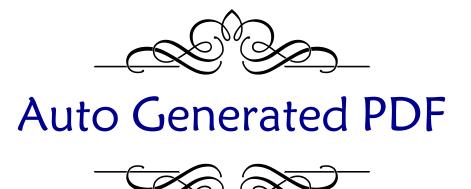
Left Right



Example Page

CopyRight: Belongs to no-one

Author: Listenzcc

Address: Some building, some road Location: Some city, some state

Document

Part 1

万艘龙舸绿丝间, 载到扬州尽不还。

应是天教开汴水,一千余里地无山。

尽道隋亡为此河,至今千里赖通波。

若无水殿龙舟事,共禹论功不较多。

Part 2

In ReportLab, you can dynamically switch page templates using the onPage callback within a PageTemplate. The handle_nextPageTemplate method is employed for this purpose. Page templates are identified by an id attribute, allowing for runtime switching, such as using id='FirstPage' or id='TwoColumns'. The <pageTemplate> tag also enables overriding page size and rotation. This approach provides flexibility in designing documents with varying layouts.

<think>

好,我现在需要帮用户写一个关于防暑降温的建议,用Markdown格式,字数大约400字,从二级标题开始。

首先,我得想一下用户的需求是什么。今年天气很热,他们可能正在寻找实用的方法来应对高温。所以内容要有针对性,提供切实可行的建议。

接下来,结构方面,二级标题的话,我可以分成几个部分,比如补充水分、饮食调理、个人防护和家居降温等等。每个部分下面再细分小点,这样看起来条理清晰。

在补充水分这部分,我应该强调及时补水的重要性,尤其是户外活动时更要注意。 同时,避免喝冷饮可能对身体不好,温水更适合。另外,含电解质的饮品有助于维持体内平衡。

饮食方面,清淡食物是关键,比如粥、凉拌菜,这样能减少体感温度。多吃水果蔬菜补充维生素和水分,但要提醒用户注意卫生,防止肠胃不适。

个人防护方面,穿着透气的衣物很重要,物理防晒措施如帽子,太阳镜和遮阳伞也 不能少。此外,随身携带防暑药物,以防万一。

家居降温可以考虑空调和风扇的使用,但温度不宜过低, 避免温差过大引起感冒。 保持房间通风, 合理安排作息时间, 减少高温时段外出。

注意事项部分,要提醒用户关注特殊人群,比如老人、小孩等,他们的体温调节能力较差,容易中暑。同时,出现中暑症状时要及时处理,严重的话立刻就医。

最后,用一段话总结,强调防暑降温的重要性,并鼓励大家保持良好的生活习惯和心态,安然度夏。

在写作过程中,我需要确保语言简洁明了,避免使用复杂的术语,让读者容易理解和应用这些建议。同时,每个部分的信息要准确,符合科学常识,这样用户才能真正受益。

</think>

防暑降温小贴士

1. 及时补充水分

高温天气下,人体容易因大量出汗而失去水分。建议每天饮用足够的水,尤其是户外活动时,每隔一段时间就要补水。避免喝过冷的饮料,以免刺激胃肠道。

2. 注意饮食调理

夏季饮食应以清淡为主,多吃富含维生素和矿物质的食物,如新鲜蔬菜、水果等。 可以适量食用绿豆汤、冬瓜汤等清热解暑的食品。同时,避免暴饮暴食和摄入过多

油腻食物。

3. 做好个人防护

外出时尽量选择透气性好的衣物,如棉麻材质,并佩戴遮阳帽、太阳镜或使用遮阳 伞以减少紫外线伤害。随身携带防暑降温药品,如藿香正气水、风油精等,以备不 时之需。

4. 合理安排作息时间

尽量避免在高温时段 (10:00-16:00) 长时间户外活动。如果必须外出,建议选择早晨或傍晚,同时做好防晒措施。

5. 调整家居环境

使用空调或风扇降温时,注意室内外温差不宜过大,以免引发感冒。保持房间通风,定期开窗换气,使用湿毛巾拖地等方法也能有效降低室内温度。

注意事项

- -高温天气下,特殊人群(如老人、儿童、慢性病患者)更易中暑,需特别关注。
- 出现头晕、恶心、乏力等症状时,应立即到阴凉处休息,并补充水分。
- -严重中暑时应及时就医,避免延误治疗。

希望大家在炎热的夏季做好防护,保持良好的生活习惯和心态,安然度夏!

