

Exercise5: 1. What happens to babies born of alcoholic mothers? 2. How can drug abuse affect a person's health.

Malaria is caused by a parasite which is transmitted by mosquitoes. When the female mosquito bites a person, the parasite enters the bloodstream. The person becomes very weak and ill. Malaria cannot be spread by human contact. Mosquitoes carry the malaria parasite which enters the human bloodstream.

HIV/AIDS is caused by a virus which enters the blood stream. It makes the immune system weak. This means the infected person has no resistance to other illnesses like flu, colds and TB. HIV/AIDS is spread by people having unprotected sex and receiving infected blood. Antibiotics and drugs cannot cure HIV/AIDS, and the person will eventually die. Drugs which give the patient a better quality of life are helpful.

Activity9: 2. How do you think you could avoid catching malaria?

People living with HIV/AIDS also required special drugs to make them feel stronger and healthier. They need to eat a good diet with plenty of fresh fruit and vegetables and enough protein. The family could suffer financial hardship if they have to pay for drugs and special food. It is important to note that HIV/AIDS cannot be spread by hugging or sharing cups, plates and towels. Therefore, it is quite possible for someone with HIV/AIDS to live with his or her family for as long as possible. People with HIV/AIDS need medical attention and the family will need to provide transport. You cannot get HIV/AIDS by hugging someone. From this discussion, it is clear that if one person in a family is ill, the whole family can suffer hardships.

Exercise8: 1. Is HIV/AIDS caused by a virus or a bacterium? 2. How is HIV/AIDS spread? 3. Is it safe to hug someone who has HIV/AIDS?

Why HIV/AIDS is a threat to Zambians: Zambia, like many other countries, has many people living HIV/AIDS. This causes many social, financial and health problems in our country. Here are some examples. If parents get sick and die of HIV/AIDS, they may leave orphans. These children need care, food, shelter and schooling. The government may need to supply these things for AIDS orphans. In some families where the parents have died of AIDS, grandparents care for their grandchildren. In many families grandparents care for children whose parents have died of AIDS. This can place a burden on grandparents who might be old and weak themselves. In some families, older children are forced to care for their younger brothers and sisters, because their parents have died. These older children may be forced to drop out of school, or go to work, in order to provide food and shelter for their younger siblings. In some families, AIDS sufferers may be living at home. Because they require a special diet and extra care, they may become a financial burden to their family. From these examples, we can see that HIV/AIDS is a threat to the traditional Zambian family structure. It also places large burdens on the state to provide drugs and health care for AIDS sufferers.

In families where parents have died of AIDS older children often have to stop going to school so they can look after their younger siblings.

Activity11: In class, discuss how HIV/AIDS has affected Zambian families.

Exercise9: 1. List two reasons why HIV/AIDS can put financial pressure on the government.

Malaria occurs in many areas of the country where mosquitoes are a problem.

Large sections of our population are infected with HIV/AIDS.

Immunisation: an injection of a drug to combat a disease

Summary activity: 2. Write two sentence explaining why personal hygiene is important. 3. List two reasons why clothes should be clean. 8. Mention two types of substance abuse. 9. Mention three reasons of substance abuse. 10. Why do people who abuse substances suffer from health problems? 17. In two sentences, explain why HIV/AIDS is a threat to Zambia.

What you will learn in this chapter: At the end of this chapter, describe how to make water clean and safe to drink, name common water-borne diseases, discuss the effects of water-borne diseases on the population, explain how to prevent water-borne diseases.

Furthermore, water from some of these sources may not be safe to drink, as it may be contaminated. We will learn more about how to make water safe to drink, later in this chapter.

Water treatment: Water from rivers, wells and other sources often contains harmful micro-organisms called pathogens. It also contains things like sticks, bottles, plastic containers, paper and even dead animals. All of these pollutants make the water unsafe for people to drink. This is why water is treated at a waterworks before we use it.

Exercise 3: 1. What do we call harmful micro-organisms? 2. Where are floating objects removed from the water? 3. Which chemical is used to purify the water?

Making water safe to drink: Water from streams, rivers and lakes is usually contaminated and should be purified before drinking. Water can be made safe to drink by passing it through a grid or a clean cloth to remove any suspended materials and then boiling it for at least ten minutes to kill the germs. Many homes do not receive purified water from the town's waterworks. In this case, it is advisable, to purify water before using it for drinking or cooking. This can be done by boiling the water for ten minutes, and then adding some chlorine to purify the water.

purifying water by boiling it at home (picture)

Activity4: 1. Why do you think water from streams and dams is often contaminated?

