



Prototype Action-oriented
School Health Curriculum
for Primary Schools

Teacher's Resource Book



Glossary/ Index

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**WORLD HEALTH ORGANIZATION
REGIONAL OFFICE FOR THE EASTERN MEDITERRANEAN**



**UNITED NATIONS CHILDREN'S FUND
MIDDLE EAST AND NORTH AFRICA REGIONAL OFFICE**



**THE UNITED NATIONS EDUCATIONAL SCIENTIFIC
AND CULTURAL ORGANIZATION**



**ISLAMIC EDUCATIONAL SCIENTIFIC
AND CULTURAL ORGANIZATION**

**Alexandria
1990**

The main objective of this Programme is to promote the movement of "Health for All by the Year 2000" (HFA/2000) through endeavours to bridge the gap between the individual and the most peripheral health services. Even with the availability of all social needs, including advanced health services, a satisfactory health condition cannot be achieved as long as people maintain acquiescent or even passive attitudes in their approach to health, in their habits and in their life-styles. Our present attempt is the first step towards the creation of the proper contributor to social development and its proper beneficiary, that is the individual. It is an investment for the benefit of man, which would eventually lead to the improvement of his health condition; as a result, man would give health its proper human dimension.

Although this curriculum constitutes one phase in the process of demystification of health information, through the provision of such information and making them accessible to everybody, it should not be viewed as a mere endeavour in the field of health education or health information. The proposed educational method, if not more important than the information it contains, is at least equally important. The purpose of these information is not only to incorporate them in the various school materials and activities, but also to turn them into projects closely related to growth and development, and jointly implemented by pupils, teachers, parents, members of the community and peripheral workers, staff or non-staff. The foreseen outcome is that members of the future generations would develop positive attributes, and self-reliance in identifying their needs, and would develop their ability to work and deal with others in order to meet those needs, let alone developing management and research skills at an early age. In brief, this programme is an attempt to improve the quality of life by improving the quality of the human being, having as its target the children of an age-group where they can be easily influenced, and using health in its broadest sense as an entry permit to reach their minds.

O.S.

Reprint 1990

ISBN 92-9021-034-6

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Printed by APTC in Alexandria

ACKNOWLEDGEMENTS

The Action-Oriented School Health Education Project has been under taken by the Eastern Mediterranean Regional Office (EMRO) of the World Health Organization (WHO) and the Middle East and North Africa Regional Office of the United Nations Children's Fund (UNICEF), in cooperation with the United Nations Educational, Scientific and Cultural Organization (UNESCO) and the Islamic Educational Scientific and Cultural Organization (ISESCO). Originator and supervisor of the project was Dr Omer Sulieman of WHO. Many organizations and individuals have contributed to this effort; but they are too numerous to list here.

Ministries of Education and Health of WHO EMR Member States were sent the first draft of the prototype curriculum material; many sent in their useful comments. The draft was also reviewed by the Institutes of Education and Child Health of the University of London, Centre of Education Development of Sudan, Health Science Centre of the University of Colorado in the United States, and the International Child Health Department of Paediatrics, University Hospitals in Uppsala, Sweden.

Special thanks are due to Dr David Morley, who pioneered the CHILD-to-child programme and chaired the EMRO workshop on the subject, and to Mr David Werner, whose books **Where There's no Doctor**, and **Helping Health Workers Learn** have provided very practical guidance as well as inspiration for primary health workers everywhere.

Apart from individuals mentioned in the text, acknowledgement is due to the work done by Mr Isam Ahmed Hassoun, former Under-Secretary of Education of Sudan, and Dr Kamal Islam, public health specialist and Assistant Director of CARE in Bangladesh, who conducted the situation analysis, compiled the material and prepared the first draft; and Mr Jack C.S. Ling, Visiting Professor of Communication, University of Southwestern Louisiana and former Director of Information and Education for both WHO and UNICEF, who was editor and leader of the working group that finalized prototype curriculum.

Members of the working group were Mr Hassoun, Ms Naema Maheimid of Sudan's Centre of Educational Development, and Dr Colin Yarham, Head of

Health Education Department of Kuring-gai College in Australia and Chairman of the School Health Education Committee of the International Union of Health Education.

Dr Yasser Daghistani, Professor of English, University of Damascus, and Dr Keith Rothwell, formerly of Hull and London Universities and currently consultant in epidemiology and science writer, edited the final text. Mrs Anne Homfray, consultant designer, prepared the cover and provided layout assistance, and Mr Mustafa Kenawy, Egyptian artist, residing in Alexandria, furnished many of the graphics in the text.

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FORWORD

Efforts towards achieving Health For All (HFA) by the Year 2000 will hopefully move a step further by the publication of this Prototype Action-Oriented School Health Education Curriculum. It started as a joint WHO-UNICEF regional plan to promote health education in the schools of Members States. UNESCO and ISECŌ are both now full partners in this programme.

It is hoped that this Prototype will provide the base on which each country can build its own programmes which are well-planned and sequentially developed to suit the age, developmental level and needs of pupils in both urban and rural schools. Careful needs assessment will be a key factor in the preparation of such programmes.

Establishment of key centres for initial training of teachers for this field as well as ongoing in-service programmes will be essential, as will the provision of culturally, socially and geographically appropriate teaching and learning resources.

A great deal of work has been put into developing the Prototype Curriculum. Comments on the first draft coming from different quarters, including education development institutes, government ministries in the Region, and technical units of WHO, have been incorporated into this text.

Acceptance, use and programme development will require further efforts by Member States. The Eastern Mediterranean Regional office (EMRO) of WHO, the Middle East and North Africa Office (MENA) of UNICEF, the United Nations Educational Scientific and

Cultural Organization (UNESCO) and the Islamic Educational Scientific and Cultural Organization (ISESCO) are all committed to this endeavour, which aims at educating and preparing children for a healthy way of life and a productive role as citizens of tomorrow.



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INTRODUCTION

The Action-Oriented School Health Education Project has produced a Prototype Curriculum comprising a **Teacher's Guide**, a **Teacher's Resource Book**, and a set of **National Guidelines** for the implementation of the project. The **Guide** and the **Resource Book**, as prototype material, are no more than trial models, and they are to be read and treated as such.

It is quite obvious that this **Teacher's Resource Book** is by no means comprehensive. Indeed, some will find that a number of essential subjects are either missing altogether or inadequately handled; others will find some of the material totally irrelevant to their needs. Also, certain subjects, by their very nature, would have to be dealt with by specialists in the areas concerned, and, therefore, only brief outlines are included in the anticipation of a more substantive input being made by experts who could place them within the appropriate social and cultural context.

As trial models, both the **Guide** and this **Resource Book** are meant to arouse interest and provoke reaction, so that other curricula, more in line with national needs and circumstances, can be developed. If the subjects dealt with in the **Book** prove useful stimuli for further addition, adaptation, modification and revision, the purpose of the exercise will have been served.

It should be noted that the **Book** is intended for teachers in charge of health topics in primary schools for children aged 6–13. It is to be used in conjunction with the **Guide**, which describes the approaches and methods recommended for conducting health learning for pupils in primary grades.

The **Book** contains 22 units and a **Glossary/Index**. Each unit is divided into topics and each topic, in turn, is supported by proposed activities. Where a topic proves too long, it is divided into subtopics before breaking it down into learning activities. Each learning activity is accompanied by corresponding suggestions as to the grade level, at which it can be taught, and the specific subject, in which it can be incorporated.

Resource material for each topic or set of learning activities has been provided. Much of this material is derived, with minor adjustments, from sources referred to in the text and listed as References with the Glossary.

One of the main objectives of the **Book** is to assist teachers to initiate activities that will bring about a shift from emphasis on instruction to emphasis on providing pupils with learning opportunities and experience, i.e. making the educational process action-oriented and, therefore, more experiential.

Many of the details and information given (e.g. on pit latrines, snake bites, night blindness, etc.) are primarily addressed to teachers in rural areas. Rural schools outnumber urban ones in many parts of the Region; they have their special needs, but very limited resources and facilities. Being far removed from professional medical help, the teacher often needs to perform the tasks of a primary health care worker and so the **Glossary** has been compiled not only as a list of definitions of scientific terms but also as a handy reference collection of basic information on many of the topics in the **Book**.

It cannot be overemphasized, however, that each country is expected to select and adapt topics and learning activities appropriate to its needs; indeed, there will be variations within a country or even within a province or district. It is hoped that the country will integrate the topics and activities into subjects currently taught in its schools, and in accordance with its requirements. Although an ideal approach would be for health education to be treated as a separate subject, or to be provided under the coordination of one teacher with a background in science; yet, realities indicate that resources for education are such that integration of the health issues into existing academic subjects would have to be the actual approach employed.

Some of the material in the book is addressed to the teacher and is not to be presented to school children directly.

It is further hoped that this material will assist the teacher to provide practical advice and help to pupils and other members of the community, with a view to involving them in activities that can improve their health and the health of the community.

GLOSSARY

The following is a selection of terms used in the text. Many of them are technical: having particular relevance to health, and to health education, and frequently having meanings that are not clearly stated in an ordinary dictionary. The glossary is meant to assist the teacher in gaining a better understanding of the material that he is going to teach. Some terms which appear in the text of the glossary and are themselves given as a glossary entry appear in capitals.

ABDOMEN: Belly. The part of the trunk below the **CHEST**

ABDOMINAL THRUST: A technique, used only as a last resort, for attempting to expel from the windpipe an obstruction which is causing choking.

ABSCESS: A localized collection of **PUS** in any part of the body, usually caused by local bacterial infection.

