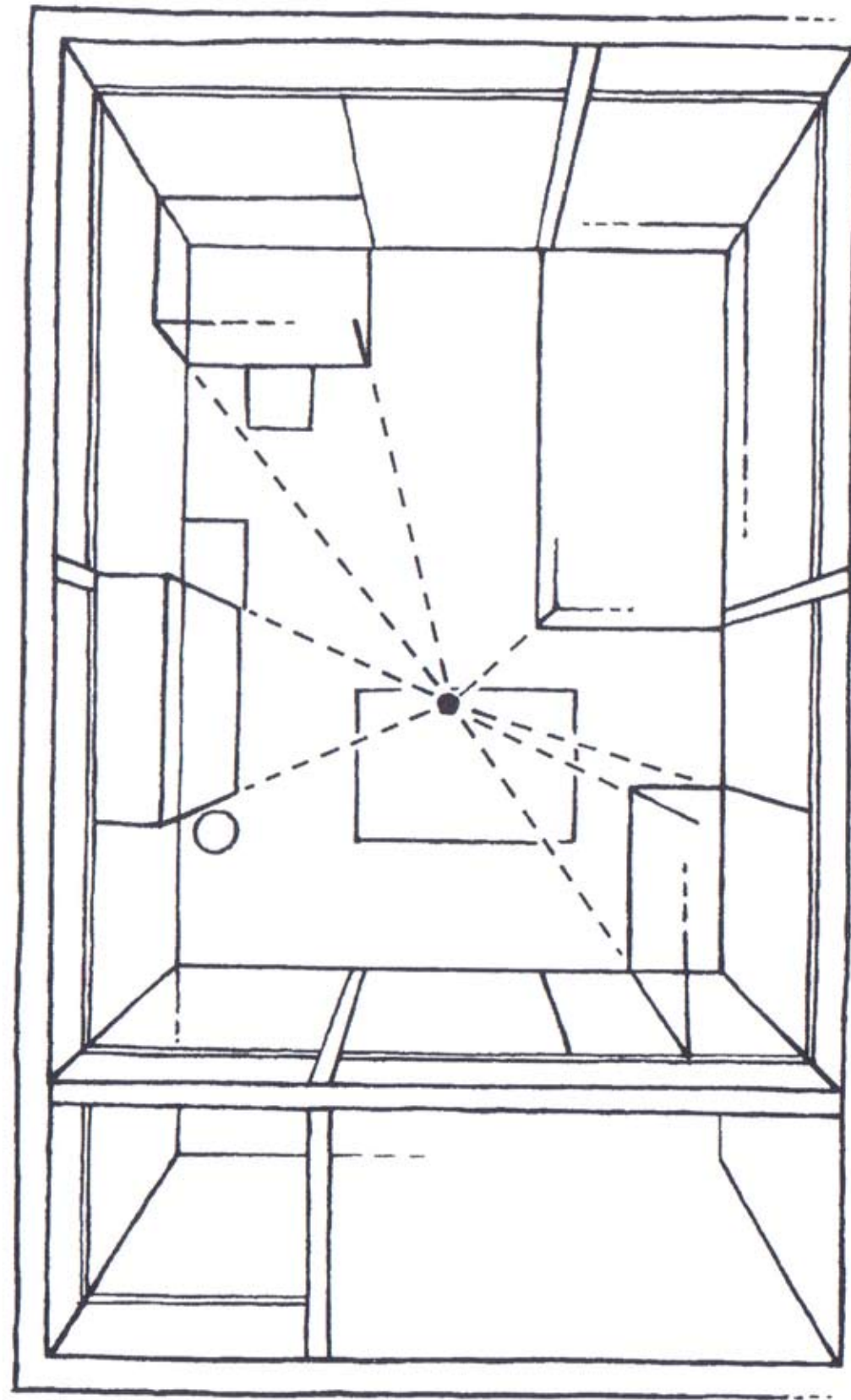


