Preface xvii

## PART ONE

## **OUR HEALTH AND THE ENVIRONMENT**

1.	POPULATION AND HEALTH	2
	How Population Growth Affects Our Health Proxemics Stress	3 6 6
	Stress Zones Understanding Population Growth	10
	Is Population Growth Still a Problem in the United States? How Will the United States Be Affected by Zero Population Growth?/Action Needed in the United States	13
	World Action	16
	Family Size	17
	Other Social, Economic, and Governmental Factors Study/Review Guide	19 20
2.	POLLUTION AND HEALTH	24
	Biosphere	25
	Effects of Pollution on Wildlife	28
	Air Pollution and Health	29
	Major Air Pollutants/Extremely Hazardous Air Pollutants/ Thermal Inversion/Can Odors Hurt You?	
	Water Pollution Effects on Health	35
	Pesticides	38
	Solid Wastes	40
	Cond Wastes	

	Noise Pollution and Mental Health Study/Review Guide	40 42 43
3.	RESOURCES, ENERGY, AND RADIATION	46
	Depletion of Resources Means Increased Pollution Energy Fossil Fuels/Nuclear Power	47 51
	Alternative Sources of Energy  Trash/Geothermal Power/Tidal Energy/Methane/Wind/	56
	Solar Energy Conclusion Study/Review Guide	61 61
4.	WHAT ACTION CAN BE TAKEN TO SAVE THE ENVIRONMENT?	65
	Need for a New Ethic Action on an Individual Basis Recycling/Conserving Energy/Gardening/Letter Writing/ Letter-writing Techniques/Legal Action/ Voting/Consumer Power	66 66
	Organizations for the Environment What Has Been Done What More Needs to Be Done	76 76 77
	Forming a Group/Referendums and Initiatives Study/Review Guide	82
	PART TWO	
	OUR MENTAL AND EMOTIONAL WELL-BEING	
5.	MENTAL/EMOTIONAL PROBLEMS	88
	Emotional Problems in the United States Who Suffers from Mental Illness?	89
	Psychological Labels Types of Emotional Distress The Concept of Stress/Psychosomatic Illness/Depression and Loneliness	93 94

	College Mental Health Common College Problems/Where to Go for Help	99
	Suicide	101
	Who Attempts Suicide?/Suicide Prevention Study/Review Guide	106
6.	WORKING TOWARD A HEALTHY PERSONALITY	108
	Where to Go for Help	112
	Mental Health Specialists/Groups and Organizations Treatment of Emotional Disorders	114
	Psychotherapy/Drug Therapy/Electroshock Therapy Personal Action toward a Healthy Personality Be Positive/Exercise Regularly (Be Active)/Learn to Relax/ Establish Contact with Nature	122
	Conclusion Study/Review Guide	128 128
	PART THREE OUR PHYSICAL WELL-BEING	
7.	EXERCISE, FITNESS, AND HEALTH	134
	What Does Fitness Mean? General Benefits of Exercise Women and Exercise Age and Exercise Mental and Emotional Values of Exercise Physical Values of Exercise Your Bones and Activity/The Heart, Circulation, and Exercise/ Muscular System/Nervous System and Coordination/ Respiratory System/Effects on Other Systems/Exercise and Weight Control	135 136 136 138 139 143
	Types of Exercises and Their Effects Flexibility/Muscular Strength and Endurance/Isometrics/Isotonic or Progressive-resistance Exercises/Circulatory Endurance/Sports	148
	Exercise and Heat	155
	Exercise and Drugs Fitness Programs for You	155 156

