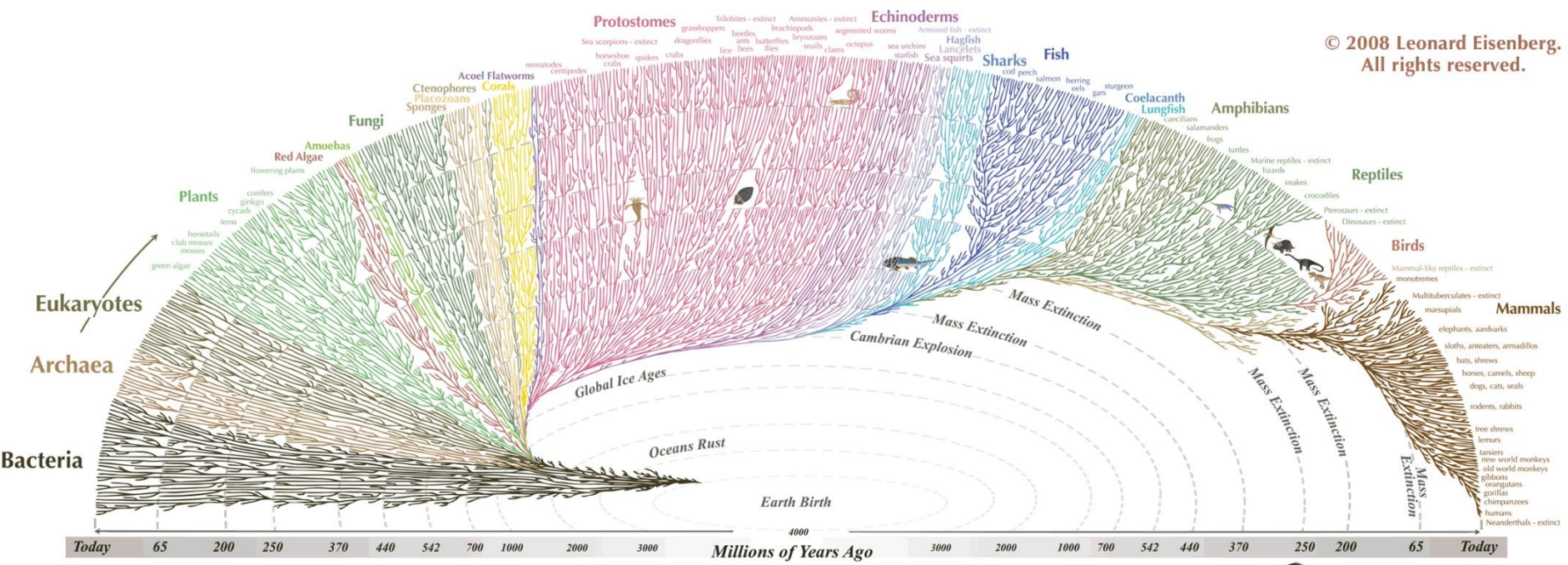





© 2008 Leonard Eisenberg. All rights reserved.



All the major and many of the minor living branches of life are shown on this diagram, but only a few of those that have gone extinct are shown. Example: Dinosaurs - extinct 

© 2008 Leonard Eisenberg. All rights reserved. [evgenios.com](http://evgenios.com)



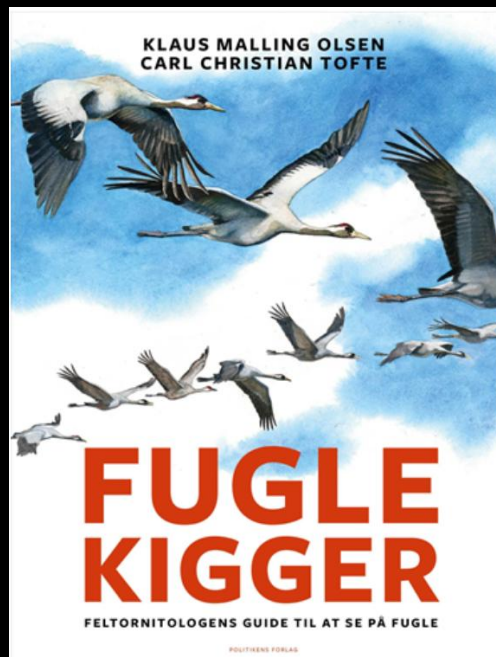
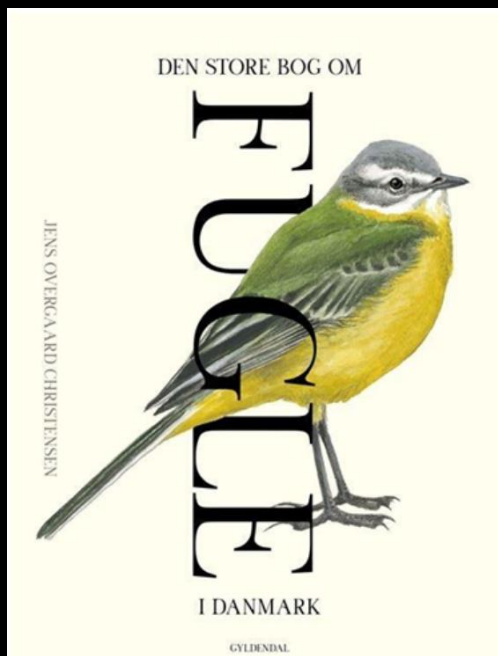