ABNORMAL: Any unusual or exceptional condition. Part of the body which is different in appearance from the expected.

ABRUPTIO PLACENTAE: A Complication of pregnancy in which the placenta separates from the womb too soon.

ACETAMINOPHEN: A drug for the relief of pain, and **INFLAMMATION**.

ACETIC ACID: The **ACID** present in vinegar.

ACID: Acids are a group of chemical substances which have a sour taste: a property that must be tested with caution because many acids can severely damage not only delicate membranes but also the skin. Many acids will dissolve metals and neutralize bases (alkaline substances). They turn litmus paper red.

ACUTE: describes a disease that has a rapid onset, severe symptoms and a short duration. Compare **CHRONIC**.

ADDICTION: A feeling of being compelled to continue to practice a habit and an inability to refrain from the habit: a situation that arises with **DRUG** taking or alcohol drinking or smoking.

ADOLESCENT: Adolescence. The immature stage between childhood and adulthood.

ADRENAL GLAND: There are two adrenal glands in the body, one situated above each **KIDNEY**. They are responsible for the secretion of **ADRENALINE**.

ADRENALINE: (Adrenalin; Epinephrine). A hormone produced by the **ADRENAL GLANDS**. It increases heart rate, respiration rate, and the rate of metabolism. The effect of this hormone, which is secreted in response to fear or alarm, is to prepare the body to either escape from, or fight against a danger.

ADULT: A person grown to full size, strength and maturity.

ADULTERATE: To mix an impure or inferior material with a pure one and so reduce the quality of the pure material; usually done for financial gain.

AIR SACS: The very small air compartments in the **LUNGS** in which oxygen from the air is absorbed into the blood. Another name for them is alveoli.

AIDS: The abbreviation for “Acquired Immune Deficiency Syndrome”: a **FATAL CONTAGIOUS** condition in which a **VIRUS** infection destroys the body’s ability to respond effectively to invasion by disease organisms. Illness and subsequent death come from the diseases that the **AIDS** sufferer may develop and be unable to resist. It is transmitted by sexual intercourse (anal or vaginal) with an infected partner, by sharing unsterilized hypodermic needles and by blood transfusions in which an infected person is involved. As yet there is no evidence of transmission through casual contact or the use of toilets or swimming baths, nor have blood sucking insects been implicated. At present there is no cure for the disease, however, prevention is possible by refraining from practices which expose one to infection.

ALCOHOL: A class of chemical compound. The best known member is ethyl alcohol, found in wine and beer, and the cause of the intoxication that comes from drinking these beverages. Wood alcohol is another member of the class; it is obtained when wood is distilled. Like the alcohol in beer, wine and spirits, it causes intoxication but, as a very serious side effect, it causes blindness.

ALCOHOLIC: (Person) One suffering from **ALCOHOLISM**. (Beverage) One containing **ALCOHOL**.

ALCOHOLISM: An **ADDICTION** to alcohol, usually brought on by several years of heavy drinking of beer, wines or spirits. Alcoholism impairs physical and mental ability and can lead to heart and liver disease.

ALLERGEN: Something which gives rise to an allergic reaction.

ALLERGIC RHINITIS: See **HAY FEVER**.

ALLERGY: An unusual sensitiveness (in some people) of parts of the body to certain substances, materials or chemical compounds which may be present in the air (pollen) in food (some spices or colouring materials or preservatives) in household articles (feather pillows or mattresses) in clothing (animal fur) or may be

encountered in the working environment (chromium compounds). The sensitivity may appear as itching, rash, hay fever, or asthmatic attack and may become more intense with each successive exposure.

AMMONIA: An irritating colourless gas with a very pungent smell. It is formed during the decomposition of nitrogen containing compounds – such as **PROTEINS**. The gas is very soluble in water and solutions are used as mild disinfectants.

AMOEBA: (pl. amoebae, or sometimes amoebas). A simple form of living matter, only visible under the microscope. Found in pools, in the slime on top of water and the mud at the bottom of ponds. When water containing amoebae is drunk it can cause diarrhoea: amoebic dysentery, or **AMOEBIASIS**.

AMOEBIASIS: **DYSENTERY** caused by drinking water containing **AMOEBA**.

AMPICILLIN: An **ANTIBIOTIC**. Used against a variety of urinary, respiratory and intestinal infections.

ANAEMIA: A condition resulting from a reduction in the ability of the blood to carry oxygen because of a reduction in the red, iron containing, pigment in the blood. It is characterised by tiredness, breathlessness, pallor and poor resistance to infection and may arise from excessive loss of blood, lack of **IRON** in the body, destruction of the red blood cells by certain diseases or by radioactivity, or failure of the body to produce sufficient red blood cells because of certain diseases.

ANTIBIOTIC: A chemical substance, produced by a living organism, capable of harming or destroying other microorganisms, particularly **BACTERIA**. Thus some **FUNGI** produce chemicals (antibiotics) which kill **BACTERIA**. These chemical compounds can now be made industrially.

ANTIBODY: Something produced by the body to defend it against attack by foreign or dangerous materials such as **BACTERIA**, **VIRUSES**, harmful chemicals, **POLLEN** grains etc. See **IMMUNE**.

ANTIGEN: Any material that the body regards as foreign or dangerous and by which it is, as a result, stimulated to produce **ANTIBODIES**.

ANTIHISTAMINE: A drug that inhibits an allergic reaction. (**ALLERGY**).

ANTISOCIAL: Behaviour which is against the best interest or comfort of other members of society.

ANTITOXIN: An **ANTIBODY** produced by the body in response to, and as a protection against, a toxic (poisonous) substance.

ANTIVENIN: A preparation containing **ANTIBODIES** which will give the body protection against the poisons which may have been injected by the bite of a snake or spider.

ANUS: The opening at the end of the alimentary canal through which excretion of the **FAECES** occurs.

ANXIETY: A troubled state of mind in which a person feels a fear for the future, or imagines troubles ahead, or experiences excessive uneasiness.

ARTERY: A vessel or tube that carries blood from the heart to tissues in other parts of the body.

ASCARIS: A **PARASITIC** roundworm that infests the intestines of many animals including man. The **EGGS** are passed from the body in **FAECES** and subsequently swallowed in contaminated water or food. The **EGGS** hatch and the **LARVAE** enter the bloodstream. Then, by way of the blood and heart the **PARASITE** reaches the lungs and, via the windpipe, the worms reach the intestines to start the life cycle over again.

ASPHYXIA: A condition of suffocation in which oxygenation of the blood is reduced. This can result from damage to the respiratory system as in choking, obstruction as in drowning, malfunction as when affected by poisonous gases, or it may arise when the oxygen content of the air being breathed falls.

ASPIRIN: A drug used widely for the relief of pain and the reduction of **FEVER** and **INFLAMMATION**.

ASTHMA: A condition characterised by difficulty in breathing and one which can vary in intensity from breathlessness to suffocation. It is frequently caused by exposure to **ALLERGENS** or may arise from overexertion or emotional upset.

ATHLETE'S FOOT: A **FUNGAL** infection of the skin between the toes, a type of **RINGWORM**.

BACTERIUM: (pl. bacteria) A simple form of plant life, only visible under the microscope. There are many varieties, some of which are harmful and cause disease many are not harmful and are in fact essential to animal/human life. They occur in air, water, soil, on plants, on and in animals and sometimes on non-living matter.

BANDAGE: A strip of material used for binding a wound. A bandage may hold a dressing in place, give support to an injury, apply pressure to stop bleeding or immobilize a joint.

BCG: A strain of the bacterium responsible for tuberculosis that has lost its power

to cause the disease but retained its ability to stimulate the body to produce ANTIBODIES. See VACCINE.

BEDBUG: A bloodsucking insect that lives and breeds in crevices in walls and furniture and seeks out its victim by night.

BENZATHINE PENICILLIN: A long-acting ANTIBIOTIC.

BENZOIC ACID: A chemical compound found naturally and made synthetically. Used as a food preservative and for the treatment of fungal skin infections.

BICARBONATE OF SODA: See SODIUM BICARBONATE.

BILHARZIA: (Blood fluke) See SCHISTOSOMIASIS.

BIRTHMARK: A mark or blemish on the skin which was present at birth and remains throughout life.

BITES and STINGS: Damage to the skin caused by animals or insects or even in some cases plants, which results in abrasions or wounds.

Bites by dogs, cats, monkeys and many other animals of this type can cause very serious bacterial or viral infections (Bitten Infections). Some wounds may subsequently become infected from external sources.

Bites by some snakes and spiders, and scorpion stings can be dangerous because the animal injects VENOM into its victim. While in many cases there may be nothing more than local discomfort, in some cases there can be extreme pain and a few cases might ultimately result in death.

Bites or **Stings** by some insects can transfer disease, as in the case of MOSQUITOES, sandflies, tsetse flies, fleas. Other insect stings, as from ants, bees, hornets and wasps, are characterized by the injection of acids, or other chemical compounds under the skin. This can cause discomfort ranging from itching or burning to general fever and sickness or even to more severe conditions. The most severe conditions may occur when the sting gives rise to allergic reactions in the victims.

Stings are sometimes caused by contact with some plants. These usually cause itching or a localized rash.

Stings from some marine creatures such as jellyfish can also be very painful and in a small number of cases have been known to cause death.

BITOT'S SPOTS: Small opaque patches on the CONJUNCTIVA which are caused by VITAMIN A deficiency.

BLADDER: A sac or receptacle in which body fluids are collected, e.g. URINE from

the **KIDNEYS** is collected in the urinary bladder and periodically expelled by urination. Bile is collected in the **GALL BLADDER**.