Exercise 4: 1. List two ways in which you can treat water in your home to make it clean and safe to drink.

Effects of water pollution: Water pollution occurs when water is contaminated with harmful substances. Many different things and human activities can cause water pollution in streams, rivers and lakes. Here are some examples. • Urinating and dropping faeces in or near water. • Washing or bathing in rivers and streams. • Throwing rubbish into water sources. • Allowing sewage from latrines to run into water sources. • Allowing industrial waste, such as chemicals from factories, to run into water sources.

Polluted water is not safe to drink, and can make us very ill. The types of pollution can vary, as seen from the list given on the previous page. Different types of pollution will cause different types of problems for people. Water-borne diseases, which we discuss in more detail later on, are a very serious problem.

Activity5: 1. In class, discuss what we mean by water pollution.

Exercise 5: 1. List three causes of water pollution.

Common water-borne diseases: People can be infected and become ill if harmful bacteria get into drinking water. The water is then contaminated. Diseases passed from one person to another through contaminated water are known as water-borne diseases. Many water-borne diseases affect the digestive system, causing diarrhoea. Examples of these diarrhoea-causing types of water-borne diseases are cholera, dysentery, and typhoid.

Cholera is caused by bacteria, which attack the digestive system. People with cholera become unwell very suddenly. They feel weak, vomit and may also suffer from diarrhoea. Cholera is a very serious disease, which can result in death. People with cholera must be treated at a clinic or hospital immediately. Cholera is spread by human faeces in water, which is then used by people for drinking or washing. It can also be spread by touching food with dirty hands or by flies landing on food. Cholera is usually not spread by just touching or coughing.

Dysentery is caused by bacteria or tiny organisms called amoebas. A person who has dysentery will have diarrhoea that has blood in it. The diarrhoea causes stomach cramps and can result in dehydration. People who have dysentery must be treated at a clinic or hospital.

Typhoid is caused by bacteria carried in the water. People who become infected with typhoid bacteria will suffer from diarrhoea. They develop a high fever, red spots on the chest and stomach, and they become very weak and ill. They must be treated at a hospital or clinic as soon as possible.

Bilharzias is a different type of water-borne disease. It is caused by a tiny worm, which lives in a certain kind of water snail. This snail occurs in many of Zambia's slow-flowing rivers, as well as in lakes and dams. The worms around in the water. They can enter a person's body through the skin, and go into the liver skin, and go into the liver and intestines. Infected people feel unwell, they may have stomach pains, fever, itching and pass blood in their urine. Bilharzias can be successfully treated with the correct drugs. The following diagram explains how bilharzias is spread. Young worms leave snail and enter another person through the skin. Infected person passes urine or faeces containing bilharzias eggs into water. Larvae enter snail and grow into worms. Eggs hatch into larvae. Activity 6: 1. In class, discuss whether there are any water-borne diseases in your community.

Exercise 6: 1. List three common water-borne diseases.

The effects of water-borne diseases on the population: Water-borne diseases have a bad effect on the country's population. If there is an outbreak of water-borne diseases such as cholera and dysentery, many people become very ill in a short period of time. Often there is a high death rate if the outbreak is not controlled early. Outbreaks of water-borne diseases have a negative effect on the productivity of the population since sick people cannot work effectively or even at all. They are not able to do things like produce food or look after their families. Sick people often spend a lot of time at clinics or hospitals. This keeps them away from their families and from their work. Their families may have to find extra money for food, special medicines, or for transport to hospital or the clinic. Sudden outbreaks of disease put a lot of pressure on clinics and hospitals, as they may not be prepared to treat so many people all at once. The government also spends a lot of money controlling the outbreak of these diseases. The money is used to buy drugs or medicine and to pay extra health workers to deal with the emergencies caused by sudden outbreaks of diseases. This can result in less money being available for other essential things in people's lives, like education, better housing or improved service delivery.

Activity 7: 1. In class, discuss the effects of water-borne diseases on the workforce.

Exercise 7: 1. In class, make a poster informing people in the community about the effects of water-borne diseases.