## Nature and Mental Health—Birding is a Proven Solution

Dear Editor,

Recently, the increasing trend of mental disorders among researchers has been observed, and scientific associations connect mental health problems with the (dis-) comfort of academic work.<sup>1</sup> The risk factors described during the COVID-19 are rapidly supplemented by a new list of threats. This strongly affects the comfort of life, causes adaptation difficulties, worsens sleep and functioning during the day, and may lead to the formation of anxiety disorders and long-term lowering of mood.

Recommendations for improving mental health include reduction of negative stimuli, improving reflection and awareness, and focusing on building internal flexibility. However, we see that relatively simple methods to improve mental health are lost. Researchers, especially in ecology, should benefit more from contact with nature. Fieldwork can be not only sampling but also a delight in the beauty and a time for reflection. In the case of young adepts, preparations for academic life cannot be concerned only with advanced statistics, laboratory equipment, sampling regime, and creative writing of articles but must include a bit of time to know the flora and fauna around.




Usually, being in nature is associated with physical activity, greenery, forest scents, and increased vitamin D synthesis. However, in depression, poor weather, and poor health, a suggestion to be in nature is often unattractive and requires an additional motivation, a positive stimulus. Such an argument favouring going outside is birding.<sup>2</sup> People bond with birds emotionally, learn their diagnostic features, and take the time to see new species. A surprise effect is visible during birdwatching, affecting the secretion of oxytocin and the more efficient human brain activity. We do not know which species have special therapeutic functions, but the diversity of bird species in terms of colours and behaviour is enormous. Among 11 000 species, everyone can find their favourites depending on their own emotional needs, gender, age, and life experience. Trips with binoculars, keeping at the birdfeeder, and listening to bird songs positively affect mindfulness, microbiome, improvement of well-being in depression, and even offer faster re-convalescence after cardiological and oncological procedures.<sup>3</sup>

To help people, also in academia, we need physicians correctly make diagnoses and dispense therapies, rested, without job burnout and other problems. *Doctor, heal yourself first!* Then, some treatments were proposed to improve well-being, including nature-based interventions,<sup>2,3</sup> with birding among them, which will enhance physicians' health, e.g., psychiatrists<sup>4</sup> and dermatologists,<sup>5</sup> and called it *therapeutic ornithology*.<sup>3</sup>

Peer-review: Externally peer-reviewed.

Author Contributions: Concept – PT.; Design – PT., S.M., R.G.; Supervision – PT., R.G.; Materials – PT., S.M., R.G.; Data Collection and/or Processing – PT., S.M., R.G.; Analysis and/or Interpretation – PT., S.M., R.G.; Literature Review – PT., S.M., R.G.; Writing – PT., S.M., R.G.; Critical Review – PT., R.G.



Piotr Tryjanowski<sup>1</sup>   
Sławomir Murawiec<sup>2</sup>   
Ramon Grimalt<sup>3</sup> 

<sup>1</sup>Poznan University of Life Sciences Faculty of Veterinary Medicine and Animal Sciences, Poznan, Poland

<sup>2</sup>Allenort Therapy Clinic, Warsaw, Poland

<sup>3</sup>Department of Dermatology, Barcelona International University of Catalonia Faculty of Medicine and Health Sciences,

# Jyllands-Posten



[Litteratur](#) • 2. apr. 2026 kl. 07:59

## Briiip! Py-tjy! Kyaaaah! Piiip-piiip! Kakakaka!

Fugle kan man se og høre overalt. Sommer og vinter. På marken, ved motorvejen og i villahaven. Det kræver bare, at man ved, hvor man skal kigge hen. En ny fuglebog har fuldstændig ændret vores anmelders liv og fået ham til at gå på jagt efter en flyvende dør.

Jonas Sejr Thomson  
Litteraturanmelder



# Vågn op!

OKTOBER 2014









HVORFOR?



# Ups & Downs på Anholt

Sådan lyder en ornitogasme!



