

2. What are the five fundamentals for the prevention of occupational diseases and poisons? (Rosenau)
3. Outline a plan for the prevention of lead poisoning in a pottery using lead.
4. Explain the preventive action of milk drinking in lead workers.
5. Discuss alcohol as a food.
6. Is alcohol a true stimulant? Why not?
7. Explain the function of Pure Food and Drug and the Harrison law in controlling drug addiction.
8. What are the important active principles contained in the tobacco plant? Explain the way in which pyridin is said to produce its ill effects on the body.
9. What is the relation of the use of tobacco to habit formation? Efficiency?
10. Explain physiologically why the athletic coach prohibits smoking for men in training.

XIII. PHYSICAL AGENTS AS CAUSES OF ILL HEALTH

Certain physical agents are capable either directly or indirectly of causing ill health. A few of the more important will be discussed. Attention will be called to the health influences of certain other ones.

Atmospheric Pressure

While changes in atmospheric pressure are not usually of much importance to the average individual, a knowledge of them is essential under special conditions of work, recreation, or transportation.

Diminished

Due to the rapid growth of aviation, diminished air pressure is becoming more and more important.

Occurrence

- (a) Mountain Climbing
- (b) Aeroplaning and ballooning

Effects

The effects of living at very high altitudes with their low pressure can only be mentioned.

The acute effects express themselves in headache, lassitude, and sometimes nausea. The extremities are cold, the pulse is weakened, and the respirations are deeper and more frequent. The face becomes pallid and lips and nails blue. Readjustment sometimes is made.