Styles (样式集)

Normal

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Title

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Heading4

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Heading5

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Heading6

{alignment: 0, allowOrphans: 0, allowWidows: 1, backColor: None, borderColor: None, borderPadding: 0, borderRadius: None, borderWidth: 0, bulletAnchor: start, bulletFontName: Helvetica, bulletFontSize: 10, bulletIndent: 0, clone: <bound method PropertySet.clone of <ParagraphStyle 'Heading6'>>, defaults: {'fontName': 'Helvetica', 'fontSize': 10, 'leading': 12, 'leftIndent': 0, 'rightIndent': 0, 'firstLineIndent': 0, 'alignment': 0, 'spaceBefore': 0, 'spaceAfter': 0, 'bulletFontName': 'Helvetica', 'bulletFontSize': 10, 'bulletIndent': 0, 'textColor': Color(0,0,0,1), 'backColor': None, 'wordWrap': None, 'borderWidth': 0, 'borderPadding': 0, 'borderColor': None, 'borderRadius': None, 'allowWidows': 1, 'allowOrphans': 0, 'textTransform': None, 'endDots': None, 'splitLongWords': 1, 'underlineWidth': ", 'bulletAnchor': 'start', 'justifyLastLine': 0, 'justifyBreaks': 0, 'spaceShrinkage': 0.05, 'strikeWidth': ", 'underlineOffset': '-0.125*F', 'underlineGap': '1', 'strikeOffset': '0.25*F', 'strikeGap': '1', 'linkUnderline': 0, 'underlineColor': None, 'strikeColor': None, 'hyphenationLang': ", 'embeddedHyphenation': 0, 'uriWasteReduce': 0}, embeddedHyphenation: 0, endDots: None, firstLineIndent: 0, fontName: STXINWEI, fontSize: 7, hyphenationLang:, justifyBreaks: 0, justifyLastLine: 0, leading: 8.4, leftIndent: 0, linkUnderline: 0, listAttrs: <bound method PropertySet.listAttrs of < ParagraphStyle 'Heading6'>>, name: Heading6, parent: <ParagraphStyle 'Normal'>, refresh: <bound method PropertySet.refresh of <ParagraphStyle 'Heading6'>>, rightIndent: 0, spaceAfter: 2, spaceBefore: 6, spaceShrinkage: 0.05, splitLongWords: 1, strikeColor: None, strikeGap: 1. strikeOffset: 0.25*F. strikeWidth: . textColor: Color(0.0.0.1), textTransform: None. underlineColor: None, underlineGap: 1. underlineOffset: -0.125*F, underlineWidth: , uriWasteReduce: 0, wordWrap: None}

Bullet

{alignment: 0, allowOrphans: 0, allowWidows: 1, backColor: None, borderColor: None, borderPadding: 0, borderRadius: None, borderWidth: 0, bulletAnchor: start, bulletFontName: Helvetica, bulletFontSize: 10, bulletIndent: 0, clone: <bound method PropertySet.clone of <ParagraphStyle 'Bullet'>>, defaults: {'fontName': 'Helvetica', 'fontSize': 10, 'leading': 12, 'leftIndent': 0, 'rightIndent': 0, 'firstLineIndent': 0, 'alignment': 0, 'spaceBefore': 0, 'spaceAfter': 0, 'bulletFontName': 'Helvetica', 'bulletFontSize': 10, 'bulletIndent': 0, 'textColor': Color(0,0,0,1), 'backColor': None, 'wordWrap': None, 'borderWidth': 0, 'borderPadding': 0, 'borderColor': None, 'borderRadius': None, 'allowWidows': 1, 'allowOrphans': 0, 'textTransform': None, 'endDots': None, 'splitLongWords': 1, 'underlineWidth': ", 'bulletAnchor': 'start', 'justifyLastLine': 0, 'justifyBreaks': 0, 'spaceShrinkage': 0.05, 'strikeWidth': ", 'underlineOffset': '-0.125*F', 'underlineGap': '1', 'strikeOffset': '0.25*F', 'strikeGap': '1', 'linkUnderline': 0, 'underlineColor': None, 'strikeColor': None, 'hyphenationLang': ", 'embeddedHyphenation': 0, 'uriWasteReduce': 0}, embeddedHyphenation: 0, endDots: None, firstLineIndent: 0, fontName: STXINWEI, fontSize: 10, hyphenationLang:, justifyBreaks: 0, justifyLastLine: 0, leading: 12, leftIndent: 0, linkUnderline: 0, listAttrs: <bound method PropertySet.listAttrs of <ParagraphStyle 'Bullet'>>, name: Bullet, parent: <ParagraphStyle 'Normal'>, refresh: <bound method PropertySet.refresh of < ParagraphStyle 'Bullet'>>, rightIndent: 0, spaceAfter: 0, spaceBefore: 3, spaceShrinkage: 0.05, splitLongWords: 1, strikeColor: None, strikeGap: 1, strikeOffset: 0.25*F, strikeWidth: , textColor: Color (0.0.0.1), textTransform: None. underlineColor: None, underlineGap: 1, underlineOffset: -0.125*F, underlineWidth: , uriWasteReduce: 0, wordWrap: None}