BLISTER: A swelling due to a collection of fluid beneath the skin: caused by burns or by pressure or friction or impact with an external object.

BLOOD VESSEL: An **ARTERY**, or **VEIN**, or capillary, conveying blood around the body.

BOIL: An **ABSCESS** of the skin. An inflamed area of skin containing **PUS**, usually arising from the infection of a hair **FOLLICLE**.

BOWEL/S: The intestines.

BRAIN FEVER: See **MENINGITIS**.

BRONCHI: (sing. **Bronchus**) The two pipes, formed from the division of the windpipe, which carry air to the two lungs.

BRONCHITIS: An **INFLAMMATION** of the mucous membrane of the **BRONCHI**, characterized by coughing, which may be painful, and the production of **PHLEGM**. It may be caused by infection or by chemical fumes or by dusts from a variety of sources: mineral, biological, industrial.

BRONCHIOLES: The smaller tubes, formed from divisions of the bronchi, which carry air to different areas of the **LUNG** and to the **AIR SACS**.

BRUISE: A painful or tender localized swelling and discolouration of the skin that may arise from impact or friction wounds in which the skin is not broken. A bruise could also be the external sign of an internal injury.

CALCIUM: A chemical element essential to the proper functioning of the body. 99% of the body's calcium is present as a constituent of bone, in the form of calcium phosphate.

CALORIE: A unit by which heat and energy are measured. It is used for comparing the energy available to the body from different types of food.

CANCER: An abnormal and uncontrolled growth of tissue that destroys surrounding tissue. It may cause the formation of a swelling or lump, a sore that does not heal, unusual bleeding, persistent cough, indigestion, a change in bowel or bladder habits or weight loss. It may be caused by persistent irritation of an area – as of the lungs by smoking – by certain chemical compounds or radioactive materials and in a small number of cases by **VIRUSES**. However, in general the causes of most types of cancer are not known.

CANDIDA: A FUNGUS, similar to a yeast, that lives in many moist areas of the body, such as the mouth, alimentary canal, vagina, in folds of skin and sometimes it affects the nails. One species is responsible for the infection called Candidiasis: often known as Thrush.

CARBOHYDRATE: A large group of energy producing compounds containing carbon, hydrogen and oxygen and one of the most important constituents of food. They occur in plants as structural materials such as cellulose and as storage materials such as sugars and starch; in fruits, cereals and tuberous roots (potatoes). Cellulose can be digested by some animals but not by man, however, its presence in the diet helps digestion. Carbohydrates are changed during digestion into simple sugars; a form in which they can be used by the tissues to provide energy.

CARBON DIOXIDE: A colourless gas that is produced by the body and exhaled. It is also the end product of many combustion processes.

CARBON MONOXIDE: A colourless, tasteless and almost odourless poisonous gas. It is produced during combustion and is found in cigarette smoke, in motor car exhaust fumes and in the smoke from fires.

CARCINOGEN: Something that gives rise to CANCER. Many chemical compounds are carcinogenic and are found in abundance in cigarette smoke and sometimes in motor car exhaust fumes and in the smoke from fires. The emissions from some radioactive materials and certain rays of light present in strong sunlight can act as carcinogens.

CARIES: Decay of bones and teeth: dental caries.

CATARACT: A disease of the eye in which there is a gradual increase in cloudiness until the eye eventually becomes opaque: accompanied by gradual loss of sight.

CATCHMENT AREA: An area from which the rainfall provides the water that fills the wells and reservoirs from which drinking water is taken.

CELL: A small unit of tissue consisting of a collection of the fundamental units for plant or animal life, within an enveloping membrane. Some plants and animals consist of one cell only: a BACTERIUM, or an AMOEBEA, or a yeast cell are examples of such unicellular organisms.

CELLOPHANE: A transparent, waterproof wrapping material made from viscose and used as a wound dressing.

CERCARIA: A tailed, free swimming stage in the life cycle of the blood fluke: bilharzia or schistosoma. (SCHISTOMIASIS).

CEREBRAL: Concerned with the cerebrum of the brain.

CERVIX: The lower part of the womb which protrudes and opens into the vagina.

CHEST: The part of the body between the neck and top of the ABDOMEN that encloses the lungs, heart and oesophagus.

CHICKEN BLINDNESS: Night blindness. Blindness associated with VITAMIN A deficiency.

CHICKENPOX: A highly contagious disease occurring mainly in childhood, characterized by fever, followed after about 24 hours by an itchy rash of red pimples which develop into blisters and then scabs. The incubation time is from 10 to 18 days. The disease confers lifelong IMMUNITY.

CHIGGERS: Harvest mites. The LARVAE of mites which attach themselves to the skin and cause severe itching.

CHILL: A cold sensation, a bout of shivering.

CHLORINATION: A process for disinfecting water by treating it with CHLORINE. A concentration of 0.5 to 1.0 parts of chlorine per million parts of water is needed to kill all the harmful microorganisms.

CHLORINE: A very irritating, yellowish gas which destroys the membranes of the respiratory system. It is very poisonous when inhaled in excess. It is a bleaching agent, is used as a germicide and finds extensive use for disinfecting water supplies and for sewage treatment.

CHLOROQUINE: A chemical compound used as a drug, particularly for the treatment of MALARIA. Trade names for the drug are Avloclor and Nivaquine.

CHLORPHENIRAMINE: A potent ANTIHISTAMINE, usually given orally to counteract allergic reactions. (ALLERGY).

CHOLERA: An ACUTE/INFECTIOUS disease characterized by violent purging, vomiting, muscular CRAMPS and severe loss of fluid. The disease is contracted from food, milk or water CONTAMINATED by the FAECES of carriers (who may or may not exhibit the symptoms of the disease) and usually occurs in epidemics caused by insanitary conditions. Incubation can be from a few hours to about 5 days. IMMUNIZATION can confer temporary (6 to 9 months) IMMUNITY.

CHRONIC: describes a condition or disease having a long duration, often with a gradual onset. The term conveys no measure of severity.

CIRCUMCISION: A surgical operation to remove the foreskin of the penis. It is usually performed as a religious rite but occasionally is needed for medical reasons. For female circumcision, see EXCISION.

CIRRHOSIS: A chronic disease of the LIVER characterized by the hardening of the liver with loss of function. The hardening occurs in response to damage which may be caused by VIRUSES (HEPATITIS) or chemicals (inhaled solvent vapours or ingested poisons). A major cause is ALCOHOL; from over-indulgence in alcoholic drinks.

CLOT: A coagulation of blood, usually when it is exposed to air.

COCAINE: A dangerous addictive drug which today has little medical use and may only be used under strictly regulated conditions. ADDICTION.

COLD: A general term for inflammation of the upper respiratory tract, associated with running nose, sore throat, headache and sometimes mild fever. There may also be coughing (chest cold) due to bronchial inflammation.

COLONY: A mass of MICROORGANISMS, usually BACTERIAL and usually all of the same strain – having all developed from a single parent.

COMA: A state of unconsciousness from which arousal is not possible.

COMPLICATION: An adverse condition arising as an added difficulty to an existing illness, sometimes as a consequence or sometimes unrelated to the illness.

COMPRESS: A hot or cold, wet or dry pad of material applied to a wound or injury to relieve inflammation and pain.

CONCEPTION: The first stage of pregnancy, the stage achieved by the fusion of the male and female cells.

CONDOM: A thin latex sheath placed over the penis during sexual intercourse to prevent CONCEPTION and to minimise the transmission of disease.

CONFUSED: A mixed-up state of mind.

CONJUNCTIVA: The mucous membrane covering the inside of the eyelids.

CONJUNCTIVITIS: Inflammation of the CONJUNCTIVA causing the eyes to be sore and red.

CONSCIOUS: Aware of external circumstances.

CONSTIPATION: A condition in which bowel evacuation is difficult and infrequent and possibly painful due to hard FAECES.

CONSUMPTION: See TUBERCULOSIS.

CONTAGION: The condition that arises when a harmful microorganism is transferred as a result of contact with an infected person.

CONTAGIOUS DISEASE: A disease which is transferred by either direct or indirect contact between infected and non infected people.

CONTAMINATED: Polluted, made unclean and unfit for use, by the presence of infections or harmful material.

CONTRACEPTIVE: A device for preventing CONCEPTION during intercourse.

CONVULSION: An involuntary contraction of the muscles which takes the form of violent, irregular contortions of a limb, or of the whole body. Convulsions occur during an epileptic attack, may be caused by certain poisons, or be symptomatic of diseases such as TETANUS or RABIES. See: SPASM.

CORNEA: The clear, transparent tissue covering the pupil of the eye.

CORROSIVE SUBSTANCE: A material, usually chemical, which destroys by slowly wearing away. Thus corrosive acids dissolve metal and burn tissues, corrosive alkalis cause rapid destruction of flesh and other tissues, and corrosive poisons cause disintegration of tissues.

CRAMPS: Painful, involuntary muscular contractions.

CROSSEYE: See WALLEYE.

CURE: A course of treatment by which a sick person is restored to health.

CYST: A hollow sac, usually abnormal, and usually filled with a semiliquid exudate from surrounding tissue.

DANDRUFF: Small dry flakes of skin leaving the scalp.

DDT: An INSECTICIDE.

DEFAECATION: Expulsion of FAECES, or evacuation of the BOWELS.

DEHYDRATION: The situation arising when loss of water from the body exceeds water intake. It can be caused by profuse sweating, vomiting or DIARRHOEA.

DELIRIUM: A state of mental CONFUSION: the mind wanders, speech is incoherent and there is physical agitation.