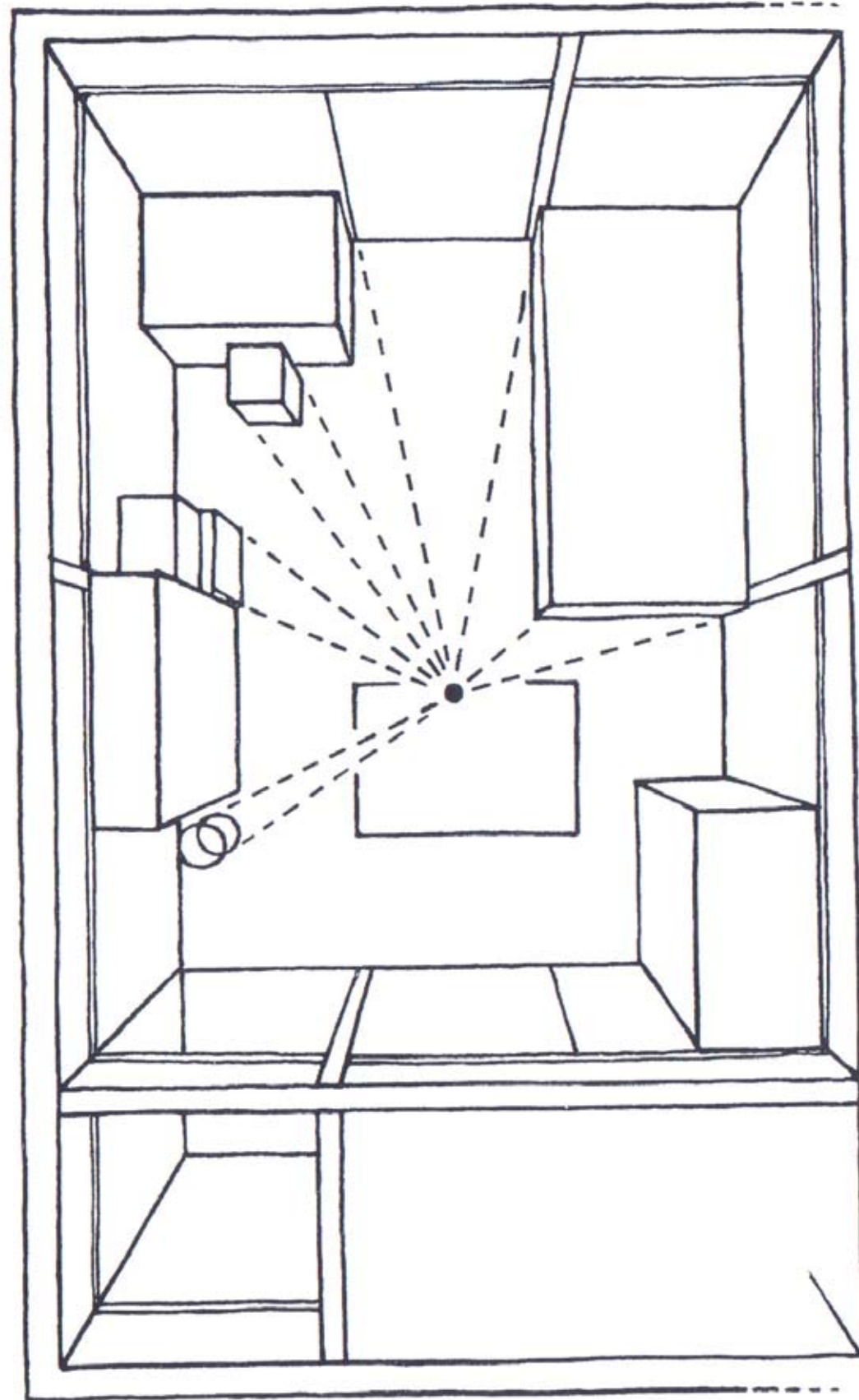


