

# Why Do We Fall Ill In-Text Questions

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## **Q.1 State any two conditions essential for good health.**

**Sol.** 'Health' is determined as being well to work well physically, mentally and socially. Therefore, for good health two essential conditions are:

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

## **Q.2 State any two conditions essential for being free of disease.**

**Sol.**

- (i) Avoid specific and particular causes for discomfort or disease. For which personal and good social environment are necessary.
- (ii) A proper and balanced diet is necessary for the functioning of cells and tissues of the body. From this immune system will be strong.

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## **Q.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 or Why not?**

**Sol.** Some common symptoms, which indicate sickness are:

- (i) Headache,
- (ii) Cough and
- (iii) Loose motion and vomiting.
- (iv) Body pain, etc.

Generally, for one symptom. We do not visit a doctor. If these symptoms are seen for a long period of time then we should go to a doctor and consult for proper treatment.

## **Q.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?**

**Sol.** (i) If we get jaundice because it affects the whole body and takes long time to be healthy. This is a chronic disease and lasts for a long time.

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## **Q.1 Why are we normally advised to take bland and nourishing food when we are sick?**

**Sol.** Infectious disease shows weakness of the immune system of the body. For the functioning of immune system strongly, sufficient nourishment and easily digestible food is necessary for a sick person to overcome from the disease. That's why generally we are advised to take bland and nourishing food.

## **Q.2 What are the different means by which infectious diseases are spread?**

**Sol** Infectious diseases are spread from patient to healthy person through the following modes:

- (a) **Air:** Through sneezing or coughing, tiny droplets are thrown by the infected person which they reach another person through the air. Example: common Cold, pneumonia etc.
- (b) **Water:** Contaminated water contains disease causing microbes which cause infection by using this water. Example: diseases such as cholera.
- (c) **Sexual contact:** Diseases such as syphilis or AIDS are transmitted by sexual contact with infected persons.
- (d) **Vectors:** Mosquitos and insects are intermediaries, called vectors, transmit diseases from a patient to a healthy person. Example: Due to mosquitoes (Female Anopheles mosquito) cause spread of malaria.

## **Q.3 What precautions could you take in your school to reduce the incidence of infectious diseases?**

**Sol.** Some of precautions we can take in your school to reduce the incidence of infectious diseases:

- (i) Preventing overcrowding classes.
- (ii) Providing safe and purified drinking water.
- (iii) Keeping the school environment clean.
- (iv) Using of handkerchief or towel while sneezing or coughing,
- (v) Use of clean toilets.
- (vi) Avoid stagnant water in school or around the school to stop the breeding of mosquitos.
- (vii) Not eating of uncovered food items.

## **Q.4 What is immunization?**

**Sol.** The boosting of the body's immune system by vaccination / by other means to activate the immune system against a particular infection/disease is called immunization.

## **Q.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?**

**Sol.** Immunization programme available at the nearest health center in our locality are:

- (i) BCG vaccine against tuberculosis.
- (ii) Vaccination against jaundice.
- (iii) Vaccination against Diphthria.
- (iv) DPT vaccination against diptheria, pertusis (whooping cough) and tetanus.
- (v) Polio drops against polio.
- (vi) Immunization against measles.

Diseases are (i) Typhoid, (ii) jaundice, (iii) Tuberculosis, and (iv) Tetanus  
Create the major health problems in our area.