

Mode of Entrance--Inhalation

Action--Renders red corpuscles of blood incapable of uniting with oxygen.

Symptoms

- (a) Acute and sudden dizziness
- (b) Blurring vision
- (c) Nausea
- (d) Stupor and loss of consciousness

Organic Chemicals

Only a few of the more important organic chemicals that injure health can be considered. The ones selected are: alcohol; opium; cocaine; and tobacco.

Alcohol may be considered as a food, a medicine, or a habit forming drug.

Varieties:

- (a) Methyl (wood alcohol)--very dangerous, used commercially and to adulterate cheap whiskies.
- (b) Ethyl--main component in alcoholic beverages.

Properties--In large amounts a poison. Dispute is about "small" amounts.

- (a) Food--Burned body 1 gram produced 7 calories.
- (b) Nervous depressant--Acts by removing inhibition. It is not a true stimulant.
- (c) Habit-forming drug.

Effects

- (a) Health
- (b) Longevity

Opium and its Derivatives

The problem of the habit forming drugs is one of our major public health problems. The opium group includes opium, morphine, codein, and heroin.

Use--number of addicts not accurately known. Estimated in 1924 to be 110,000.

Physical Effects

- (a) Lowers ability to withstand pain or distress
- (b) Causes gastro-intestinal disturbances
- (c) Destroys self-control, will, memory.
- (d) Effects reproductive system

Social Effects