Definition

{alignment: 0, allowOrphans: 0, allowWidows: 1, backColor: None, borderColor: None, borderPadding: 0, borderRadius: None, borderWidth: 0, bulletAnchor: start, bulletFontName: Helvetica-BoldOblique, bulletFontSize: 10, bulletIndent: 0, clone: <box>

bound method PropertySet.clone of</br> <ParagraphStyle 'Definition'>>, defaults: {'fontName': 'Helvetica', 'fontSize': 10, 'leading': 12, 'leftIndent': 0, 'rightIndent': 0, 'firstLineIndent': 0, 'alignment': 0, 'spaceBefore': 0, 'spaceAfter': 0, 'bulletFontName': 'Helvetica', 'bulletFontSize': 10, 'bulletIndent': 0, 'textColor': Color(0,0,0,1), 'backColor': None, 'wordWrap': None, 'borderWidth': 0, 'borderPadding': 0, 'borderColor': None, 'borderRadius': None, 'allowWidows': 1, 'allowOrphans': 0, 'textTransform': None, 'endDots': None, 'splitLongWords': 1, 'underlineWidth': ", 'bulletAnchor': 'start', 'justifyLastLine': 0, 'justifyBreaks': 0, 'spaceShrinkage': 0.05, 'strikeWidth': ", 'underlineOffset': '-0.125*F', 'underlineGap': '1', 'strikeOffset': '0.25*F', 'strikeGap': '1', 'linkUnderline': 0, 'underlineColor': None, 'strikeColor': None, 'hyphenationLang': ", 'embeddedHyphenation': 0, 'uriWasteReduce': 0}, embeddedHyphenation: 0, endDots: None, firstLineIndent: 0, fontName: STXINWEI, fontSize: 10, hyphenationLang: , justifyBreaks: 0, justifyLastLine: 0, leading: 12, leftIndent: 36, linkUnderline: 0, listAttrs: <box>

bound method PropertySet.listAttrs of</br> <ParagraphStyle 'Definition'>>, name: Definition, parent: <ParagraphStyle 'Normal'>, refresh: <bound method PropertySet.refresh of <ParagraphStyle 'Definition'>>, rightIndent: 0, spaceAfter: 0, spaceBefore: 6, spaceShrinkage: 0.05, splitLongWords: 1, strikeColor: None, strikeGap: 1, strikeOffset: 0.25*F, strikeWidth: . textColor: Color(0,0,0,1), textTransform: None, underlineColor: None, underlineGap: 1, underlineOffset: -0.125*F, underlineWidth: , uriWasteReduce: 0, wordWrap: None}

Code

{alignment: 0, allowOrphans: 0, allowWidows: 1, backColor: None, borderColor: None, borderPadding: 0, borderRadius: None, borderWidth: 0, bulletAnchor: start, bulletFontName: Helvetica, bulletFontSize: 10, bulletIndent: 0, clone: <bound method PropertySet.clone of <ParagraphStyle 'Code'>>, defaults: {'fontName': 'Helvetica', 'fontSize': 10, 'leading': 12, 'leftIndent': 0, 'rightIndent': 0, 'firstLineIndent': 0, 'alignment': 0, 'spaceBefore': 0, 'spaceAfter': 0, 'bulletFontName': 'Helvetica', 'bulletFontSize': 10, 'bulletIndent': 0, 'textColor': Color(0,0,0,1), 'backColor': None, 'wordWrap': None, 'borderWidth': 0, 'borderPadding': 0, 'borderColor': None, 'borderRadius': None, 'allowWidows': 1, 'allowOrphans': 0, 'textTransform': None, 'endDots': None, 'splitLongWords': 1, 'underlineWidth': ", 'bulletAnchor': 'start', 'justifyLastLine': 0, 'justifyBreaks': 0, 'spaceShrinkage': 0.05, 'strikeWidth': ", 'underlineOffset': '-0.125*F', 'underlineGap': '1', 'strikeOffset': '0.25*F', 'strikeGap': '1', 'linkUnderline': 0, 'underlineColor': None, 'strikeColor': None, 'hyphenationLang': ", 'embeddedHyphenation': 0, 'uriWasteReduce': 0}, embeddedHyphenation: 0, endDots: None, firstLineIndent: 0, fontName: STXINWEI, fontSize: 8, hyphenationLang:, justifyBreaks: 0, justifyLastLine: 0, leading: 8.8, leftIndent: 36, linkUnderline: 0, listAttrs: <box>

