Especialmente o no, pero el color verde el escritor usa en la descripción del cuerpo humano.

El amarillo, que muchas personas asocian con el sol, se menciona en el texto en situaciones no muy felices. Por ejemplo, las mismas rosas amarillas. Se cree que dan estas flores significan separación. Si consideramos que todos los personajes de la novela permanecieron solos, puede considerarse una especie de referencia a su soledad eterna.

Toda la novela está imbuida de colores. El autor los usa hábilmente y, a veces, en combinaciones completamente inesperadas. Estos detalles son insignificantes. Al leer la novela, nadie se enfocará por separado en esta atención, pero los colores juegan un papel muy importante. Desapercibido ayudan a presentar la imagen al máximo.

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HEALTH PROBLEMS AND STRESS IN IT

Stress is high in software profession because of their nature of work, target, achievements, night shift, over work load. Employees working in IT industry are prone to develop a lot of health problems due to continuous physical and mental stress of their work. Diseases exacerbated by stress. The common health problem due to stress are acid peptic disease, alcoholism, asthma, diabetes, fatigue, tension headache, hypertension, insomnia, irritable bowel syndrome, psychoneurosis, sexual dysfunction and skin diseases such as psoriasis, lichen planus, urticaria, pruritus, neurodermatitis etc. Globalization and privatization have brought new work relationships, job insecurity, insecurity regarding future working conditions and rapid obsolescence of skills are causes of stress. IT industry has become one of the fastest growing industries in the world. Any kind of a job has targets, and an employee becomes stressed when he or she is allotted with unachievable targets and are unable to manage a given situation. The main aim of this article is to bring to limelight the level of stress with IT.

As there are no such studies available, people have done a pilot study with 30 IT employees and collected data from 1,000 IT employees. The employees enrolled voluntarily to the study should be working for at least 2 years in the industry. A detailed questionnaire, including the health history, diet pattern, lifestyle and stress score was given to them-Holmes, and Rahe stress score scale. A complete master health checkup was done,

and the results were analyzed. Around 56% had musculoskeletal symptoms. 22% had newly diagnosed hypertension, 10% had diabetes, 36% had dyslipidemia, 54% had depression. The stress score was higher in employees who developed diabetes, hypertension, dyslipidemia and obesity. Most of the employees who were obese had a higher stress score. Of the metabolic disorders employees with higher stress score had dyslipidemia, followed by hypertension and diabetes.

So, how can we avoid health problems?

1. Musculoskeletal problems

• Find a correct height for both your desk and chair so that your computer screen is at eye level or slightly lower.

• Sit with your back straight, legs at 90 degree angles to the floor, and feet resting flat on the floor.

• ALWAYS take small breaks from your computer work to stretch your muscles, keep your blood flowing, and to rest your eyes.

2. Vision Problems

• Make sure to adjust the brightness on your computer screen so that your eyes are not as strained. For example, if you are sitting in a dark room your computer screen will most likely be very bright and cause your eyes to strain, so to save your eyes you should lower the brightness.

• Tilt your screen to decrease any glare.

• Maintain a proper vision distance from the screen, and do not forget to blink.

3. Repetitive Stress Injuries

• Place your mouse at a location next to the keyboard that will require you to move your whole arm to get to it rather that just twisting your wrist outward to reach it and move it.

• Keep your wrists flexible when typing; avoid keeping them fixed in a certain position; keeping them flexible will avoid repetitive, strenuous stress.

• Relax your arms and try to get a few stretches in when you are not typing or using your mouse.

4. Headaches

• Attend regular eye exams in order to work toward correcting any vision problems.

• Try your best to keep your neck straight in front of the computer and take breaks.

5. Obesity

• Set limits for your children when they are using electronics.

- Encourage outdoor play or a certain hobby that may take away time spent using electronics in order to lead a more active lifestyle.

6. Stress Disorders

- Promote your own health and prevent future health conditions or worsening the ones you already have by seeking treatment options for any stress that you may encounter.
- Try things from yoga, to natural remedies, to medications as prescribed by a medical provider to combat your stress.

7. Laptop Use Injuries

- Use a desktop computer that is set up ergonomically-correct for you as frequently as possible; only use a laptop intermittently.
- Use separate laptop equipment, such as a wireless mouse or keyboard or a laptop stand.
- If you have to take your laptop with you, make sure to carry it in a backpack or luggage; otherwise it may cause extra strain on your muscles from carrying it.

8. Sleeping Problems

- Refrain from using a computer right before going to bed.
- Resort to reading a book or something to that degree prior to going to bed, so falling asleep may come more easily for you.

9. Hearing Loss From Headphones

- Keep the volume of your headphones down to a tolerable level, one that blocks out any extra noise but that is just loud enough for you to hear.
- Listening to your headphones at approximately 80 decibels is recommended; if you are unaware of what that sound level is it can easily be researched.

10. Increased Risk of Blood Clots

- Avoid crossing your legs when using a computer for an extended period of time.
- Take many breaks and stretch your legs to get the blood flowing to decrease the chance of it pooling in your extremities.

The daily impact of IT on our lives continues unabated. As innovations and computer capacities increase this influence will continue to grow in the coming years at an increasing rate. As technology advances, there is also increased stress that is associated with it called as "technology stress." IT is here to stay. This brings extra pressure on people to adapt to new advancements and update their knowledge in their field.

Annual stress scoring has to be done and a score above 300 needs stress management program like yoga, meditation and other destressing ac-

tivities like aerobics, dance etc., would prevent or reduce risk of disease due to stress in IT people which in turn will produce a healthy community. To manage stress these people need to play sport, have a hobby or just have a good holiday. Stress score helps us to screen who would be prone to stress related physical illness and people with a score more than 300 are at risk of illness and care should be taken at the earliest to relive their stress. Healthy employees mean better performance by employee that in turn produce a healthy community. Annual stress scoring has to be done, and employees are having a score more than 300 should be involved in active antistress management.

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PRODUCTION OF SYNTHETIC DIAMONDS IN THE REPUBLIC OF BELARUS

A synthetic diamond is a diamond produced by a controlled process, as contrasted with a natural diamond created by geological processes.

The properties of synthetic diamond depend on the details of the manufacturing processes. However, some synthetic diamonds have properties such as hardness, thermal conductivity and electron mobility that are superior to those of most naturally formed diamonds [1].

After the 1797 discovery that diamond was pure carbon, many attempts were made to convert various forms of carbon into diamond. The earliest successes were reported by James Ballantyne Hannay in 1879 and by Ferdinand Frederic Henri in 1893.

In 1954 General Electric company achieved the first commercially successful synthesis of diamond. The largest diamond they produced was 0.15 mm across. It was too small and visually imperfect for jewelry, but usable in industrial needs [2].

As for the former USSR, the researches in this sphere gain great results only in mid 1980's. Scientists from Novosibirsk Deryagin and Fedoseev succeeded in making diamonds using High Pressure and High Temperature technology. This technology includes three main press designs used to supply the pressure and temperature necessary to produce synthetic diamond: the belt press, the cubic press and the split-sphere (BARS) press.

In the Republic of Belarus the first enterprise growing synthetic diamonds was «Adamas Invest». It was a closed enterprise, outside people were not allowed to visit it. «Adamas Invest » was created in 1990's in