DERMIS: The skin.

DETERGENT: A cleaning agent, usually a sythetic soap-like material.

DIAGNOSIS: Identification of a disease from an observation of the characteristics and a knowledge of the patients background and medical history.

DIAPHRAGM: 1. A muscular membrane that separates the thoracic cavity (CHEST) from the ABDOMINAL cavity. 2. A rubber cap fitted in the vagina, over the neck of the womb, to act as a CONTRACEPTIVE.

DIARRHOEA: Frequent bowel evacuation and passage of watery FAECES. It is usually caused by intestinal infections and, when prolonged, leads to DEHYDRATION and loss of salts and nutrients from the body. Infection may be by BACTERIA, VIRUSES or AMOEBAE.

DIELDRIN: an INSECTICIDE, used particularly against beetles and LARVAE.

DIETHYLCARBAMAZINE: A drug used for killing some parasitic worms such as threadworms (FILARIA).

DILATED PUPIL: The state in which the pupil of the eye appears to be very large because the IRIS has opened wide.

DIPHTHERIA: An ACUTE, highly CONTAGIOUS DISEASE, characterized by sore throat, weakness, mild fever and later the formation of a membrane – often across the throat. The BACTERIA produce a toxin (poison) which can damage the nerves and heart. The incubation period is 2 to 6 days. IMMUNIZATION is the best method of prevention. See DPT.

DPT: A VACCINE. A combination of preparations used to vaccinate against DIPHTHERIA, PERTUSSIS and TETANUS.

DRUG: Any substance which modifies biological activity. Usually chemical, frequently of herbal origin. The word medicine is sometimes preferred for beneficial drugs, leaving the word drug to describe addictive substances.

DRUG ADDICT: A person who, through continued use of a DRUG, has become dependent upon it; feels a compulsion to continue to take it; and feels discomfort or pain when deprived of it.

DYSENTERY: An infection of the intestines characterized by DIARRHOEA with blood and MUCUS and usually accompanied by abdominal pain.

EARACHE: May be caused by inflammation of the passage from the outer ear to the eardrum, or by bacterial, or viral infection of the chamber behind the eardrum (middle ear) through which sound is carried to the inner ear. Infection of the middle ear can be accompanied by fever and may lead to deafness. Infection of the inner ear may cause sickness and loss of balance.

EGG: Egg cell. Worm Eggs. The word Egg is often used to mean the “seeds” by which some animals multiply. It is the fertilised female sex cell which passes out of

the animal's body and develops outside it: as with a bird's egg. Many animal eggs, such as WORM eggs, are too small to be seen with the naked eye and can, therefore, transfer, infection unseen.

EGOTISTIC: Selfish, self-centred.

ELASTIC BANDAGE: A bandage which can be stretched to give added support yet which returns to its normal size when the tension is released.

ELASTICITY: A property of materials whereby they return to their normal shape after being stretched or compressed. An important property of the LUNGS.

ELECTROCUTION: Death caused by electric current.

ELIXIR: A false type of medicine, supposed to improve or prolong life.

EMPHYSEMA: A condition in which the AIR SACS in the LUNGS have been damaged and enlarged and have lost their ELASTICITY. The effect is to reduce the oxygen absorbing ability of the LUNGS and the disease is characterized by breathlessness. It is caused by smoking.

ENCEPHALITIS: INFLAMMATION of the brain. It may be of viral or bacterial origin and could be insect borne, or it may be an allergic reaction (ALLERGY) to another illness or to medicines, or it may be due to poisoning.

ENEMA: An injection of water – containing soap or olive oil – through the anus into the lower bowel, for removing FAECES.

ENTEROBIUS: See PINWORM.

EPHEDRINE: A drug used in the treatment of ASTHMA and certain other respiratory disorders.

EPIDERMIS: The outer layer of the skin.

EPILEPSY: A disturbance of brain function which is of short duration but may occur at short, or very long intervals. It is characterised by mild, or severe CONVULSIONS which may be accompanied by lack of consciousness.

EPILEPTIC FIT: See EPILEPSY.

ESCHERICHIA COLI: A BACTERIUM found in the alimentary canal. The presence of this BACTERIUM in water or food is an indication of FAECAL contamination.

ETHYL ALCOHOL: See ALCOHOL.

EUCALYPTUS: An evergreen tree. The leaves contain an oil which has an aromatic odour and a mildly irritating affect on the nasal passages, trachea and bronchi which can help to loosen MUCUS and PHLEGM.

EXCISION: The removal of tissue or organs by cutting. Excision of the external parts of the female genitalia; practiced in some countries for non-medical reasons. It is painful, harmful and dangerous. It serves no useful purpose and is detrimental in every way.

EXHALE, EXHALATION: The act of breathing out.

EXPIRE, EXPIRATION: See **EXHALATION**.

FAECES: Waste material such as undigested food residues, **BACTERIA**, and various body secretions that are discharged from the bowels via the **ANUS**. Stool, excreta, excrement, are alternative words.

FALLING SICKNESS: See **EPILEPSY**.

FATAL: Causing death.

FATS: A large group of energy producing compounds containing carbon, hydrogen and oxygen in a form in which energy can be stored by the body in fatty tissue. Fatty tissue also helps to protect some organs. Fats and oils occur in foods obtained from both plants and animals.

FERROUS SULPHATE: A salt of **IRON**: used for treating **ANAEMIA**.

FEVER: An increase in the temperature of the body by more than 1° above the temperature that is normal for that individual.

FILARIA: (pl. *filariae*) Hairlike or threadlike parasitic roundworm. Adults live in the lymphatic and circulatory systems and in connective tissues of man and many other vertebrate animals. Infection is carried by blood sucking insects.

FILARIASIS: A disease caused by **FILARIA**.

FITS: See **EPILEPSY**.

FLEA: A small wingless, jumping insect that lives by sucking the blood of its hosts. Fleas can transmit disease.

FLU: See **INFLUENZA**.

FLUKE: A worm-like **PARASITE** having a complex life cycle, part of which is spent in the human, or primary host, and part in a snail – the secondary host – with intermediate stages being spent in water. There are four types of fluke found in man: blood flukes – see **SCHISTOSOMIASIS**; Intestinal; Liver; and Lung flukes. There are also many varieties of fluke for which other animals are the primary host.

FOAMING AT MOUTH: Frothy bubbles of SALIVA in the mouth; occurs sometimes during fits.

FOLLICLE: A small cavity containing secretions. The sweat glands and hair follicles in the skin are examples.

FONTANELLE: (fontanel) A soft spot in the skull of a foetus or young infant where the bones have not yet completely developed.

FOOD: Material taken into the body which maintains life by providing nourishment in the form of heat, energy, body building materials and the MINERALS and accessories (such as VITAMINS) that are essential for the correct functioning of all the body's activities.

FOOD POISONING: A general term for any illness that has resulted from eating food containing harmful materials, such as poisonous FUNGI or fish, harmful chemical compounds or infective BACTERIA, VIRUSES or AMOEBÆ.

FORMULA: In medicinal terms this refers to the list of ingredients and the amounts of each needed for a medicinal preparation.

FRACTURE: Break in a bone.

FUNGUS: (pl. fungi) Simple plants without leaves or flowers and having no green colouring matter. Some are too small to be visible to the naked eye, some can be seen as yeasts, slimes and moulds and yet others can be seen as mushrooms, puff-balls and large sponge-like attachments to dead trees. Some of the invisible varieties can cause diseases, such as RINGWORM.

GALL BLADDER: A small sac in the LIVER in which bile formed in the liver is stored until it passes into the duodenum to help with food digestion.

GANGRENE: Death and decay of tissue, usually caused by a termination of the blood supply to the area concerned.

GARGLE: To wash out the mouth and throat by agitating the wash by breathing through it.

GENITALS: Usually used to describe the external parts of the reproductive systems; male or female. The terms external genitalia and internal genitalia are used to describe the complete reproductive system.

GENITOURINARY: Concerned with the reproductive and urinary system.

GENTIAN VIOLET: A dye which is used as an antiseptic; for external use only.

GERM: Any microorganism, especially a harmful one.

GERMAN MEASLES: A mild, highly CONTAGIOUS/VIRUS infection characterized by headache, sore throat, slight fever, swelling of the neck and a rash of small pink spots. Incubation time 2 to 3 weeks. The disease usually confers lifelong IMMUNITY. When contracted during pregnancy, the disease can damage the foetus.

GESTATION: The period between the fertilization of the egg and the birth of the baby: 266 days for humans.

GINGIVITIS: Inflammation of the GUMS.

GLAND: An organ or group of cells which secretes substances that are used for essential processes in the body e.g. salivary glands (SALIVA), mucous glands (MUCUS), sebaceous glands (SWEAT), adrenal glands (ADRENALINE), pituitary gland (other HORMONES). The body contains a large number.

GLAUCOMA: An eye condition in which a gradual increase in pressure in the eyeball results in a loss of sight.

GNAT: A small two winged biting insect – generally smaller than a MOSQUITO.

GOITRE: A swelling in the neck due to enlargement of the thyroid gland. In many parts of the world this disease is widespread and arises from a lack of IODINE in the diet: a deficiency caused by a lack of IODINE in the soil of the area which, in turn, results in an absence of IODINE from the food grown in the area.

GONORRHOEA: A CONTAGIOUS DISEASE of the mucous membrane of the sex organs of either males or females. The disease is transmitted by sexual intercourse and is characterized by pain on passing water and discharge of PUS. The incubation time is about 1 week.