bound method PropertySet.listAttrs of</br> <ParagraphStyle 'Code'>>, name: Code, parent: <ParagraphStyle 'Normal'>, refresh: <bound method PropertySet.refresh of < ParagraphStyle 'Code'>>, rightIndent: 0, spaceAfter: 0, spaceBefore: 0, spaceShrinkage: 0.05, splitLongWords: 1, strikeColor: None, strikeGap: 1, strikeOffset: 0.25*F, strikeWidth: , textColor: Color (0.0.0.1), textTransform: None. underlineColor: None, underlineGap: 1. underlineOffset: -0.125*F, underlineWidth: , uriWasteReduce: 0, wordWrap: None}

UnorderedList

{bulletAlign: left, bulletColor: Color(0,0,0,1), bulletDedent: auto, bulletDir: ltr, bulletFontName: Helvetica, bulletFontSize: 12, bulletFormat: None, bulletOffsetY: 0, bulletType: 1, clone: <bound method PropertySet.clone of <ListStyle 'UnorderedList'>>, defaults: {'leftIndent': 18, 'rightIndent': 0, 'bulletAlign': 'left', 'bulletType': '1', 'bulletColor': Color(0,0,0,1), 'bulletFontName': 'Helvetica', 'bulletFontSize': 12, 'bulletOffsetY': 0, 'bulletDedent': 'auto', 'bulletDir': 'ltr', 'bulletFormat': None, 'start': None}, fontName: STXINWEI, leftIndent: 18, listAttrs: <bound method PropertySet.listAttrs of <ListStyle 'UnorderedList'>>, name: UnorderedList, parent: None, refresh: <bound method PropertySet.refresh of <ListStyle 'UnorderedList'>>, rightIndent: 0, start: None}



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OrderedList

{bulletAlign: left, bulletColor: Color(0,0,0,1), bulletDedent: auto, bulletDir: ltr, bulletFontName: Helvetica, bulletFontSize: 12, bulletFormat: None, bulletOffsetY: 0, bulletType: 1, clone: <bound method PropertySet.clone of <ListStyle 'OrderedList'>>, defaults: {'leftIndent': 18, 'rightIndent': 0, 'bulletAlign': 'left', 'bulletType': '1', 'bulletColor': Color(0,0,0,1), 'bulletFontName': 'Helvetica', 'bulletFontSize': 12, 'bulletOffsetY': 0, 'bulletDedent': 'auto', 'bulletDir': 'ltr', 'bulletFormat': None, 'start': None}, fontName: STXINWEI, leftIndent: 18, listAttrs: <bound method PropertySet.listAttrs of <ListStyle 'OrderedList'>>, name: OrderedList, parent: None, refresh: <bound method PropertySet.refresh of <ListStyle 'OrderedList'>>, rightIndent: 0, start: None}



cTitle

{alignment: 1, allowOrphans: 0, allowWidows: 1, backColor: None, borderColor: None, borderPadding: 0, borderRadius: None, borderWidth: 0, bulletAnchor: start, bulletFontName: Helvetica, bulletFontSize: 10, bulletIndent: 0, clone: <bound method PropertySet.clone of <ParagraphStyle 'cTitle'>>, defaults: {'fontName': 'Helvetica', 'fontSize': 10, 'leading': 12, 'leftIndent': 0, 'rightIndent': 0, 'firstLineIndent': 0, 'alignment': 0, 'spaceBefore': 0, 'spaceAfter': 0, 'bulletFontName': 'Helvetica', 'bulletFontSize': 10, 'bulletIndent': 0, 'textColor': Color(0,0,0,1), 'backColor': None, 'wordWrap': None, 'borderWidth': 0, 'borderPadding': 0, 'borderColor': None, 'borderRadius': None, 'allowWidows': 1, 'allowOrphans': 0, 'textTransform': None, 'endDots': None, 'splitLongWords': 1, 'underlineWidth': ", 'bulletAnchor': 'start', 'justifyLastLine': 0, 'justifyBreaks': 0, 'spaceShrinkage': 0.05, 'strikeWidth': ", 'underlineOffset': '-0.125*F', 'underlineGap': '1', 'strikeOffset': '0.25*F', 'strikeGap': '1', 'linkUnderline': 0, 'underlineColor': None, 'strikeColor': None, 'hyphenationLang': ", 'embeddedHyphenation': 0, 'uriWasteReduce': 0}, embeddedHyphenation: 0, endDots: None, firstLineIndent: 0, fontName: STXINWEI, fontSize: 24, hyphenationLang:, justifyBreaks: 0, justifyLastLine: 0, leading: 28, leftIndent: 0, linkUnderline: 0, listAttrs: <bound method PropertySet.listAttrs of <ParagraphStyle 'cTitle'>>, name: cTitle, parent: < ParagraphStyle 'Heading1'>, refresh: <bound method PropertySet.refresh of <ParagraphStyle 'cTitle'>>, rightIndent: 0, spaceAfter: 20, spaceBefore: 0, spaceShrinkage: 0.05, splitLongWords: 1, strikeColor: None, strikeGap: 1, strikeOffset: 0.25*F, strikeWidth: , textColor: Color (0.0..545098.1), textTransform: None. underlineColor: None, underlineGap: 1. underlineOffset: -0.125*F, underlineWidth: , uriWasteReduce: 0, wordWrap: None}