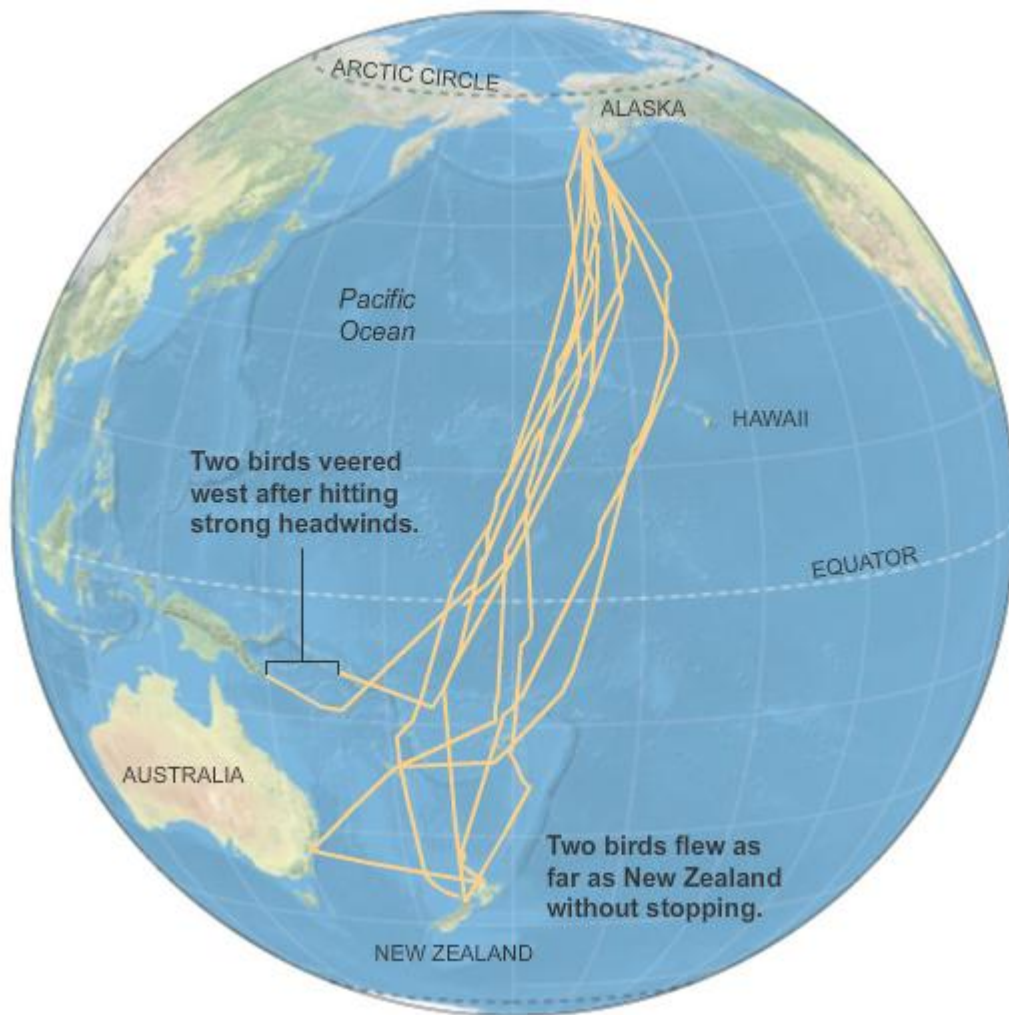




# Hvepsevåge-bonanza i Batumi











Alm. glukose forbrænding:



← tæket til denne reaktion (den kender de fleste)

OPGAVE: Beregn, hvor meget vand, der dannes ved forbrænding af et halvt kilo glukose hhv. et halvt kilo palmitinsyre.

16

$$n(\text{palmitinsyre}) = 500 \text{ g} / 256,43 \text{ g/mol} = 1,95 \text{ mol}$$

$$n(\text{vand}) = 18 * 1,95 \text{ mol} = 31,198 \text{ mol}$$

$$m(\text{vand}) = 562,03 \text{ g} \leftarrow \text{Her skal udregning nok vises}$$

$$n(\text{glukose}) = 500 \text{ g} / 180,1559 \text{ g/mol} = 2,775 \text{ mol}$$

$$n(\text{vand}) = 6 * 2,775 \text{ mol} = 16,65 \text{ mol}$$

$$m(\text{vand}) = 299,99 \text{ g} \leftarrow$$

Den minimale afstand, som lille kobbersneppe tilbagelægger fra Alaska til New Zealand, andrager ca. 11.000 km, og turen varer omkring 8 døgn med en gennemsnitlig hastighed på 1400 km/døgn, ca. 60

← Man kan gøre både de selv rejsen sådan noget at Ride







Animalia

# Sorry, birdwatchers: People think you're creepy

By Karin Brulliard April 13



## Most Read

- 1 Inside the deadliest day for U.S. law enforcement since 9/11
- 2 Cats are bird killers. These animal experts let theirs outside anyway.
- 3 Loneliness can be depressing, but it may have helped humans survive
- 4 'Like it's been nuked': Millions of bees dead after South Carolina sprays for Zika mosquitoes
- 5 White women are dying faster all over America — but what about where you live?