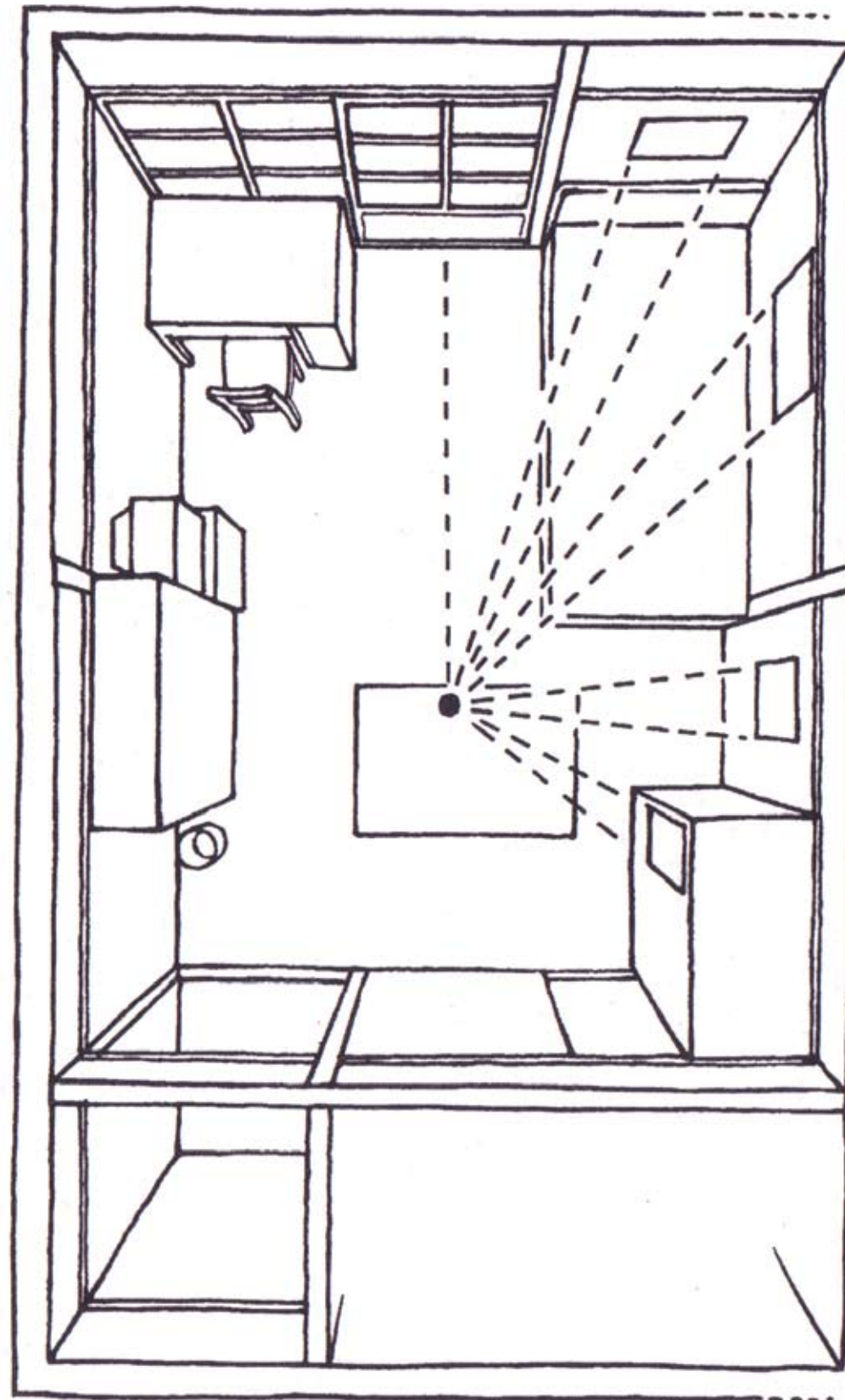


