

- (b) Frost bites
- (c) Freezing

High temperatures

High temperatures are of more immediate interest.

Heat Stroke--the cause of 300 to 400 deaths in the United States annually. It is the result of hot moist atmosphere marked by headache, rapid pulse and respiration, loss of consciousness, and sometimes death.

Burns--may vary in effect from simple redness to cremation. In 1924, 6895 persons were accidentally burned to death and in addition 1625 lost their lives in conflagrations.

Cost: (a) Economic, (b) Vital.

Defensive hygiene of increased temperatures

Light is an important source of both health and ill health.

The effects of light may be summed up under the following heads:

- (a) Insufficient light may affect eyes or have relation to rickets in children.
- (b) Excessive light--"sun stroke," sunburn.
- (c) X-Rays or Radium may injure as well as aid health.

Electricity may be an important cause of ill health and death unless proper defensive hygiene measures are taken.

- (a) Lightning
- (b) Commercial electricity

Defenses

- (a) Safeguarding
- (b) Education

References: Storey--Defensive Hygiene, Chapter 15.
Rosenau--Preventive Medicine--Articles on Pressure, Temperature, and Light.
Huntington--Civilization and Climate.
Sunset Magazine--What Price California Climate, June, 1928.
Luckiesh and Pacini--Light and Health

DISCUSSION QUESTIONS:

1. Discuss the relation of aviation to health.
2. Why are the respirations quickened when the atmospheric pressure is diminished?
3. Explain the increased number of red cells produced under same conditions.
4. Outline a defensive hygiene program against Caisson's disease.