	Preparing for Exercise/Train, Don't Strain/How Often Should You Exercise, and How Much?/General Conditioning Program/Warm-up and Flexibility Exercises/Muscular Strength and Endurance Exercises/Cardiovascular Endurance Exercises/Sample Weight Training Program	
	The Way to More Energy Study/Review Guide	165 166
8.	EATING FOR HEALTH AND SURVIVAL	169
	World Situation What Must Be Done Nutrition Today Metabolism	170 172 176 176
	Calories The Nutrients Carbohydrates/Fats/Proteins/Vitamins/Minerals	177
	How to Select a Healthy Diet Diet and Weight Control Fat Prevention/Exercise and Weight Control/Losing Weight	187 189
	Organic Foods and Other Controversies Pesticides/Chemical Fertilizers/Food Processing/Food Additives	194
	What Can Labels Tell Us The Teeth Fluoridation/Periodontal Diseases/Dental Caries	196 197
	The Future Study/Review Guide	200 201
9.	VITAL CONSUMER INFORMATION	204
	Quackery Identifying the Quack/Modern Quackery/Food and Diet Quackery/Drug Quackery	205
	The Truth about Popular Consumer Products Over-the-Counter Drugs/The Skin/Mouth and Body Odor Preparations/Aerosol Sprays/Buying Prescription Drugs	209
	Selecting a Doctor Osteopath/Chiropractic/Steps to Take in Choosing a Family Doctor/Specialists	217
	Health Insurance What to Look For	221
	Action You Can Take Study/Review Guide	222 225

# PART FOUR

# **HUMAN REPRODUCTION AND SEXUALITY**

10.	HUMAN REPRODUCTION AND CHILDBIRTH	232
	Male Reproductive System Female Reproductive System Copulation and Fertilization Determining Pregnancy Prenatal Development Prenatal Care Genetic Counseling/Cooperative Childbirth/Activities during Pregnancy/The Role of Nutrition	234 236 238 238 239 240
	Possible Complications of Pregnancy	247
	Birth Possible Complications of Childbirth Premature Birth/Ectopic Pregnancy/Breech Birth/Cesarean Section/Multiple Births	247 248
	Breast Feeding Change of Life	250 251
	Study/Review Guide	253
11.	TO HAVE OR NOT TO HAVE A CHILD	256
	Modern Methods of Birth Control Methods Available Only by Consulting a Doctor/Methods Available at Any Drug Store/Less Effective Methods of Birth Control/Ineffective and NOT Recommended Methods/The Morning-after Treatment/Surgical Sterilization/Uterine Aspiration/Abortion/New Developments in Contraception	257
	Choosing the Sex of Your Child For Female Offspring/For Male Offspring	277
	Infertility	281
	Study/Review Guide	282
12.	HUMAN SEXUAL ATTITUDES AND BEHAVIOR	286
	Sex Education Who Should Teach Sex Education?/Sex Education and Behavior	288
	Human Sexual Adjustment Masturbation/Nocturnal Orgasm/Heterosexual Petting/	292

	Premarital Sexual Intercourse/The Double Standard  A Meaningful Sexual Relationship     Physical Aspects of Lovemaking  Sexual Response     The Orgasm/Female Response Cycle/Male Response Cycle  Sexual Problems     Premature Ejaculation/Impotence/Female Orgasmic     Dysfunction  Sexual Variance     Sadism and Masochism/Exhibitionism/Voyeurism/Fetishism/     Incest/Pedophilia/Bestiality/Anal Sex/Nymphomania/Rape/     Prostitution/Pornography/Homosexuality  Study/Review Guide	297 301 305 310
13.	MARRIAGE	323
13.		
	What Are the Problems?  Unrealistic Expectations/Courtship/The Freedom versus Security Conflict/His and Her Marriages	325
	Why Do People Marry?	329
	Attempts to Solve the Problems	330
	Swinging or Mate Swapping	
	Divorce Is Marriage Becoming Obsolete?	331 334
	Being Single	335
	What Must Be Done?	338
	Open Marriage/Egalitarian (Equal) Marriage/Other	
	Suggestions/Education Selecting a Mate	343
	Study/Review Guide	345
	PART FIVE	
	DRUGS, INCLUDING ALCOHOL AND TOBACCO	
		050
14.	DRUGS IN AMERICA	350
	Why Do People Use Psychoactive Drugs? Important Terminology	353 356
	Depressants	356
	Opiates (True Narcotics)/Understanding the Opiates/	
	Methods of Taking Drugs/Solutions to the Opiate Problem/	
	Barbiturates/The Minor Tranquilizers and Other Depressants	