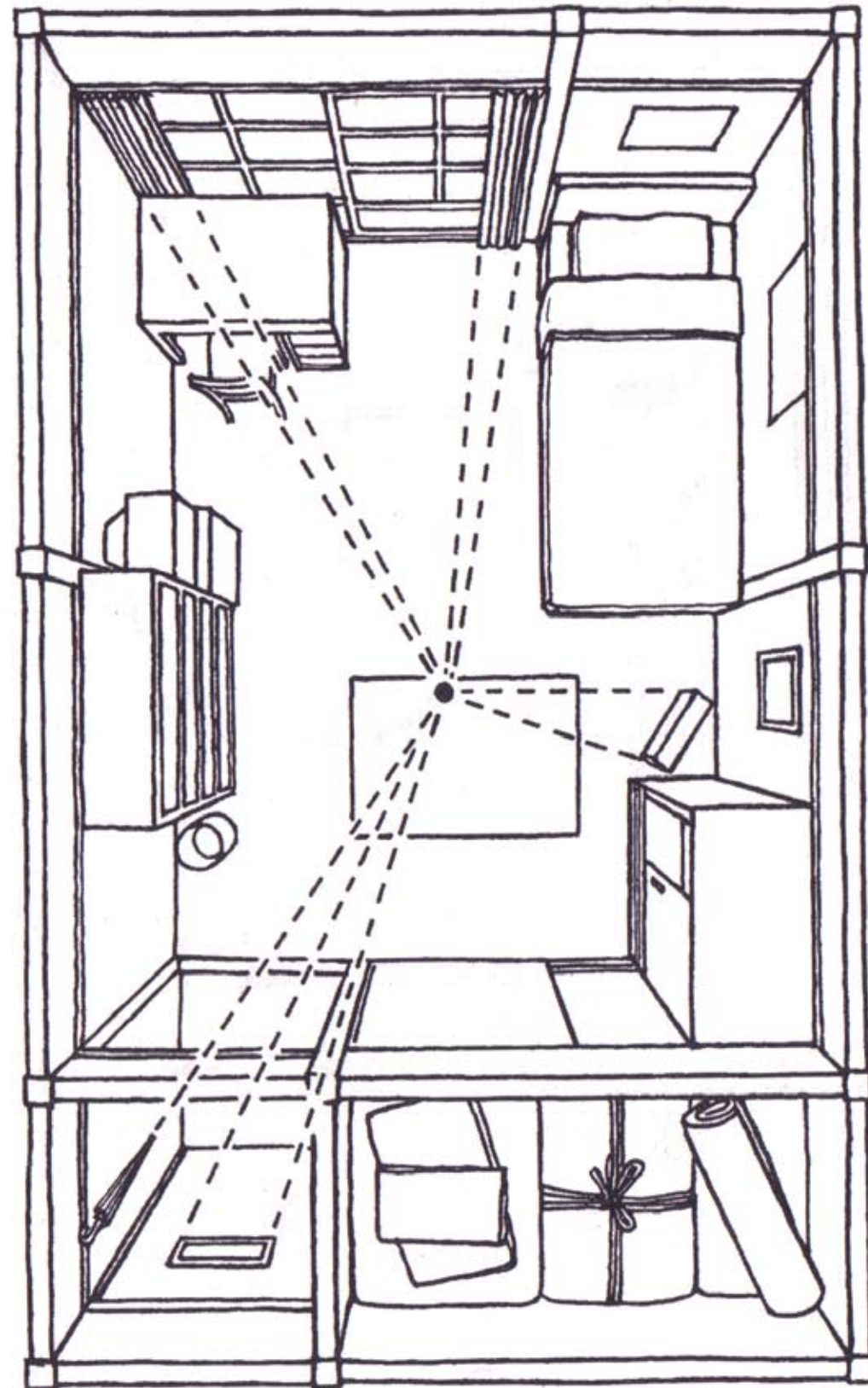


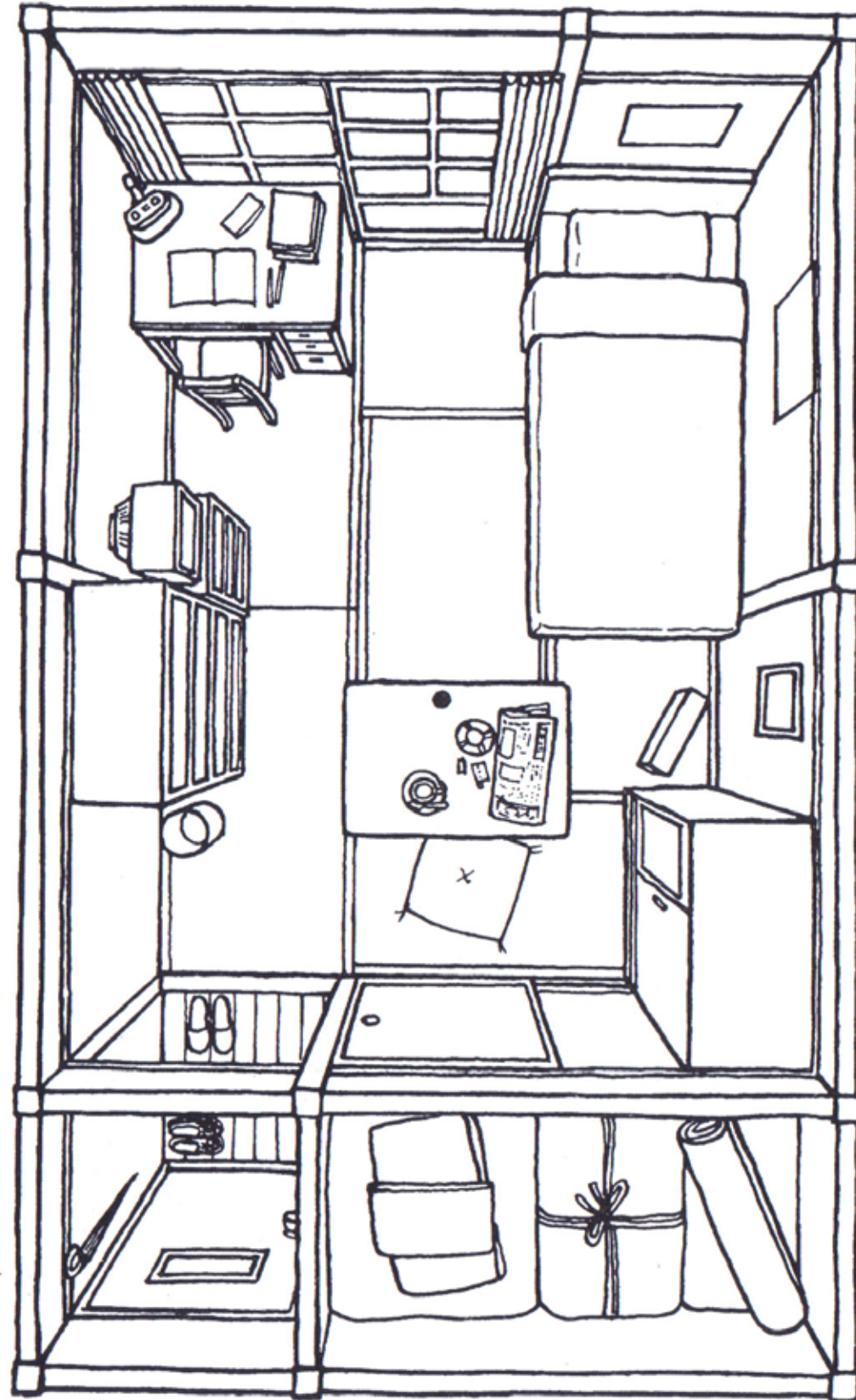


