

CHAPTER - 13

WHY DO WE FALL ILL

Question 1:

State any two conditions essential for good health.

Answer 1:

'Health' is a state of being well enough to function well physically, mentally and socially.

Therefore, for good health.

- (i) One should be disease free.
- (ii) There should be social equality and harmony which are essential for individual health particularly for social and mental health.

Question 2:

State any two conditions essential for being free of disease.

Answer 2:

- (i) Remain away from specific and particular cause for discomfort or disease. For which personal and public cleanliness and good physical environment are necessary.
- (ii) Proper and sufficient food necessary for functioning of cells and tissues of the body.

Question 1:

List any three reasons why you would think that you are sick and ought to see a doctor. If only one of these symptoms were present would you still go to the doctor? Why not?

Answer 1:

Common symptoms, which indicate sickness are:

- (i) Headache,
- (ii) Cough and
- (iii) Loose motion.

Even seeing one symptoms. I will go to doctor.

Reason: A single symptom is the sign of a disease. On delaying, it may lead to serious illness. For example, headache may mean meningitis.

Question 2:

In which of the following case do you think the long - term effects on your health are likely to be most unpleasant?

- (i) If you get jaundice.
- (ii) If you get lice.
- (iii) If you get acne.

Why?

Answer 2:

Jaundice because it is a chronic disease and takes long time to be cured. Moreover, jaundice affects the whole body and it takes long time to be healthy.

Question 1:

Why are we normally advised to take bland and nourishing food when we are sick?

Answer 1:

Infectious diseases show a lack of success of the immune system of the body. For the functioning of the immune system properly, sufficient nourishment and easily digestible food is necessary for a sick person.

Question 2:

What are the different means by which infectious diseases are spread?

Answer 2:

Infection-causing microbes travel from patient to person through:

- (i) **Air:** Sneezing or coughing since little droplets are thrown which they reach another person through air. Example, common cold, pneumonia etc.
- (ii) **Water:** Contaminated water carries disease-causing microbes which cause infection on its usage. Example, diseases such as cholera.
- (iii) **Sexual contact:** Diseases such as syphilis or AIDS are transmitted by sexual contact from one person to the other.
- (iv) **Animals:** These are intermediaries, called vectors, transmitting diseases from a patient to the host. Example, mosquitoes (Female Anopheles mosquito) cause spread of malaria.

Question 3:

What precautions could you take in your school to reduce the incidence of infectious diseases?

Answer 3:

- (i) Preventing over crowding classes,
- (ii) Providing safe drinking water,
- (iii) Cleanliness in the school premises and also in the classroom,
- (iv) Use of handkerchief or towel while an infected student is sneezing or coughing,
- (v) Use of clean toilets,
- (vi) Not to allow water to stagnate in school or around the school to avoid mosquito breeding,
- (vii) To get vaccinated whenever programmes are organized for inoculation against various diseases.
- (viii) Not eating food exposed to flies, mosquitoes etc.

Question 4:

What is immunization?

Answer 4:

Introduction of mild type of infection (microbes) or killed infectious microbes into the body by vaccination / by other means to activate the immune system against a particular infection / disease is called immunization.

Question 5:

What is the immunization programme available at the nearest health center in your locality?

Which of these diseases are the major health problems in your area?

Answer 5:

Immunization programme

- (i) BCG vaccine against tuberculosis.
- (ii) Polio drops against polio.
- (iii) Vaccination against chicken pox.
- (iv) Vaccination against Hepatitis.
- (v) DPT vaccination against diphtheria, pertusis (whooping cough) and tetanus.
- (vi) Immunisation against measles.

Major health problems are (i) Hepatitis, (ii) Chicken pox, (iii) Tuberculosis and (iv) Tetanus