cSubTitle

{alignment: 1, allowOrphans: 0, allowWidows: 1, backColor: None, borderColor: None, borderPadding: 0, borderRadius: None, borderWidth: 0, bulletAnchor: start, bulletFontName: Helvetica, bulletFontSize: 10, bulletIndent: 0, clone: <bound method PropertySet.clone of <ParagraphStyle 'cSubTitle'>>, defaults: {'fontName': 'Helvetica', 'fontSize': 10, 'leading': 12, 'leftIndent': 0, 'rightIndent': 0, 'firstLineIndent': 0, 'alignment': 0, 'spaceBefore': 0, 'spaceAfter': 0, 'bulletFontName': 'Helvetica', 'bulletFontSize': 10, 'bulletIndent': 0, 'textColor': Color(0,0,0,1), 'backColor': None, 'wordWrap': None, 'borderWidth': 0, 'borderPadding': 0, 'borderColor': None, 'borderRadius': None, 'allowWidows': 1, 'allowOrphans': 0, 'textTransform': None, 'endDots': None, 'splitLongWords': 1, 'underlineWidth': ", 'bulletAnchor': 'start', 'justifyLastLine': 0, 'justifyBreaks': 0, 'spaceShrinkage': 0.05, 'strikeWidth': ", 'underlineOffset': '-0.125*F', 'underlineGap': '1', 'strikeOffset': '0.25*F', 'strikeGap': '1', 'linkUnderline': 0, 'underlineColor': None, 'strikeColor': None, 'hyphenationLang': ", 'embeddedHyphenation': 0, 'uriWasteReduce': 0}, embeddedHyphenation: 0, endDots: None, firstLineIndent: 0, fontName: STXINWEI, fontSize: 14, hyphenationLang:, justifyBreaks: 0, justifyLastLine: 0, leading: 18, leftIndent: 0, linkUnderline: 0, listAttrs: <bound method PropertySet.listAttrs of < ParagraphStyle 'cSubTitle'>>, name: cSubTitle, parent: <ParagraphStyle 'Heading2'>, refresh: <bound method PropertySet.refresh of < ParagraphStyle 'cSubTitle'>>, rightIndent: 0, spaceAfter: 15, spaceBefore: 12, spaceShrinkage: 0.05, splitLongWords: 1, strikeColor: None, strikeGap: 1. strikeOffset: 0.25*F. strikeWidth: . textColor: Color(0,0,.545098,1), textTransform: None, underlineColor: None, underlineGap: 1, underlineOffset: -0.125*F, underlineWidth: , uriWasteReduce: 0, wordWrap: None}