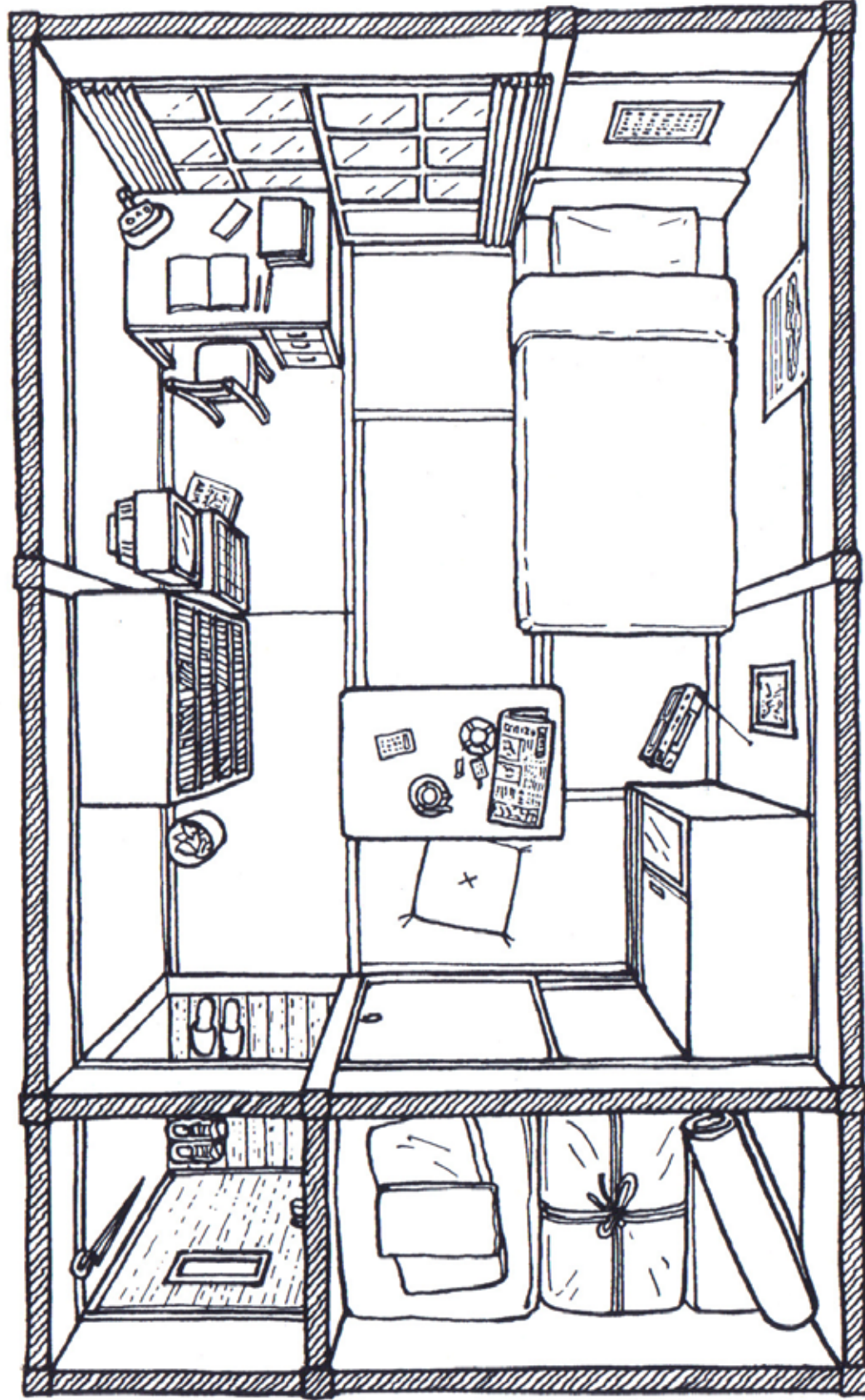