# Quasimodo Twins go Anholt

Bare fordi der flyver en Kuhls skråpe rundt ude i Lillebælt.....





TV2 / PLAY

N



ELSEVIER

Contents lists available at ScienceDirect

## New Ideas in Psychology

journal homepage: [www.elsevier.com/locate/newideapsych](http://www.elsevier.com/locate/newideapsych)



### On the nature of creepiness

Francis T. McAndrew\*, Sara S. Koehnke

*Department of Psychology, Knox College, Galesburg, IL 61401-4999, USA*



#### ARTICLE INFO

*Article history:*

Received 6 July 2015

Received in revised form

25 February 2016

Accepted 16 March 2016

Available online 30 March 2016

*Keywords:*

Creepiness

Nonverbal behavior

Emotion

Person perception

Threat perception

Evolutionary psychology

#### ABSTRACT

Surprisingly, until now there has never been an empirical study of “creepiness.” An international sample of 1341 individuals responded to an online survey. Males were perceived as being more likely to be creepy than females, and females were more likely to associate sexual threat with creepiness. Unusual nonverbal behavior and characteristics associated with unpredictability were also predictors of creepiness, as were some occupations and hobbies. The results are consistent with the hypothesis that being “creeped out” is an evolved adaptive emotional response to ambiguity about the presence of threat that enables us to maintain vigilance during times of uncertainty.

© 2016 Elsevier Ltd. All rights reserved.

### 3.4. *Creepiness of hobbies*

Just for fun, we asked our participants to list two hobbies that they thought of as creepy. Easily, the most frequently mentioned creepy hobbies involved collecting things (listed by 341 of our participants). Collecting dolls, insects, reptiles, or body parts such as teeth, bones, or fingernails was considered especially creepy. The second most frequently mentioned creepy hobby (listed by 108 participants) involved some variation of “watching.” Watching, following, or taking pictures of people (especially children) was thought to be creepy by many of our participants, and bird watchers were considered creepy by many as well. A fascination with pornography or exotic sexual activity and taxidermy were also frequently mentioned.



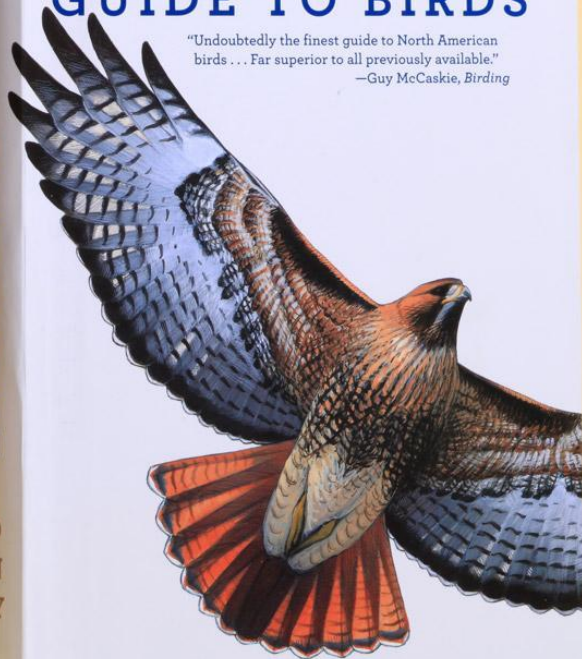


VO

PS

THE **SIBLEY**  
GUIDE TO BIRDS

"Undoubtedly the finest guide to North American  
birds . . . Far superior to all previously available."  
—Guy McCaskie, *Birding*



WRITTEN AND ILLUSTRATED BY  
**DAVID ALLEN SIBLEY**



## *Colombia Arrests 3 as I.R.A. Bomb Experts*

By JUAN FORERO AUG. 15, 2001

Three men suspected of being members of the Irish Republican Army have been arrested here on charges of having provided training in explosives to Colombia's largest leftist rebel group.

The development raised doubts in Northern Ireland about the I.R.A.'s commitment to peace efforts there and renewed concerns here that Colombian guerrillas were planning urban terrorist attacks.

The arrests, which came during the weekend and were announced on Monday by Defense Minister Gustavo Bell, underscored a recurring theme in Colombia's decades-old conflict: the training of rebel or paramilitary groups by foreign terrorist organizations or mercenaries.

In the 1980's Israeli mercenaries trained illegal antiguerrilla militias, right-wing groups that have accounted for the vast majority of massacres in Colombia.

A now-defunct leftist rebel group, the M-19, had tight bonds with

The men, who have denied aiding the FARC rebels, have said they went to Colombia to observe the peace process there and go bird-watching.



Birds  
of  
North America  
THE COMPLETE COLLECTION