cBodyText

{alignment: 0, allowOrphans: 0, allowWidows: 1, backColor: None, borderColor: None, borderPadding: 0, borderRadius: None, borderWidth: 0, bulletAnchor: start, bulletFontName: Helvetica, bulletFontSize: 10, bulletIndent: 0, clone: <bound method PropertySet.clone of <ParagraphStyle 'cBodyText'>>, defaults: {'fontName': 'Helvetica', 'fontSize': 10, 'leading': 12, 'leftIndent': 0, 'rightIndent': 0, 'firstLineIndent': 0, 'alignment': 0, 'spaceBefore': 0, 'spaceAfter': 0, 'bulletFontName': 'Helvetica', 'bulletFontSize': 10, 'bulletIndent': 0, 'textColor': Color(0,0,0,1), 'backColor': None, 'wordWrap': None, 'borderWidth': 0, 'borderPadding': 0, 'borderColor': None, 'borderRadius': None, 'allowWidows': 1, 'allowOrphans': 0, 'textTransform': None, 'endDots': None, 'splitLongWords': 1, 'underlineWidth': ", 'bulletAnchor': 'start', 'justifyLastLine': 0, 'justifyBreaks': 0, 'spaceShrinkage': 0.05, 'strikeWidth': ", 'underlineOffset': '-0.125*F', 'underlineGap': '1', 'strikeOffset': '0.25*F', 'strikeGap': '1', 'linkUnderline': 0, 'underlineColor': None, 'strikeColor': None, 'hyphenationLang': ", 'embeddedHyphenation': 0, 'uriWasteReduce': 0}, embeddedHyphenation: 0, endDots: None, firstLineIndent: 0, fontName: STXINWEI, fontSize: 12, hyphenationLang:, justifyBreaks: 0, justifyLastLine: 0, leading: 15, leftIndent: 0, linkUnderline: 0, listAttrs: <bound method PropertySet.listAttrs of < ParagraphStyle 'cBodyText'>>, name: cBodyText, parent: <ParagraphStyle 'BodyText'>, refresh: <bound method PropertySet.refresh of <ParagraphStyle 'cBodyText'>>, rightIndent: 0, spaceAfter: 4. spaceBefore: 6, spaceShrinkage: 0.05, splitLongWords: 1, strikeColor: None, strikeGap: 1. strikeOffset: 0.25*F. strikeWidth: . textColor: Color(0.0.0.1), textTransform: None. underlineColor: None, underlineGap: 1. underlineOffset: -0.125*F, underlineWidth: , uriWasteReduce: 0, wordWrap: None}

cHead1Text

{alignment: 0, allowOrphans: 0, allowWidows: 1, backColor: None, borderColor: None, borderPadding: 0, borderRadius: None, borderWidth: 0, bulletAnchor: start, bulletFontName: Helvetica, bulletFontSize: 10, bulletIndent: 0, clone: <bound method PropertySet.clone of <ParagraphStyle 'cHead1Text'>>, defaults: {'fontName': 'Helvetica', 'fontSize': 10, 'leading': 12, 'leftIndent': 0, 'rightIndent': 0, 'firstLineIndent': 0, 'alignment': 0, 'spaceBefore': 0, 'spaceAfter': 0, 'bulletFontName': 'Helvetica', 'bulletFontSize': 10, 'bulletIndent': 0, 'textColor': Color(0,0,0,1), 'backColor': None, 'wordWrap': None, 'borderWidth': 0, 'borderPadding': 0, 'borderColor': None, 'borderRadius': None, 'allowWidows': 1, 'allowOrphans': 0, 'textTransform': None, 'endDots': None, 'splitLongWords': 1, 'underlineWidth': ", 'bulletAnchor': 'start', 'justifyLastLine': 0, 'justifyBreaks': 0, 'spaceShrinkage': 0.05, 'strikeWidth': ", 'underlineOffset': '-0.125*F', 'underlineGap': '1', 'strikeOffset': '0.25*F', 'strikeGap': '1', 'linkUnderline': 0, 'underlineColor': None, 'strikeColor': None, 'hyphenationLang': ", 'embeddedHyphenation': 0, 'uriWasteReduce': 0}, embeddedHyphenation: 0, endDots: None, firstLineIndent: 0, fontName: STXINWEI, fontSize: 14, hyphenationLang:, justifyBreaks: 0, justifyLastLine: 0, leading: 15, leftIndent: 0, linkUnderline: 0, listAttrs: <bound method PropertySet.listAttrs of < ParagraphStyle 'cHead1Text'>>, name: cHead1Text, parent: <ParagraphStyle 'BodyText'>, refresh: <bound method PropertySet.refresh of < ParagraphStyle 'cHead1Text'>>, rightIndent: 0, spaceAfter: 4, spaceBefore: 6, spaceShrinkage: 0.05, splitLongWords: 1, strikeColor: None, strikeGap: 1. strikeOffset: 0.25*F. strikeWidth: . textColor: Color(0,0,.545098,1), textTransform: None, underlineColor: None, underlineGap: 1, underlineOffset: -0.125*F, underlineWidth: , uriWasteReduce: 0, wordWrap: None}