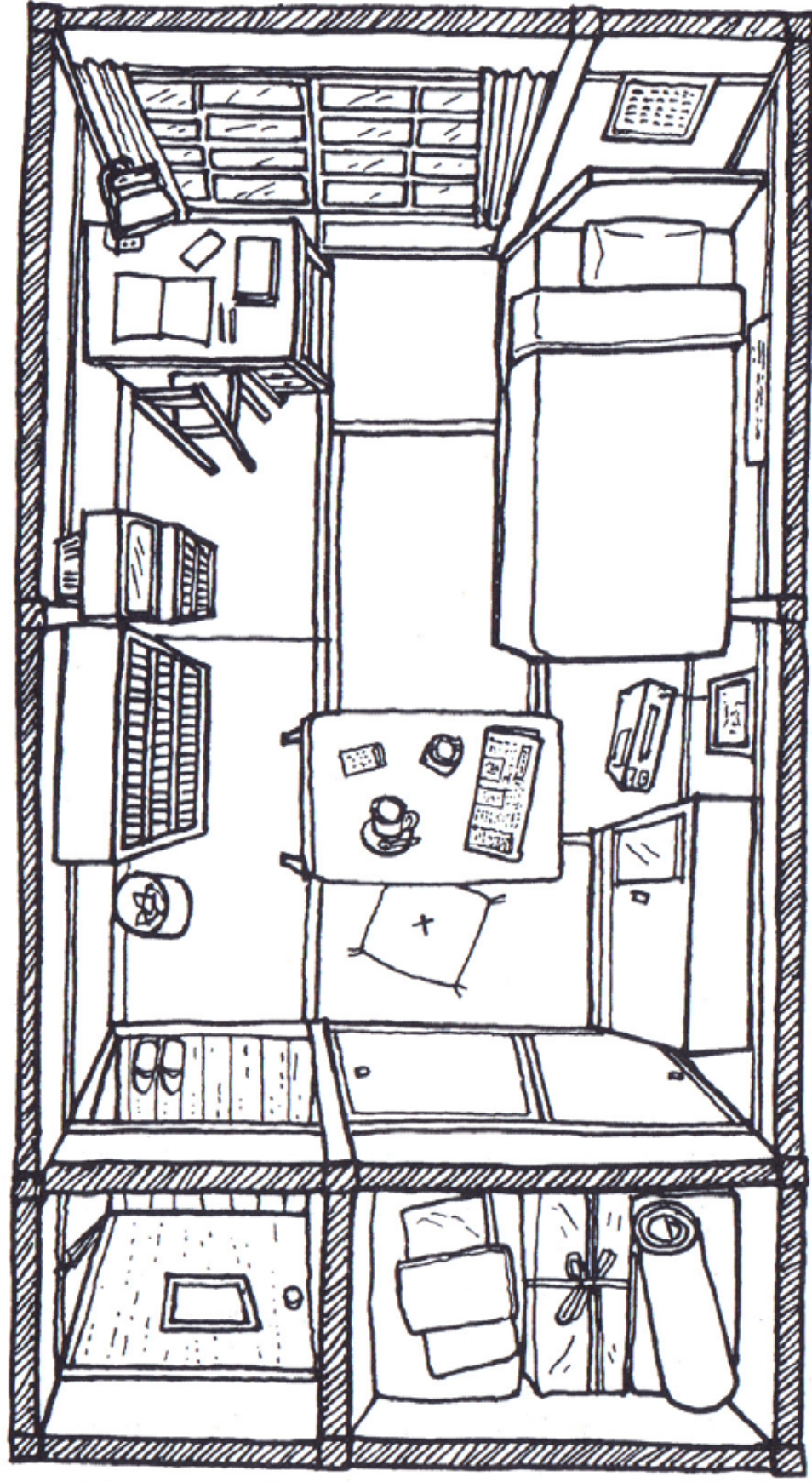




