

CONTENTS

<i>Preface</i>	v
1. Concept of health	1-27
Physical health, 6	
Mental health, 7	
Social health, 11	
Spiritual health, 12	
Determinants of health, 12	
Indicators of health, 17	
Concept of disease, 19	
Natural history of diseases, 19	
Disease agents, 21	
Concept of prevention of diseases, 22	
2. Nutrition and health	28-56
Functions of food, 29	
Classification of food, 29	
Nutritional deficiency diseases, 54	
3. Demography and family planning	57-91
Demography, 57	
Demographic cycle, 58	
Control of over population, 62	
Family planning, 63	
Methods of family planning, 65	
4. First aid	92-121
Accidents, 95	
Shock, 101	
Snake bite, 102	
Burns and scalds, 104	
Electric shock, 105	
Poisoning, 106	
Heart diseases, 109	
Haemorrhage, 110	
Fractures, 111	
Cardio-pulmonary resuscitation, 113	

x Contents

5. Environment and health	122-180
Water, <i>123</i>	
Sources of water, <i>125</i>	
Purification of water, <i>134</i>	
Hardness of water, <i>147</i>	
Air, <i>149</i>	
Air pollution, <i>150</i>	
Noise, <i>153</i>	
Lighting, <i>156</i>	
Solid waste disposal and control, <i>157</i>	
Excreta disposal, <i>163</i>	
Medical entomology, <i>165</i>	
Arthropod borne diseases, <i>166</i>	
Rodents, <i>180</i>	
6. Microbiology	181-199
Classification of microorganisms, <i>181</i>	
Structure of bacterial cell, <i>185</i>	
Isolation of microorganisms, <i>191</i>	
Staining techniques, <i>195</i>	
7. Communicable diseases	200-255
Respiratory infections, <i>201</i>	
Intestinal infections, <i>216</i>	
Arthropod borne infections, <i>232</i>	
Surface infections, <i>241</i>	
Sexually transmitted diseases, <i>249</i>	
8. Non-communicable diseases	256-268
Cancer, <i>257</i>	
Diabetes mellitus, <i>259</i>	
Blindness, <i>263</i>	
Cardiovascular diseases, <i>264</i>	
Coronary heart disease, <i>265</i>	
Hypertension, <i>266</i>	
Rheumatic heart disease, <i>268</i>	
9. Epidemiology	269-295
Uses of epidemiology, <i>269</i>	
Factors responsible for the spread of communicable diseases, <i>270</i>	
Common terms used in epidemiology, <i>272</i>	

Disease transmission and control, *274*

Immunity and immunisation, *279*

Hospital acquired infection, *284*

Disinfection and its types, *288*

Disinfection procedures, *293*

Index

297-300