GRISEOFULVIN: An antifungal ANTIBIOTIC for oral administration. Used against RINGWORM.

GROIN: The depression at the junction of the thigh and abdomen.

GUMS: The tissue in the mouth in which the teeth are set.

HAEMOGLOBIN: The red, IRON containing compound which is present in the red blood cells. Haemoglobin combines with oxygen and carries it to all the tissues of the body.

HAEMORRHAGE: A loss of blood which may be internal or external and may involve ARTERIES, VEINS or capillaries.

HALLUCINATE/HALLUCINATION: A mental state in which there are false sensations. Real life is indistinguishable from dreams.

HALLUCINOGEN: A DRUG that causes HALLUCINATIONS.

HARELIP: A deformity which is present at birth and consists of a cleft in the upper lip. It may also be associated with a cleft palate.

HAY FEVER: (ALLERGIC RHINITIS) An allergy, caused by the POLLEN from certain grasses, and other flowers; characterized by inflammation of the mucous membranes of the nasal passages and conjunctiva.

HEADACHE: A diffuse pain in the skull, frequently resulting from strain and fatigue or associated with feverish conditions brought on by infections.

HEALTH: A soundness of body and mind. The WHO definition is: "A state of complete physical, mental or social well being and not merely the absence of disease or infirmity".

HEART: A hollow, muscular organ, about the size of a clenched fist, which is responsible for pumping blood and maintaining the blood flow throughout the body.

HEART ATTACK: An arrest of normal heart function characterized by sudden severe chest pain which may spread to the arms and throat, accompanied by irregular heart beat and pulse rate.

HEPATITIS: Inflammation of the LIVER due to a VIRUS infection or to diseases like amoebic dysentery. Characterized by fever, sickness, and about a week later, JAUNDICE. The incubation period is 15 to 40 days and this illness can last for 4 weeks during which time the patient is infectious. An attack often confers IMMUNITY.

HERB: In the widest sense, a herb is a non-woody plant but the term is generally applied to the plants whose leaves, flowers or other parts are used for food, perfume or flavour, and in particular for their medicinal properties.

HERBALIST: A person who grows, sells, or knows the properties and uses of herbs; especially their medicinal properties.

HERPES: A group of VIRUS diseases responsible for blister-like eruptions at places where skin and mucous membranes meet, e.g. the lips and eyelids – commonly known as cold sores (Herpes simplex). Another form, shingles (Herpes zoster), is due to a VIRUS infection of nerves and is characterized by ACUTE pain and blisters on the chest or face. A sexually transmitted form of herpes affects the genitalia. There is also a form transmitted by monkeys which is usually fatal.

HEXACHLOROPHENE: A bactericidal compound used in soaps and creams to weakness and PARALYSIS. There is also a form which is less severe.

HIVES: An allergic reaction (**ALLERGY**) in which red, itching pimples or larger areas of irritation develop on the skin. The cause is usually sensitivity to certain foods, although it may arise from sudden changes in temperature.

HOMOSEXUALITY: A condition in which a person is sexually attracted to another of the same sex.

HOOKWORM: A parasitic worm that infests the intestines of many animals, including man. Hookworm **LARVAE** live in soil and infect by penetrating the skin. Once into the bloodstream the **PARASITE** travels to the **LUNGS** and eventually, via the windpipe, the worms reach the intestine. They cause conditions of **MALNUTRITION** and **ANAEMIA** in their victims.

HORMONE: A substance produced by a gland in one part of the body and transferred by the blood stream to another part where it enhances or modifies a function.

HORSE SERUM: Serum, the fluid remaining from blood after the cellular material has clotted and precipitated, obtained from horse blood. Usually taken from an animal that has been **IMMUNIZED** against harmful microorganisms: it is used to treat patients suffering from a disease caused by the same microorganism.

HYDROGEN PEROXIDE: A colourless liquid which is used as a disinfectant. Useful for cleaning wounds and, when diluted with water, as a mouthwash and general mild antiseptic.

HYDROGEN SULPHIDE: A colourless, poisonous, foul smelling gas produced by rotting organic matter.

HYGIENE: The science of health: the study of the effect of external factors on health, the development of principles for maintaining good health and the observance and practice of these.

HYPO: Photographer's hypo: **SODIUM THIOSULPHATE**.

IMMUNE: Protected against infection by the presence in the body of **ANTIBODIES** against the organism concerned.

IMMUNITY: The body's ability to resist infection, usually because of the presence of **ANTIBODIES** against a disease: often conferred by the disease itself.

IMMUNIZATION: The procedure of **VACCINATION** or **inoculation** in which the **BACTERIA** or **VIRUS** which cause a disease, or the poisons from them that cause ill effects, are presented to the body after having been made harmless. The body is thus stimulated to produce **ANTIBODIES** against the disease and is rendered **IMMUNE** to it.

IMPETIGO: A CONTAGIOUS skin infection which is most common in babies and young children. It occurs principally around the mouth and nostrils, but can rapidly spread to other parts of the body. It consists of small pustules which join together and forms sores with yellow crusts. It spreads rapidly in communities, particularly in schools, as a result of sharing towels and face cloths.

INDIGESTION: Pain in the upper ABDOMEN caused by the incomplete digestion of food. The pain may be accompanied by nausea and vomiting.

INFANTILE PARALYSIS: POLIOMYELITIS.

INFECTION: A condition that arises when a part of the body is attacked by a harmful micro-organism (BACTERIUM, FUNGUS, VIRUS), which multiplies and causes illness: fever, or painful swellings, or wounds that develop PUS and will not heal.

INFECTIOUS DISEASE: A disease which is capable of being transmitted from person to person. The micro-organism causing the disease is transferred by direct contact, by insects, by droplets in the air from coughing, by handling food with dirty hands, or by unhygienic conditions.

INFLAMMATION: A condition of part of the body that arises as a reaction (a defence mechanism) to injury or INFECTION. It is usually associated with swelling, redness, heat, pain and frequently the production of PUS. All these effects diminish as healing proceeds.

INFLUENZA: An ACUTE/CONTAGIOUS infection characterized by fever, headache and muscular pain, and frequently associated with sore throat and heavy head and chest cold. The incubation period is from 1 to 4 days. There are many strains of VIRUS responsible for the disease and IMMUNITY conferred is only to the specific strain.

INHALE, INHALATION: The act of drawing air into the LUNGS or of drawing medicinal aerosols into the RESPIRATORY SYSTEM.

INSECTICIDE: A chemical compound used to kill insects. The best known example is DDT which is used to kill lice, fleas, flies, bedbugs and cockroaches. DIELDRIN is used against beetles, flies and larvae. There are many other insecticides some of which contain dangerous phosphorus compounds. All must be used with care. They must not contaminate food, must not be swallowed and dusts, sprays or fumes should not be inhaled.

INSPIRE, INSPIRATION: See INHALATION.

INTESTINES: The alimentary canal, starting at the entrance to the stomach and ending at the ANUS.

IODINE: A non-metallic element which exists as silvery black crystals or as a purple vapour. Solutions of iodine are often used as an antiseptic. (Tincture of Iodine). Iodine occurs mainly in combination with other elements in the form of such salts as iodides (sodium or potassium iodide). It is needed for healthy growth and development and is concentrated in the body in the thyroid gland in the neck. Shortage of iodine salts in the diet causes the condition called GOITRE.

IRIS: The coloured circle around the lens of the eye and lying between the lens and cornea. It contracts and dilates as the brightness of the light changes.

IRITIS: An inflammation of the IRIS, characterised by pain and tears and a dull appearance of the IRIS.

IRON: A chemical element that occurs widely in nature either as a hard, heavy, silvery metal: used for tools and machinery, or in the form of its many compounds with other elements. Iron compounds are essential to life and play many important roles in almost all living matter, not the least of which is the transference of gaseous oxygen from the air to dissolved oxygen in the blood from which it can be taken and used by the tissues. HAEMOGLOBIN, the red pigment in animals, is a complex compound of iron and is essential for the absorption and transport of oxygen around the body.

IRON PILLS: A medicinal form of IRON, intended to help to overcome a deficiency of iron in the body – as is ANAEMIA.

IRRITABLE: A word which when applied to describing a person means one quick to anger. When applied to a localized area of the body it means sensitive to stimuli. See IRRITATION.

IRRITANT: Anything which causes IRRITATION such as the itching caused by a mosquito bite or tears caused by an irritant gas.

IRRITATION: The reaction to an IRRITANT, examples are: itching, tears, sneezing, coughing, vomiting, diarrhoea and muscular cramps.

IRRIGATE: To supply a flow of water; to the land for agricultural purposes, or to a wound for cleansing purposes.

ISOLATE: To move a person with a CONTAGIOUS DISEASE to a place where contact with, and infection of others is not possible and thus to limit the spread of a disease.

ISONIAZID: A drug used in the treatment of TUBERCULOSIS. usually in combination with other drugs.

ITCHING: An IRRITATION of the skin which provokes scratching.

ITCH MITE: A very small creature which is similar to a tick or a very tiny spider and like a wingless insect. It burrows into the skin to lay eggs and in so doing causes severe ITCHING and SCABIES.

JAUNDICE: A condition in which the skin and the whites of the eyes are yellow, indicating a LIVER disorder.

JOCK ITCH: A FUNGAL infection of the GROIN.

KAOLIN: A finely powdered clay. Used as an adsorbent in internal medicines for DIARRHOEA and for external applications in poultices.

KAPOK: A fluffy, cotton-like material used for stuffing cushions and toys. It can cause allergic reactions in some individuals. (ALLEROY).

KEROSENE: A fuel oil. Paraffin.