Preventing the spread of water-borne diseases: The spread of water-borne diseases can be prevented by simple precautions, which we should all know. Always use a toilet, rather than a place out in the open. Human faeces carry harmful bacteria, and it is much safer and more hygienic to use a toilet. When you have used the toilet, always wash your hands well with soap and water. This helps to prevent the spreading of germs, and ensures that you and the people around you are not infected with harmful bacteria. Be sure to keep the toilet and toilet area clean by scrubbing it often and using a strong disinfectant. This will prevent germs from breeding in the toilet. Try to keep the toilet door closed when it is not being used. Keep the toilet and toilet area clean. Never use a water source, like a river or dam, as a toilet. Germs in the faeces enter the water and spread diseases. Many types of bacteria can live in the water and when someone drinks the water, or uses it for washing themselves, they become infected. Do not use a water source for other things, like washing your body or your clothes. This also contaminates the water. Don't share a water source with animals. They may be carrying diseases, or may defecate in the water, causing contamination of the water. Avoid swimming or washing in water which may be contaminated with human faeces or with bilharzias. As you have learnt, the worm which causes bilharzias can enter your body very easily through the skin. Always wash vegetables well before cooking or eating them. Try to control or eliminate the snails which carry bilharzias from your local water sources. This may require assistance from your health or agricultural authorities. Boil and chlorinate all drinking water to ensure that it is safe. If you are in any doubt about the safety of water, rather assume that it is not safe and treat it accordingly. Keep containers of drinking water covered. This will prevent flies and dirt from getting into the water. Be sure that your hands are clean when you work with purified water. Wash vegetables very well before cooking them. If you eat fruit unpeeled, be sure to wash it thoroughly. By washing fruit and vegetables well, you can reduce the risk of contracting diseases spread by bacteria. Practise good personal hygiene by keeping your body and your clothes clean. In this way, you ensure your own health, and prevent the spread of diseases to other people.

Activity 8: 1. In class, discuss ways of preventing water-borne diseases in your community.

Exercise 8: 1. Answer true or false. A) Water can be purified by boiling it and by adding chlorine. B) Bilharzias is spread by eating unwashed vegetables. C) Practising good hygiene can help to prevent the spread and contraction of water-borne diseases. d) Cholera and typhoid are spread by bacteria which can live in water.

Summary of activity: 3. Describe what you know about water treatment. 4. Why is water treatment important? 6. How can we make water safe to drink in our homes? 10. Name three water-borne diseases. 11. What are the symptoms of cholera? 13. Give three ways that we can prevent water-borne diseases. 14. Why should you avoid swimming or washing in water which may be contaminated with human faeces? 15. Fill in the blank spaces by using the following words.

kills/chlorine/contaminates/well/diarrhoea/ a) A _____ is a source of water. b) _____ is added to water to kill germs. c) When someone passes a watery stool he is said to be suffering from _____. d) Passing urine into a water source _____ the water. e) Boiling water _____ the germs.

Kwashiorkor is a very serious disease which occurs in children who don't eat enough protein and cereal foods. This disease is often due to poverty, or drought, which leads to extreme crop failure. By eating a healthy diet, our quality of life is better, we can enjoy physical activities like sports and we can concentrate better at school. Because we are much healthier, we have better resistance to common illness such as colds and flu. Growing children, like Grade 7s, need to ensure that they eat sufficient fresh vegetables, some fruit, some protein (for example cereal or legumes) every day.

Activity 8: 1. In class, discuss the types of food we should eat often to keep our bodies healthy.

Exercise 8: 1. Mention two diseases that are related to the lack of certain food stuffs. 2. Mention three types of food that people living with HIV/AIDS should eat often.

Warning! Never touch exposed electric cables.