cHead2Text

{alignment: 0, allowOrphans: 0, allowWidows: 1, backColor: None, borderColor: None, borderPadding: 0, borderRadius: None, borderWidth: 0, bulletAnchor: start, bulletFontName: Helvetica, bulletFontSize: 10, bulletIndent: 0, clone: <bound method PropertySet.clone of <ParagraphStyle 'cHead2Text'>>, defaults: {'fontName': 'Helvetica', 'fontSize': 10, 'leading': 12, 'leftIndent': 0, 'rightIndent': 0, 'firstLineIndent': 0, 'alignment': 0, 'spaceBefore': 0, 'spaceAfter': 0, 'bulletFontName': 'Helvetica', 'bulletFontSize': 10, 'bulletIndent': 0, 'textColor': Color(0,0,0,1), 'backColor': None, 'wordWrap': None, 'borderWidth': 0, 'borderPadding': 0, 'borderColor': None, 'borderRadius': None, 'allowWidows': 1, 'allowOrphans': 0, 'textTransform': None, 'endDots': None, 'splitLongWords': 1, 'underlineWidth': ", 'bulletAnchor': 'start', 'justifyLastLine': 0, 'justifyBreaks': 0, 'spaceShrinkage': 0.05, 'strikeWidth': ", 'underlineOffset': '-0.125*F', 'underlineGap': '1', 'strikeOffset': '0.25*F', 'strikeGap': '1', 'linkUnderline': 0, 'underlineColor': None, 'strikeColor': None, 'hyphenationLang': ", 'embeddedHyphenation': 0, 'uriWasteReduce': 0}, embeddedHyphenation: 0, endDots: None, firstLineIndent: 0, fontName: STXINWEI, fontSize: 12, hyphenationLang:, justifyBreaks: 0, justifyLastLine: 0, leading: 15, leftIndent: 0, linkUnderline: 0, listAttrs: <bound method PropertySet.listAttrs of < ParagraphStyle 'cHead2Text'>>, name: cHead2Text, parent: <ParagraphStyle 'BodyText'>, refresh: <bound method PropertySet.refresh of <ParagraphStyle 'cHead2Text'>>, rightIndent: 0, spaceAfter: 4, spaceBefore: 6, spaceShrinkage: 0.05, splitLongWords: 1, strikeColor: None, strikeGap: 1. strikeOffset: 0.25*F. strikeWidth: . textColor: Color(0,0,.545098,1), textTransform: None. underlineColor: None, underlineGap: 1. underlineOffset: -0.125*F, underlineWidth: , uriWasteReduce: 0, wordWrap: None}

cCenteredText

{alignment: 1, allowOrphans: 0, allowWidows: 1, backColor: None, borderColor: None, borderPadding: 0, borderRadius: None, borderWidth: 0, bulletAnchor: start, bulletFontName: Helvetica, bulletFontSize: 10, bulletIndent: 0, clone: <bound method PropertySet.clone of <ParagraphStyle 'cCenteredText'>>, defaults: {'fontName': 'Helvetica', 'fontSize': 10, 'leading': 12, 'leftIndent': 0, 'rightIndent': 0, 'firstLineIndent': 0, 'alignment': 0, 'spaceBefore': 0, 'spaceAfter': 0, 'bulletFontName': 'Helvetica', 'bulletFontSize': 10, 'bulletIndent': 0, 'textColor': Color(0,0,0,1), 'backColor': None, 'wordWrap': None, 'borderWidth': 0, 'borderPadding': 0, 'borderColor': None, 'borderRadius': None, 'allowWidows': 1, 'allowOrphans': 0, 'textTransform': None, 'endDots': None, 'splitLongWords': 1, 'underlineWidth': ", 'bulletAnchor': 'start', 'justifyLastLine': 0, 'justifyBreaks': 0, 'spaceShrinkage': 0.05, 'strikeWidth': ", 'underlineOffset': '-0.125*F', 'underlineGap': '1', 'strikeOffset': '0.25*F', 'strikeGap': '1', 'linkUnderline': 0, 'underlineColor': None, 'strikeColor': None, 'hyphenationLang': ", 'embeddedHyphenation': 0, 'uriWasteReduce': 0}, embeddedHyphenation: 0, endDots: None, firstLineIndent: 0, fontName: STXINWEI, fontSize: 12, hyphenationLang:, justifyBreaks: 0, justifyLastLine: 0, leading: 15, leftIndent: 0, linkUnderline: 0, listAttrs: <bound method PropertySet.listAttrs of < ParagraphStyle 'cCenteredText'>>, name: cCenteredText, parent: <ParagraphStyle 'Normal'>, refresh: <box>

bound method PropertySet.refresh of</br> <ParagraphStyle 'cCenteredText'>>, rightIndent: 0, spaceAfter: 10, spaceBefore: 0, spaceShrinkage: 0.05, splitLongWords: 1, strikeColor: None, strikeGap: 1, strikeOffset: 0.25*F. strikeWidth: . textColor: Color(0.0.0.1). textTransform: None, underlineColor: None, underlineGap: 1, underlineOffset: -0.125*F, underlineWidth:, uriWasteReduce: 0, wordWrap: None}