KIDNEY: The body has two kidneys, situated one on each side of the spine above the hips. They serve to remove nitrogenous waste materials and water from the body, in the form of URINE. They also assist in maintaining the water balance of the body.

KWASHIORKOR: A form of MALNUTRITION arising from PROTEIN insufficiency in the diet. It is common in infants being weaned from breast feeding onto PROTEIN deficient traditional foods.

LARVA: (pl. larvae) An immature stage in the life cycle of animals such as insects and many WORMS, which follows emergence from the egg.

LATRINE: A place for urination and defaecation, usually a receptacle or a pit – See text for Pit Latrine.

LAXATIVE: A medicine or food which causes evacuation of the bowels.

LEPROSY: A highly CONTAGIOUS DISEASE, characterized by skin eruptions (which often become infected with other organisms), loss of the sensation of touch, muscle weakness and PARALYSIS. There is also a form which is less severe.

LICE: (sing. louse) Small wingless insects that attach themselves to hair and clothing and live by sucking blood from their host. They are hard and resist crushing. They thrive in crowded and unhygienic conditions, and can transmit disease.

LINDANE: An INSECTICIDE.

LIVER: The largest organ of the body, situated in the upper part of the ABDOMEN. It has many important roles: It secretes bile (see GALL BLADDER) which passes into the duodenum to help with the digestion of food. It is the first organ to receive all the soluble products of digestion which, after being absorbed by the intestines, are passed to the liver to be transformed into a form more readily usable elsewhere in the body, or else are stored. It is the organ in which waste nitrogenous materials are converted into chemical compounds for excretion. Many harmful materials taken into the system are made less harmful (detoxified) and converted into a form that can be excreted.

LOCKJAW: See TETANUS.

LUNG: The body has two lungs, situated one at each side in the CHEST. They are sponge-like and fill with air during INHALATION. Oxygen is transferred from the air into the blood in the lungs and waste gases and vapours, such as carbon dioxide and water vapour, are released by the blood into the lungs and expelled during EXHALATION.

LUNG CANCER: A fatal disease caused by smoking.

LYMPH: A clear, transparent and almost colourless liquid in which all cells and tissues are bathed. It resembles blood, except that the cells found in blood (such as red corpuscles) are absent. Lymph collects in small vessels which return via larger lymph ducts (which comprise the lymphatic system) to the blood system.

LYMPH NODE: Small bundles of tissue which occur at intervals in the lymphatic system and act as filters to remove particulate matter, such as BACTERIA, from the LYMPH. Lymph nodes are aggregated in certain parts of the body such as the armpits, groin and neck and during many illnesses these areas become noticeably swollen.

MALARIA: An INFECTIOUS DISEASE caused by the presence of a parasitic microorganism in the red blood cells. The disease is characterized by a short bout of shivering, fever, sweating and ANAEMIA and these symptoms occur periodically. The microorganisms enter the blood from the salivary glands of a mosquito when the insect bites. Likewise it is taken up by the insect when it sucks blood from an infected victim. Thus is the disease transferred from person to insect to person. There are several strains of the malaria PARASITE and the incubation period for the disease can vary from 12 to 30 days.

MALNOURISHED: See MALNUTRITION.

MALNUTRITION: A condition caused by an incorrect diet in which the food intake is not supplying the body's requirements. It may arise when the body is failing to absorb essential elements of the food, but is usually associated with food shortage.

MARASMUS: Wasting away, usually as a result of a disease; particularly of a diarrhoeal disease in infants.

MEASLES: A highly INFECTIOUS/VIRUS/DISEASE, occurring mainly in childhood, characterized by cold-like symptoms followed by high fever, small red spots in the mouth and later a pink rash, first on the face and then elsewhere. The incubation time is about 10 days. The disease confers lifelong IMMUNITY. Recovery may take 2 to 4 weeks without problems in the well nourished child but possible complications should be borne in mind.

MEAT EXTRACT CUBES: Flavouring additives to food, usually of little food value.

MEDICINE: A drug or preparation used to remedy a condition or disease.

MENINGITIS: An inflammation of the membranes of the brain and spinal cord, characterized by severe headache, fever, loss of appetite, intolerance to light, DELIRIUM and COMA. It is caused by infection of the membranes by BACTERIA, VIRUSES or other microorganisms such as those responsible for PNEUMONIA, TUBERCULOSIS or SYPHILIS.

MENTAL RETARDATION: This usually means a state of mental subnormality and is used to describe a person whose mental ability has failed to develop to such an extent that care and attention are needed.

MENTAL SLOWNESS: See MENTAL RETARDATION.

MERTHIOLATE: See THIMEROSOL.

METHYL ALCOHOL: See ALCOHOL.

MICROORGANISM: See ORGANISM.

MICROSCOPE: An optical instrument which will magnify and make visible objects which are too small to be seen with the naked eye.

MIGRAINE: Severe headache, often on one side of the head, sometimes forewarned by blurred, or flickering or zig-zag flashing or other disordered vision and may be accompanied by vomiting.

MINERAL/S: Salts or other compounds formed from elements such as Calcium, Copper, Iodine, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sulphur or Zinc which:

1. are incorporated into the hard parts of the body (Calcium, Magnesium, Phosphorus, Sulphur, into bones and teeth).
 2. are essential for oxygen transport by the blood (Iron).
 3. maintain the water balance (Potassium and Sodium).
 4. if absent from the diet (Iodine), the deficiency can lead to illness (Goitre).
 5. although present in extremely minute quantities, as in the case of Selenium – which in larger quantities would be poisonous, seem to have a valuable role.
- Many minerals pass out of the body each day and must be constantly replaced.

MIRACIDIUM: A stage in the life cycle of a FLUKE. It is a free swimming stage which hatches from the egg and then infects a snail. See SCHISTOSOMIASIS.

MONILIA: A FUNGUS which infects mucous membranes and other moist areas of skin. Now called CANDIDA.

MOSQUITO: A blood sucking insect. There are many species. They are the agents by which several diseases are transmitted, including MALARIA, FILARIASIS and yellow fever. They live near to and breed in stagnant water. The number of mosquitos could be reduced by removing the sources of stagnant water such as tin cans, bottles, old tyres and unused receptacles; filling-in small ponds or lodgements of water; and draining larger stagnant ponds.

MOULD: Any FUNGUS that appears as a furry coating on its substrate. Frequently white initially, moulds can become other colours as their spores develop (black, blue, green, orange, yellow). Many moulds are the source of ANTIBIOTICS, e.g. PENICILLIN comes from the mould Penicillium.

MOUTH TO MOUTH: A method of resuscitation whereby, by placing the mouth over the patients mouth and blowing, his LUNGS are reinflated. The procedure is repeated until the patient begins to breathe again of his own accord.

MUCUS: A viscous fluid secreted by glands in the mucous membranes. It acts as a lubricant and protective barrier.

MUMPS: An ACUTE/CONTAGIOUS DISEASE that occurs mainly in childhood and is characterized by fever, and swelling of the salivary glands below the ears and jaw. The disease can become more painful in adults. The incubation time is from 2 to 3 weeks. The disease confers lifelong IMMUNITY.

NASAL: Associated with the nose, c.g. Nasal cavity, See RESPIRATORY SYSTEM.

NAVEL: The depression in the centre of the ABDOMEN marking the site of attachment of the cord in the unborn child.

NEOSPORIN: A proprietary product – usually encountered in the form of neosporin eye drops for bacterial infections of the eye.

NERVOUSNESS: A state of unrest; highly strung; excitability.

NODE: A small swelling, or knot, or bundle of tissue. LYMPH NODE.

NUTRIENT: A food material that supplies a requirement of the body – such as energy, or a growth requirement. CARBOHYDRATE, FAT, PROTEIN, MINERAL, VITAMIN.

NUTRITION: The total effect of the body receiving all its requirements for healthy living. The science of diets.

OINTMENT: A greasy or oily material containing medicaments and used for skin treatment.

ONCHOCERCA: A threadlike worm similar to FILARIA, transmitted to man by a form of blackfly (SIMULIID). See ONCHOCERCIASIS.

ONCHOCERCIASIS: A condition caused by infestation by ONCHOCERCA. The LARVAE are transmitted by a form of blackfly, they burrow under the skin of the victim and a fibrous lump develops around the worms. The African disease, RIVER BLINDNESS (Onchocerciasis), results when the larvae migrate to the eyes.

ORGANISM: A general term given to any living thing, plant or animal. The term microorganisms is used for small organisms which usually cannot be seen by the naked eye.

PARACETAMOL: A drug used for the relief of mild to moderate pain and fever.

PARALYSIS: A loss of use of a group of muscles due to an impairment of function in part of the brain or spine or in the nerves controlling the muscles, or it may arise from damage to the muscles themselves.

PARANOIA: A CHRONIC state of mind in which the sufferer feels constantly persecuted and, as a result, becomes sensitive, suspicious, and isolated.

PARASITE: An organism that lives in or on and at the expense of another living thing and to which it contributes nothing. Some examples are: certain FUNGI, WORMS, FLUKES and blood sucking insects.

PECTIN: A CARBOHYDRATE. It exists as the slippery coating around many fruit seeds but is most frequently encountered as the gell formed when fruit and vegetables are cooked.

PELLAGRA: A disease due to a deficiency of a chemical compound, called nicotinic acid, from the diet. It is common in communities whose staple diet is maize, and it is characterized by dermatitis, diarrhoea and mental problems.

PENICILLIN: An ANTIBIOTIC. There are many types of penicillin. They inhibit the growth of many BACTERIA and MOULDS.