	<p>Why electric wires should be insulated: Anyone touching a live cable will suffer an electric shock. This could lead to injuries, bad burns or even death. For this reason, all cables, whether they are transmitting messages or carrying electricity, should be insulated. This makes them safe to work with it. It also makes them safe if they are exposed to other people and animals. For example, electric cables in the home are covered with a thick plastic insulation to make them safe. The cables are very dangerous. If you notice an exposed cable, never touch it. Tell an adult immediately.</p> <p>Activity3: 1. In class, discuss the importance of insulators in every day life. 2. Discuss what you should do if you notice an exposed cable at home or school. 3. Discuss how you can ensure that the appliances in your home are safe.</p> <p>Exercise3: 2. What will happen to someone who touches an exposed electric cable?</p> <p>A fuse is a strip of wire which is part of a circuit. The wire will melt and break the electric circuit if the electric current is too strong and becomes dangerous. A trip switch and a fuse are both safety devices that will automatically switch off a circuit if there is a fault in the system. They are often used in the electrical wiring of buildings and houses. If a short circuit or other fault occurs, a fire could result. By having a trip switch or a fuse, the flow of charges is stopped and the danger of a fire is reduced.</p> <p>effects of population growth: HIV/AIDS- The problem of HIV/AIDS is worse in areas of overpopulation, especially where illiteracy is high and there are inadequate supplies of healthy food.</p> <p>Answer to the problem of population growth: Family planning- The increase in population should match the availability of basic facilities. With birth control, any country can control its rate of population increase. Then the country can meet the need for food and social services, such as schools and medical facilities. Japan, with a population growth rate of 0-11% has succeeded in slowing down its population growth. The Japanese enjoy a high standard of living and high life expectancy, with people living to an average age of 81. Lower annual birth rates are common in many other developed and industrialised countries of the world. In those countries, people generally use family planning better than people in developing and agricultural countries, such as Zambia.</p> <p>Exercise 12: 3 Birth control is the same as family control.</p>
<p>Breakthrough to Social and Development Studies</p>	<p>7th</p> <p>Examples of world problems: Diseases are spread by various germs through the air or through body contact. The most common infectious disease is tuberculosis (TB). Other infectious disease are poliomyelitis and sexually transmitted diseases. Non-infectious diseases, such as malaria, asthma and anaemia also affect many people. The Human Immunodeficiency Virus (HIV), which destroys the immune system and results in an Acquired Immuno Deficiency Syndrome (AIDS), has spread all over the world. The World Health Organization (WHO) says that there are 40 million people suffering from the disease around the world. Most of them are in Africa south of the Sahara, and South East Asia. HIV/AIDS has resulted in a nincreasing number of children growing up without parents. The AIDS pandemic has put a huge strain on the extended family system in Zambia. Like many developing nations, the country has lost manpower and economic production. Many men and women who should be working and producing wealth for the country are affected by HIV/AIDS. The pandemic has made it very difficult for the government to deliver services, such as health, education and agriculture.</p> <p>The WHO helps governments in running immunisation programmes and preventing and controlling diseases.</p> <p>The picture below show a promotion encouraging people to use mosquito nets that are treated with insecticide. This campaign is supported by donor funding. A UN agency helps to fight disease spread by mosquitoes.</p> <p>Nearly all members of the UN run an AIDS programme. The WHO and other non-governmental organisations teach people how to prevent the spread of HIV/AIDS and how to look after AIDS patients. The WHO set up the Anti-AIDS clubs at school. The National AIDS council in Zambia has a strategy in place for treating and caring for HIV/AIDS patients.</p> <p>The consequences of HIV/AIDS on food security: HIV/AIDS affects the immune system so the body cannot protect itself from illnesses. HIV/AIDS has a bigger impact on health when a person does not have a nutritious diet. Good nutrition helps a person with HIV/AIDS to live a healthier longer life. the problem of HIV/AIDS affects food security as follows: ·Shortage of labour- HIV/AIDS affects the most productive age group. So, when this active labour force is affected, less food is produced and there is a food shortage. According to the Food and Agricultural Organization (FAO), in most third world countries, such as Zimbabwe and Zambia, there has been a huge drop in food production over the past five years because of HIV/AIDS. There is less labour when people die from HIV/AIDS. Absenteeism (when people miss work because they are sick) also reduces labour. When people cannot go to work, they cannot care for the crops and get rid of pests or diseases. In some regions, some pieces of land are not used for a year because of the reduced labour. ·Loss of time- A lost of time is spent caring for HIV/AIDS patients. When HIV/AIDS patients are too weak to work, they need a lot of love and care from relatives. These relatives often leave their work to help care for the sick. This affects food production. Health care costs - HIV/AIDS patients need medication and the cost of medicine is very high. Some people sell their farm products to have enough one for medicine. Sometimes the cost of medicine affects the diet and livelihood of the whole family.</p> <p>Activity9: 1. make up a story to act out with your friends. It should be a story about the head of a house who has HIV/AIDS. In your story include: a) The problems he or she went through as a patient, how he or she got too weak to work and eventually died. b) what impact his or her illness had on his or her job, farm or business. c) how his or her illness and death affected food security in the home d) how the family could improve their food security.</p> <p>Exercise 5: 1. What does HIV/AIDS do to the body? 2. What effect does HIV/AIDS have on food security in a family or in a country? 3. What can a person with HIV/AIDS do to live a longer, healthier life?</p> <p>Summary activity: 5. HIV/AIDS affects the most productive age, so food production decreases. 6. Food shortage is one of the problems resulting from HIV/AIDS. B.8. How does HIV/AIDS affect food security?</p> <p>Pollution; When we pollute something, we spoil it by adding anything that is dirty, harmful or poisonous to it. For example, we pollute a river if we throw household waste in the water. Then the water is not pure and it is harmful to drink. It may be poisonous. Polluted water can carry diseases.</p> <p>Water pollution: All animals and plants need fresh drinking water to survive but the water must be clean and pure. Some water is not safe to drink because it has been polluted by harmful substances. Water pollution can be divided into municipal, industrial and agricultural water pollution.</p> <p>Effect of water pollution: the pollution that enters the rivers contains bacteria and viruses that are harmful and dangerous to our health. We should never drink polluted water or any water that has not been treated.</p> <p>Effects of pollution at home: The colours and perfumes in shampoos, soaps and deodorants can irritate the skin. Other harmful substances pollute the water when they are washed into the rivers. They can cause breathing and allergy problems when sprayed into the air.</p> <p>Possible solutions to pollution problems: We can all help to reduce pollution in our communities by cleaning up dirty places. We can also avoid throwing rubbish into water, dams, and rivers. ·We can also make the earth safe and healthy when we recycle waste paper, tin, or glass. ·We can teach other people in our community about cleanliness. This will avoid and reduce pollution.</p> <p>Look at the examples of pollution in the following picture. Fire burning wood. Dirty tins. Rubbish thrown into river. Oil flowing into river. A factory with smoking chimney.</p>