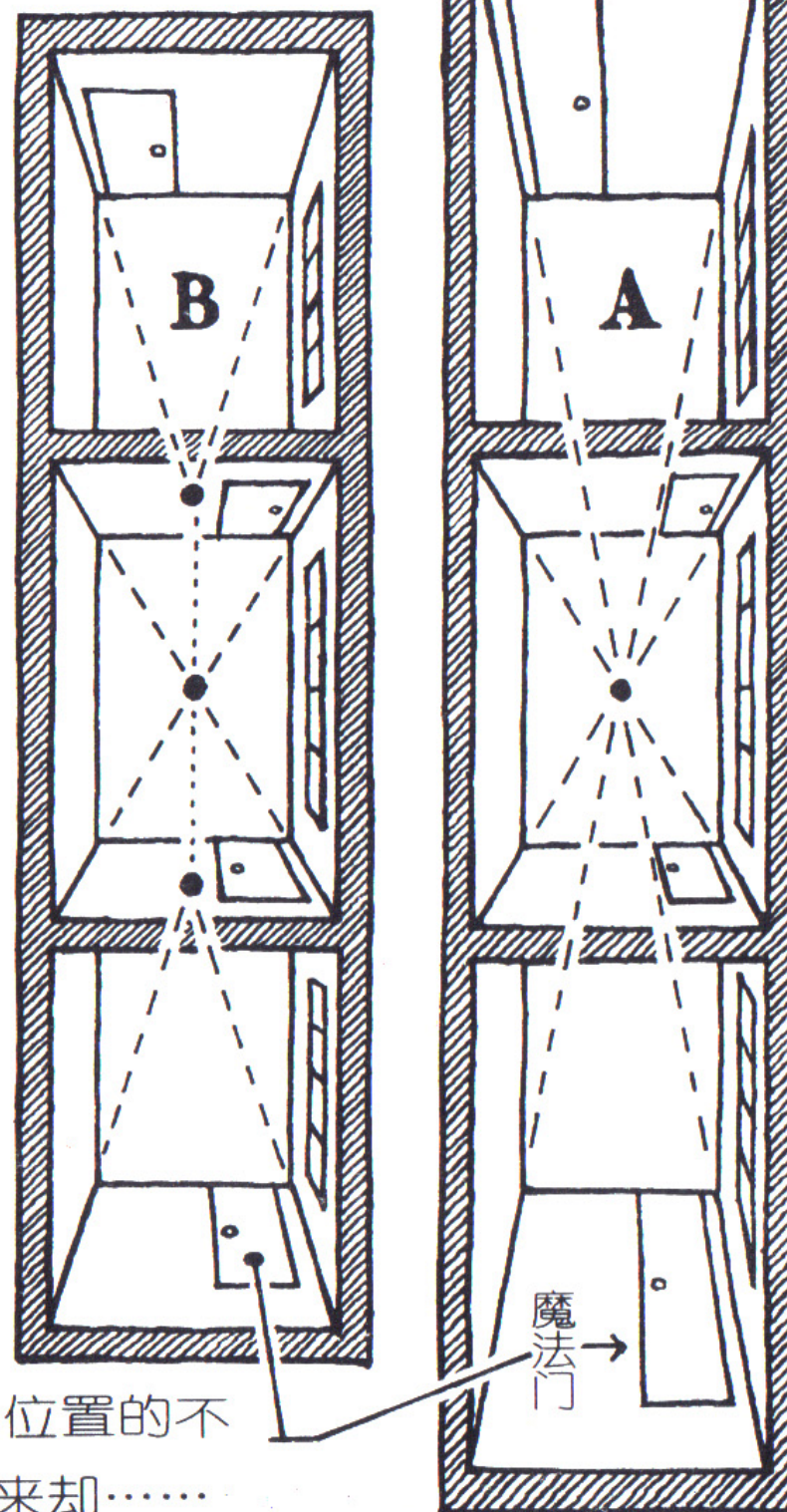








面图虽然一样，但看起
完全不同的房间……



比脐”位置的不
]看起来却……