clmageCaption

{alignment: 1, allowOrphans: 0, allowWidows: 1, backColor: None, borderColor: None, borderPadding: 0, borderRadius: None, borderWidth: 0, bulletAnchor: start, bulletFontName: Helvetica, bulletFontSize: 10, bulletIndent: 0, clone: <bound method PropertySet.clone of <ParagraphStyle 'clmageCaption'>>, defaults: {'fontName': 'Helvetica', 'fontSize': 10, 'leading': 12, 'leftIndent': 0, 'rightIndent': 0, 'firstLineIndent': 0, 'alignment': 0, 'spaceBefore': 0, 'spaceAfter': 0, 'bulletFontName': 'Helvetica', 'bulletFontSize': 10, 'bulletIndent': 0, 'textColor': Color(0,0,0,1), 'backColor': None, 'wordWrap': None, 'borderWidth': 0, 'borderPadding': 0, 'borderColor': None, 'borderRadius': None, 'allowWidows': 1, 'allowOrphans': 0, 'textTransform': None, 'endDots': None, 'splitLongWords': 1, 'underlineWidth': ", 'bulletAnchor': 'start', 'justifyLastLine': 0, 'justifyBreaks': 0, 'spaceShrinkage': 0.05, 'strikeWidth': ", 'underlineOffset': '-0.125*F', 'underlineGap': '1', 'strikeOffset': '0.25*F', 'strikeGap': '1', 'linkUnderline': 0, 'underlineColor': None, 'strikeColor': None, 'hyphenationLang': ", 'embeddedHyphenation': 0, 'uriWasteReduce': 0}, embeddedHyphenation: 0, endDots: None, firstLineIndent: 0, fontName: STXINWEI, fontSize: 10, hyphenationLang: , justifyBreaks: 0, justifyLastLine: 0, leading: 12, leftIndent: 0, linkUnderline: 0, listAttrs: <bound method PropertySet.listAttrs of < ParagraphStyle 'clmageCaption'>>, name: clmageCaption, parent: <ParagraphStyle 'Italic'>, refresh: <box>

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Left prompt 2025-07-08T10:07:24.317624

cStopper

{alignment: 1, allowOrphans: 0, allowWidows: 1, backColor: None, borderColor: None, borderPadding: 0, borderRadius: None, borderWidth: 0, bulletAnchor: start, bulletFontName: Helvetica, bulletFontSize: 10, bulletIndent: 0, clone: <bound method PropertySet.clone of <ParagraphStyle 'cStopper'>>, defaults: {'fontName': 'Helvetica', 'fontSize': 10, 'leading': 12, 'leftIndent': 0, 'rightIndent': 0, 'firstLineIndent': 0, 'alignment': 0, 'spaceBefore': 0, 'spaceAfter': 0, 'bulletFontName': 'Helvetica', 'bulletFontSize': 10, 'bulletIndent': 0, 'textColor': Color(0,0,0,1), 'backColor': None, 'wordWrap': None, 'borderWidth': 0, 'borderPadding': 0, 'borderColor': None, 'borderRadius': None, 'allowWidows': 1, 'allowOrphans': 0, 'textTransform': None, 'endDots': None, 'splitLongWords': 1, 'underlineWidth': ", 'bulletAnchor': 'start', 'justifyLastLine': 0, 'justifyBreaks': 0, 'spaceShrinkage': 0.05, 'strikeWidth': ", 'underlineOffset': '-0.125*F', 'underlineGap': '1', 'strikeOffset': '0.25*F', 'strikeGap': '1', 'linkUnderline': 0, 'underlineColor': None, 'strikeColor': None, 'hyphenationLang': ", 'embeddedHyphenation': 0, 'uriWasteReduce': 0}, embeddedHyphenation: 0, endDots: None, firstLineIndent: 0, fontName: STXINWEI, fontSize: 14, hyphenationLang:, justifyBreaks: 0, justifyLastLine: 0, leading: 10, leftIndent: 0, linkUnderline: 0, listAttrs: <bound method PropertySet.listAttrs of < ParagraphStyle 'cStopper'>>, name: cStopper, parent: <ParagraphStyle 'Normal'>, refresh: <bound method PropertySet.refresh of < ParagraphStyle 'cStopper'>>, rightIndent: 0, spaceAfter: 0, spaceBefore: 10, spaceShrinkage: 0.05, splitLongWords: 1, strikeColor: None, strikeGap: 1. strikeOffset: 0.25*F. strikeWidth: . textColor: Color(.545098,0,0,1), textTransform: None. underlineColor: None, underlineGap: 1, underlineOffset: -0.125*F, underlineWidth: , uriWasteReduce: 0, wordWrap: None}