PERTUSSIS: An ACUTE/INFECTIOUS bacterial disease characterized initially by cold-like symptoms and fever, developing after about two weeks into a paroxysmal cough which ends with a whooping INSPIRATION. The incubation period is from 7 to 10 days. IMMUNIZATION is the best method of prevention, See DPT.

PESTICIDE: A chemical preparation used to kill pests: agricultural pests such as fungal diseases of plants, insect plagues, and rodents; and animal and human pests – particularly insects.

PHARMACY: A place where medicines are dispensed: sometimes a pharmacy may be registered to sell poisons and restricted drugs.

PHENOBARBITAL: A long-acting sedative drug.

PHLEGM: Thick MUCUS, especially from the respiratory passages. See SPUTUM.

PINWORM: ENTEROBIUS. Small worms that infest the large intestine. They are common worldwide, found particularly in children, and cause anal itching. Scratching leads to contamination of the hands with EGGS and the disease is subsequently transmitted by handling food.

PIPERAZINE: A chemical compound used to treat PINWORMS (ENTEROBIUS), THREADWORMS (FILARIA) and roundworms (ASCARIS).

PNEUMONIA: Inflammation of the lungs characterized by cough, chest pain and high fever. There are many causes but the most common are BACTERIA, VIRUSES, chemical irritants, and vegetable dusts. Pneumonia may occur secondary to another disease (as a COMPLICATION) and result in death.

POISON: A substance which, when absorbed by the body, causes the normal functions to be impaired. At one extreme, a poison may have only a mild effect but at the other can cause death. The word is usually reserved for the latter, namely for substances like arsenic, cyanide, certain plants or their berries and some snake venoms which rapidly cause death.

POLIOMYELITIS: An ACUTE/INFECTIOUS DISEASE characterized by inflammation of the spinal cord. It tends to occur in epidemics in which children are the most susceptible, is caused by a VIRUS, is spread by direct contact and probably enters through the mouth. It may start as a severe cold and slight fever. PARALYSIS may appear after about 3 days and the severity of this will vary with the degree of involvement of the nerves. Incubation is from 3 to 21 days. IMMUNIZATION is the best method of prevention.

POLLEN: The fine dust that is formed in flowers and the equivalent parts of grasses and trees and that is the cause of the allergic reaction known as HAY FEVER.

POLLUTION: Making impure, dirty, unhealthy, insanitary; by leaving refuse or by defaecating or urinating in an area which was previously clean.

POSTURAL DRAINAGE: A method of assisting the removal of MUCUS from the RESPIRATORY SYSTEM.

POTASSIUM: A chemical element essential for the proper functioning of the body. It occurs in combination with other elements in the form of salts like potassium chloride.

POTASSIUM CHLORIDE: A salt used to treat potassium deficiency especially in cases of DEHYDRATION.

POTASSIUM IODIDE: A salt used to treat IODINE deficiency: in some countries added to table salt to prevent deficiency diseases such as GOITRE.

POTASSIUM PERMANGANATE: Purple crystals that dissolve in water to form a purple solution which is used as an antiseptic and as a disinfectant.

PRIMAQUINE: An anti-malarial drug.

PROCAINE PENICILLIN: An ANTIBIOTIC drug, administered by intramuscular injection, from which PENICILLIN is released over a period of time.

PROTEIN/S: A large group of food materials which contain nitrogen in addition to carbon, hydrogen and oxygen, and may also contain phosphorus and sulphur. Almost all parts of the body are made up of proteins and, therefore, for further body building or for the replacement of worn-out tissues, supplies of protein material must be included in the diet.

PSYCHOLOGY: The study of the mind, how it is influenced and how it affect behaviour.

PUBIC HAIR: The hair that grows in the area of the sex organs from the age of 10 to 14 years.

PULSE: A throbbing which can be detected in **ARTERIES**, such as at the wrist and in the neck, which corresponds with the beating of the part of the heart that pumps blood to the tissues.

PURGE: To clear out the **BOWELS** by the use of a **LAXATIVE**.

PUS: A thick yellowish liquid formed at the site of an infection.

QUACK: A word used to describe in an unqualified person who claims to have cures for illnesses and who sells useless medicines.

RABIES: An **ACUTE/VIRUS/DISEASE** of the nervous system usually transmitted to man by a bite from an infected dog, but other animals can also transmit the disease. It is characterized by malaise, fever, muscular spasms, **PARALYSIS** and death. Incubation may be as short as 6 days or up to 6 weeks.

RASH: An eruption of the skin, often associated with **INFECTIOUS DISEASES**, which may take the form of a generalized redening, or discrete spots or pimples and is usually accompanied by itching.

RESPICIL: An **ANTIBIOTIC** mixture which is useful for a range of diseases but which is often used unnecessarily and for the wrong purposes.

RESPIRATORY SYSTEM: The combination of organs and tissues associated with breathing. It consists of the areas through which air passes: the nasal cavity (nose and space behind), the pharynx and larynx (throat), the trachea, bronchi and bronchioles (the windpipe and its branches and sub-branches) and the lungs. The other part of the system is the thorax and diaphragm (the chest) whose muscular contractions and expansions cause air to be inhaled and exhaled.

RESPIRATORY TRACT: See **RESPIRATORY SYSTEM**.

RETARDATION: Slowing up of a process or action. Also see **MENTAL RETARDATION**.

RETINA: The light sensitive layer inside the eye.

RHEUMATIC FEVER: An **ACUTE** disease, usually in childhood and young adults, arising as a delayed complication of upper respiratory tract infection and characterized by fever and pain in joints. The disease can progress to **CHRONIC** rheumatic heart disease which can cause permanent damage.

RHEUMATISM: A general term used to describe disorders, both **ACUTE** and **CHRONIC**, which cause pain in muscles and joints.

RINGWORM: A highly CONTAGIOUS fungal infection of the skin, frequently affecting the scalp and feet. The FUNGUS also affects animals – which are often the source of human infection. See ATHLETE'S FOOT. (Note: Ringworm is not a WORM).

RIVER BLINDNESS: See ONCHOCERCIASIS.

SALICYLIC ACID: A chemical compound used as a medicine and for the treatment of certain skin conditions.

SALIVA: The secretion formed in the mouth which helps with chewing food and which starts the first stage of food digestion.

SANITATION: Taking measures to attain healthy conditions, such as sewage disposal, drainage, refuse collection and destruction and disposal.

SCABIES: A highly communicable skin infection caused by the ITCH MITE and characterized by severe itching, usually around the groin, nipples and between the fingers. The ITCH MITE is a tiny creature that burrows into the skin and lays eggs there.

SCHISTOSOMIASIS: A parasitic disease caused by schistosoma = bilharzia = blood flukes, which settle in the blood vessels of the intestine or bladder. The disease is caught by wading in water infected with the motile stage in the life cycle of the parasite. Details of the life cycle of the schistosoma are given in Unit 20, page 73.

SECRETION: The product of a gland. Secretions may pass into the body – as in the case of adrenaline; or out of the body – as in the case of sweat; or into an intermediate area such as the mouth – as in the case of saliva.

SHIGELLA: A BACTERIUM. There are several types, some live in the intestines and help in the digestion of CARBOHYDRATES, others can cause DIARRHOEA.

SIMULIIDS: Black flies, many of which cause annoyance and suck blood from their victims. Some transmit diseases, See ONCHOCERCIASIS.

SINUS: An air chamber in a bone – there are several such chambers which open into the nasal cavity.

SNAKE BITE: The bite of a snake during which a poison, or snake VENOM, is injected beneath the skin and into the tissues.

SODIUM BICARBONATE: A white powder with a slightly salty taste and an alkaline reaction. It is used orally as an antacid and externally as a mild alkaline wash.

SODIUM THIOSULPHATE: A white crystalline salt used as an antidote to cyanide poisoning and externally for the treatment of some fungal infections.

SPASM: A sudden involuntary muscular contraction which may involve skeletal muscle (as in the arms, legs etc.) or visceral muscle (as in the stomach and intestines) A spasm is more localized than a CONVULSION.

SPLEEN: A large sponge-like organ in the left side of the ABDOMEN, behind and below the STOMACH. It is responsible for removing debris, such as BACTERIA and worn out blood cells from the system and for replenishing blood with some of its components.

SPRAIN: A stretching or even rupture of tissues due to sudden bending or twisting of a joint. The ankle is a joint which frequently suffers.

SPUTUM: Mixture of SALIVA and MUCUS expelled from the respiratory passages by coughing.

STAGNANT: This is a word applied to liquids that are stationary and have ceased to flow; as in the terms – stagnant water and stagnant pond.

STARCH: A CARBOHYDRATE and a major constituent of food, occurring in cereals and potatoes, and having a high energy value.

STERILE: Uncontaminated; completely free from microorganisms, and therefore not capable of causing or transferring disease.

STERILIZE: A procedure for removing all microorganisms from instruments such as hypodermic needles and scissors, or from bandages and dressings; usually achieved with boiling water or steam, or chemically with disinfectants. Also a procedure for cleaning wounds to free them from microorganisms that may cause disease.

STINGS: See BITES AND STINGS.

STOMACH: A sac-like organ into which food passes when it is swallowed. Several stages in the process of digestion occur in the stomach before the food passes on into the intestines.

STOMACH ULCER: A break in the lining of the STOMACH that fails to heal and is often accompanied by inflammation. It is characterized by pain, in the upper ABDOMEN soon after eating, and sometimes by vomiting.

STOOL: Waste matter discharged from the BOWELS. See FAECES.

STRAIN: A muscular stretching, often caused by overworking of a particular muscle.

