

Excretory Excesses and Deficiencies

The excesses or deficiencies of the excretory organs are of vital importance in health maintenance. The lack of knowledge of normal amounts of various excretions lead to much permanent physical damage.

Deficiencies

- (a) Deficiencies of intestinal excretions. Constipation is one of our major health problems. Relation to diseases.
- (b) Deficiencies of urinary excretions. Knowledge of normal amounts and character of urinary excretions is fundamental to health.
- (c) Deficiencies of skin excretions. Not relatively important.

Excesses

The excesses of excretions are more likely to attract attention but are none the less important. They include the same organs:

- (a) Urine
- (b) Intestinal
- (c) Perspiration
- (d) Menstruation

Excesses and Deficiencies of Exercise

Exercise is fundamental to good function. Both deficiency and excess need to be guarded against.

Deficiency of Exercise

A deficiency of exercise has a serious effect on:

- (a) Metabolism
- (b) Organic growth
- (c) Functional growth

The signs of deficient exercise may be summarized:

- (a) Weakness and lack of endurance to voluntary muscles
- (b) Weakness and lack of endurance of heart and circulation
- (c) Weakness and lack of endurance of muscles of respiration

Excesses of Exercise

Excessive exercise may be a serious matter. The understanding of the signs of over exertion are among the most important hygienic facts. To interpret fatigue properly is difficult but possible. Fatigue may be either local or general. The degree of fatigue and the rate and completeness of recovery are of vital importance.

- (a) Normal muscular fatigue
- (b) Acute muscular fatigue
- (c) Exhaustion