	Stimulants Caffeine/Cocaine/Amphetamines	366
	Volatile Chemicals (Inhalants) Hallucinogens (Psychedelics)	369 370
	LSD/Mescaline and Peyote/Psilocybin/Other Hallucinogens Marijuana	374
	Physical Effects/Psychological Effects/The Truth about Marijuana/Possible Medical Uses for Marijuana/The Legal Question	
	Dealing with the Drug Problem	382
	Changing the Laws/Alternatives to Drugs/Education Study/Review Guide	386
15.	ALCOHOL: AMERICA'S NUMBER-ONE DRUG PROBLEM	389
	What Is Alcohol? Alcohol as a Drug	391
	Problems of Use in America	392
	Effects of Alcohol on the Body  Damage Due to Alcohol/Alcohol with Other Drugs	393
	Current Research	396
	Effect on Women/Blood Alcohol Curve/Effect on Memory and Personality/Brain Studies	
	Teenage Drinking	398
	Treatment for Inebriation and Hangover Alcoholism	399 401
	Treatment of Alcoholism	401
	Alcoholics Anonymous (AA)/Antabuse (Disulfiram)/ Psychotherapy/Other Therapies/Aims of Therapy	
	Action to Be Taken	407
	Prevention/The Law	409
	Education Study/Review Guide	410
40	TOBACCO: AMERICA'S MAJOR CAUSE OF ILLNESS	
16.	AND DEATH	412
	What Makes Tobacco So Dangerous?	413
	Mortality, Disability, and Chronic Illness Disability/Chronic Illness	415
	Why Do People Smoke?	416
	Cancer and Other Effects of Smoking Heart Attacks, Circulatory Disorders, and Strokes/	418
	Emphysema/Chronic Bronchitis/Pregnancy and the Health	

	of Children/Other Health Factors/Smoking and Fires/ Smoking and Sexual Health	423
	Nonesthetic Aspects of Smoking Benefits of Quitting	423
	Nonsmokers' Insurance How to Stop Smoking Smoking Clinics	424
	Effects on Nonsmokers Action to Be Taken Education/Personal Actions	426 427
	Study/Review Guide	430
	PART SIX	
	THE DISEASES	
17.	COMMUNICABLE DISEASE	434
	Disease-producing Organisms	435
	Bacteria/Protozoa/Fungi/Rickettsia/Viruses/Metazoa The Disease Process	437
	Incubation Period/Prodromal Period/Differential Period/ Recovery Period	
	Immunity	440
	Natural Immunity/Artificial Immunity Types of Communicable Diseases	442
	Filth-borne Diseases/Respiratory Diseases/Contact Diseases/Insect-transmitted Diseases	
	Venereal Diseases (VD) Gonorrhea/Syphilis	445
	Nonspecific Urethritis (NSU)	451
	Herpes Genitalis Diagnosis/Treatment	451
	Vaginitis	453
	Trichomoniasis/Candidiasis (Monilia, Yeast Infection) Pubic Lice (Crabs)	454
	Prevention of Venereal Disease	454
	Selection of Sex Partners/Medical Examinations and Special Precautions	
	Study/Review Guide	456

18.	CHRONIC, DEGENERATIVE DISEASE	459
	Heart and Circulatory Disorders  High Blood Pressure (Hypertension)/Atherosclerosis/Heart Attack/Angina Pectoris/Stroke/Rheumatic Fever/ Congenital Defects/Diagnosis and Treatment/Know the Signals for Heart Attack and Stroke/Risk Factors for Heart Disease and Stroke	460
	Cancer Cancer and the Environment/What Is Cancer?/Incidence of Cancer/Cancer Prevention/Breast Cancer/Cancer of the Uterus/Colon-Rectum Cancer/Lung Cancer/Skin Cancer/Leukemia	468
	Arthritis	478
	Diabetes	479
	Hypoglycemia	480
	Study/Review Guide	481
<b>APF</b> Inde	PENDIX: AGING, DEATH, AND DYING	484 500