STREPTOMYCIN: An ANTIBIOTIC.

STROKE: A sudden attack which may vary from muscular weakness through to complete PARALYSIS and which arises from an interruption of the flow of blood to the brain.

SULPHONAMIDE: (Sulfonamide). A drug, usually given by mouth, which is effective against certain BACTERIA. There are many chemical compounds which are classified as sulphonamides and they are used to treat a wide range of diseases.

SULPHUR: (Sulfer, Sulfur). A pale yellow, non metallic element that can occur as a very fine almost white amorphous powder, a coarse yellow powder or as yellow crystals. It burns with a blue flame and suffocating smell. It is used in ointments for skin disorders, particularly fungal infections.

SULPHUR DIOXIDE: A pungent smelling and irritating gas formed when SULPHUR burns; used as a disinfectant.

SYPHILIS: A CHRONIC contagious disease; transmitted during sexual intercourse and characterized initially by a hard ulcer which forms at the site of infection during the first 4 weeks after infection. Some two months later a fever and rash usually develop with swelling of LYMPH NODES. The disease may then lie dormant for years until the final phase when many organs may become severely damaged.

TALC: A very fine dusting powder.

TAPEWORM: A parasitic flatworm that infests the intestines of many animals, including man. It consists of a head with hooks by which the PARASITE becomes anchored to the wall of the intestine. Behind the head are segments in which EGGS develop. The segments most distant from the head and containing fully developed EGGS are shed and pass from the host in FAECES. The eggs are ingested by a secondary host in which they undergo development in the muscles. If the meat of this animal is eaten in a raw, or poorly cooked state, the larval stage develops to form a new tapeworm in the intestines.

TETANUS: An ACUTE/INFECTIOUS disease affecting the nervous system. Infection arises from the contamination of wounds by bacterial spores. BACTERIA multiply at the infected site and produce a toxin (poison) which irritates the nerves causing spasmodic muscular contractions. High fever and continuous, extreme pain, frequently occur and mortality is high.

TETANUS TOXOID: Tetanus toxin modified so that its toxicity is reduced but its capacity to promote IMMUNITY is retained. IMMUNIZATION is effective but temporary.

TETRACYCLINE: An ANTIBIOTIC. Often referred to as a “broad spectrum” ANTIBIOTIC, meaning that it has a wide range of uses. Other antibiotics in this group are chlorotetracycline and oxytetracycline.

THEOPHYLLINE: A drug which is present in tea. It helps to relax certain types of muscle and helps to relieve mild attacks of bronchial spasm. It is used to assist with relieving mild asthmatic attacks.

THIMEROSAL: A chemical compound containing mercury; used as a disinfectant, in eye ointment, and in dilute solutions as an eye wash. A proprietary name for this compound is MERTHIOLATE.

THREADWORM: See FILARIA.

THRUSH: See CANDIDIASIS.

TINCTURE OF IODINE: See IODINE.

TINEA: A fungal infection of the skin such as RINGWORM.

TINEA VERSICOLOR: Brown or yellowish patches on the skin with a bran-like appearance. They do not itch and disappear when treated with a fungicidal ointment.

TONIC: A medicinal preparation taken to invigorate the body, especially after an illness.

TONSIL/S: Bundles of lymphatic tissue which act as filters to remove infective organisms. The best known are the two in the pharynx (the back of the throat).

TONSILITIS: An infection of the TONSILS characterized by a sore throat, difficulty in swallowing, and fever.

TOXIN: A poisonous substance produced by a bacterium or fungus.

TRACHOMA: A CHRONIC contagious eye disease characterized by the CONJUNCTIVA of the eyelids becoming inflamed; leading to the discharged of PUS. Opaque patches on the CORNEA and blindness can be the ultimate result. The disease is caused by a VIRUS which is transmitted by the use of dirty towels or by wiping the eyes with any other unclean and infected material.

TRANSFUSION: The injection of blood from one person (the blood donor) into another person to remedy a deficiency in the recipient.

TRICHOMONAS: A parasitic microorganism which lives in the vagina, causing discomfort and an unpleasant smell. It can be transmitted sexually.

TUBERCULOSIS: An infectious disease which can affect many parts of the body. Most commonly it affects the LUNGS and is caused by breathing air containing the BACTERIA. Drinking infected milk is another source of the disease when it affects other parts of the body. Some people can carry the disease without showing any symptoms, others may have mild symptoms for many years which increase if the body's resistance is lowered by another illness. The disease is characterized by fever, night sweats, weight loss and coughing blood. IMMUNIZATION is the best method of prevention, see BCG.

TYPHOID: An ACUTE/INFECTIOUS disease, characterized by fever, headache and a rash of red spots on the chest and ABDOMEN and, in serious cases, DELIRIUM and intestinal HAEMORRHAGE. It is caused by a bacterium transmitted by food or drink contaminated from the FAECES or URINE of infected carriers of the disease. Immunization can confer temporary IMMUNITY.

TYPHUS: An ACUTE/INFECTIOUS disease characterized by severe headaches, widespread rash and high fever. It is caused by a microorganism, similar to a BACTERIUM, which is transmitted by lice; the disease is therefore common in unhygienic and overcrowded conditions.

UNDECYLENIC ACID: A chemical compound obtained from castor oil and used for the treatment of fungal skin infections such as RINGWORM.

URINE: Fluid secreted by the KIDNEYS, stored in the BLADDER and periodically discharged voluntarily.

VACCINATION: The procedure whereby a VACCINE is presented to the body to stimulate the production of ANTIBODIES to a disease and thus make the body IMMUNE to the disease. Vaccines may be given orally or by injection or may be introduced through a light scratch on the skin. See IMMUNIZATION.

VACCINE: A preparation which stimulates the body to produce ANTIBODIES to a disease: often prepared from the BACTERIA or VIRUS responsible for the disease, which have been treated in such a way as to be deprived of their harmful effects whilst retaining their ability to stimulate the production of ANTIBODIES by the body. See VACCINATION.

VASELINE: A type of petroleum jelly. Used as an ointment.

VECTOR: An animal, usually an insect, which carries a disease organism; transmitting it from infected sources to non-infected individuals.

VENOM: A poisonous substance secreted by some animals such as snakes, scorpions and spiders, and injected into their victim by a bite or sting.

VEIN: A vessel, or tube, which carries blood from the organs and tissues and returns it to the heart after the tissues have taken their requirements of oxygen and nutrient materials. Venous blood (the blood in the veins) also carries carbon dioxide and other waste products away from the tissues.

VENEREAL DISEASE: An infectious disease transmitted by sexual intercourse.

VINEGAR: The product of souring wine and beer. The principal ingredient is acetic acid.

VIRUS: (pl. viruses) Minute organisms, too small to be seen under an ordinary microscope. They depend for their nutrients on the cells in the body in which they live. They are the cause of many diseases.

VIRUS DIRRHŌEA: See **DIARRHOEA**.

VITAMIN/S: There are a considerable number of these chemical compounds. They are needed in very small quantities by the body but are essential for its correct functioning. Certain disease conditions arise from deficiencies of specific vitamins from the diet.

Vitamin A Occurs in butter, cheese, eggs, fish oil, and coloured vegetables such as carrots. It is needed for keeping mucous membranes soft and moist and its absence results in night blindness and xerosis blindness.

Vitamin B A large group of vitamins, many members of which occur in brewer's yeast. They are also found in cereals, nuts, fruit and green vegetables. Their absence causes poor appetite, constipation, nervous disorders, poor growth and development and anaemia.

Vitamin C Is abundant in fresh fruit and vegetables. It is necessary for the development and repair of tissues and for the healing of wounds. Its absence lowers disease resistance.

Vitamin D Occurs in butter, eggs, fish oils and yeasts. It assists bone and tooth development. Its absence interferes with bone development in children and causes weakness and irritability.

VOMIT: To eject the contents of the stomach through the mouth; usually an involuntary action.

WALLEYE: This term can have two meanings. 1. Describes a condition in which the iris, the part of the eye normally coloured, is white. 2. As with Crosseye,

Walleye describes a squint: a condition in which each eye looks in a different direction – inwards in the case of **Crosseye** and outwards in the case of **Walleye**.

WART: A small, hard, usually discoloured growth on the skin. Caused by a **VIRUS**. Warts usually occur on the hands, face, elbows and knees and are more common in children than adults.

WHEEZE: A hissing or whistling sound produced during difficult breathing, as occurs with asthma or bronchitis.

WHIPWORM: A small parasitic roundworm, the **EGGS** of which hatch in the small intestine and the **ADULT** form lives in the large intestine. **EGGS** pass out in the **STOOLS** and the life cycle continues when these are ingested in contaminated food or water.

WOOD ALCOHOL: See **ALCOHOL**.

WORMS: See **ASCARIS**, **FILARIA**, **HOOKWORM**. **PINWORM**, **TAPEWORM**. (Note: **RINGWORM** is not a worm, it is a fungal infection).

XEROSIS: An abnormal dryness of the skin or of a mucous membrane, particularly of the **CONJUNCTIVA**.

XEROSIS BLINDNESS: Dry eyes due to an absence of tear production. The whites of the eyes become dull and then wrinkled. As the condition progresses, the **CORNEA** becomes affected and blindness can occur. The damage to the eye tissues can also permit other infections to invade and damage the eyes.

X-RAY: A form of invisible radiation which can penetrate solid matter opaque to ordinary light. By photographing the pattern of X-rays that have passed through an object (such as the body) an image of the internal structure of the organs or bones can be obtained.

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ISBN 92-9021-034-6

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