

POTENTIAL CAUSES OF ILL-HEALTH

Tetanus [lockjaw/ jaundice] 50% mortality [world-wide average]
Soil-borne infection [occasionally airborne]. Most likely from deep cuts. Transmission high from old and rusty metal. Transmission from animal manures
Cold symptoms for 5-10 days. Nerve endings progressively die.
Treatments: inoculation renewed every 5-7 years or antidote administered immediately after exposure standard practice in likely cases

Weil's disease [leptospirosis/ infectious jaundice] 5-10% mortality
Transmitted by digestion of/ subcutaneous contact with water contaminated by rat, mouse, dog urine
Symptoms: diarrhoea/aching extremities/ renal failure [yellowing skin]
high fever [39+deg. C] developing hepatitis/meningitis-like.
Treatment: erythromycin antibiotics / penicillin available/ dialysis

Cholera/ typhoid fever

Ingestion of water contaminated by faecal matter
Avoid stagnant water / runoff and leachate from contamination sources

Gastro-enteritis [digestive infection]

Water-borne e.g. Cryptosporidium

Animal to human transferred diseases: e.g. Pig diseases / manure very similar to human

Salmonella handling poultry manures and byproducts symptoms latent or suppressed in animal

Bse to cjd ingestion of prion infected material

Aids virus incapable of survival outside of human body for more than 24 hours

Fungal infections candida / thrush

Bee sting (barbed hook) Knock/ scrape off poison sack which continues pumping after bee dead.

Symptoms: blood vessels dilate / swelling / puffy skin / difficulty breathing/ senses impaired

Anaphylactic shock: whole body defence abreaction possible in some individuals, for whom consequent stings could be lethal.

Treatments: antidotes / noradrenaline injections / test susceptibility

Wasp sting poison injection hypodermically

Causes inflammation / irritation treat with cold water/ compress

Short-lived pain [30 minutes] + minor bruising [12 hours]

Insect bites especially ticks

Snake bites adder

Carcinogens Avoid inhaling spores of moulds [warm weather] / bracken [july to august]

POLLUTION:

Soil contaminants e.g. Glass/metal

Biocides asbestos/biocides

Soil poisons mercury/lead/chromium/cadmium

Plants will indicate excesses by symptoms or necrosis. Dangerous if large amounts of soil eaten.

Atmospheric /airborne pollution Vehicle emissions carbon monoxide/nox/particulates

Minimum 10m/30 feet from busy road. Shelter belts/ trees/ hedging

Incinerators/ plastic, tyre and factory fires dioxins

Water pollution Fluoride/ industrial effluent/sewage etc.

Biosphere

Immune deficiencies and hypersensitivity e.g.Hayfever/Asthma/Excema

Increased exposure to u-v radiation e.g.Melanomas

Environmental proliferation causing genetic adaptations, resistant to biocides / antibiotics.

Overexertion e.g. Haemorrhoids/ Hernia