	<p>We also need clean water to drink. The water that we get from wells is not very clean. It is contaminated because a lot of things fall into the wells. We cannot see most of the dirt in the water. That is why we need to boil it before we use it for drinking or cooking. Water that comes from the tap is usually treated, but it may have collected some germs from the pipes and tanks. So we should also boil water from taps and store it in a sealed container so that it remains clean.</p>
<p>Breakthrough to English</p>	<p>7th</p> <p>I saw my friend Peleka today. He has lost a lot of weight. He has HIV/AIDS.</p> <p>Read this conversation aloud in groups: Moses: Leya, could you please to the clinic with me? I want to have an HIV/AIDS test. Leya: Huh! Do you want people to think that I am HIV positive? No, I can't go! Moses: Please, Leya. I need your support. Be good at me. I am worried because I always feel sick and I have a bad cough. Leya: That's not a good sign. Okay, I will go with you if you insist. But what will people think? Moses: Does it matter what they think? Thy arrive at the hospital. Doctor: Good morning. Can I help you? Moses: Yes, Doctor. I have some for an HIV/AIDS test. Doctor: That's good. I will do the test. But you should first understand what HIV/AIDS is and how people with HIV/AIDS can be looked after. HIV/AIDS cannot be spread by sharing food. HIV/AIDS cannot be cured. People with HIV/AIDS should eat healthy foods to keep their bodies strong. When a person has HIV, he or she is HIV positive. When a person does not have HIV, he or she is HIV negative. Some medicines can help HIV-positive people to live longer and better lives. Leya: Oh, Thank you, Doctor. I have learnt a lot from you. Thank you, Moses, for insisting that I come with you to the clinic.</p> <p>Activity6: 1. Discuss in groups what you can do to assist people who are HIV positive or people who have AIDS. Why did Leya not want to go to the hospital? Was she right about this? 3. What would you do if a friend asked you to go to the clinic with or her for an HIV test?</p> <p>Exercise 5: 5. It is good to have an HIV test said Muleya I encourage you to think about it.</p> <p>Activity8: Imagine that you are a doctor working at a hospital. Moses comes for advice on HIV/AIDS. You have a discussion with Moses.</p> <p>Exercise 7: Complete the following sentences with the correct forms of the verbs. For example: He (to want) to have an HIV/AIDS test. He wants to have an HIV/AIDS test.</p> <p>What you will learn in this unit: debate issues of national importance (HIV/AIDS, gender, child labour and child abuse) This unit is about important things that concern us all, such as HIV/AIDS and child abuse.</p> <p>Choose one of the six topics listed below. HIV/AIDS.</p> <p>HIV/AIDS: Read the passage and answer the questions that follow; What is HIV? What is AIDS? AIDS stands for Acquired Immune Deficiency Syndrome. It is a disease that leads to death. A virus, called the HIV virus, causes the disease. HIV stands for Human Immunodeficiency Virus. This man is HIV positive, but he still looks healthy. He does not yet have AIDS. The virus attacked the body and destroys the body's immune system. This means that the body cannot fight against diseases. If a person gets infected with HIV, we say the person is HIV positive. The virus attacks the body and damages it. Then the person gets infections. The body cannot fight these infections. Eventually, the person gets AIDS. The infections make the person very ill and eventually the person dies. With god medical care, a healthy diet, and exercise, a person can live with HIV for a long time. But once a person has AIDS, there is no cure.</p> <p>How can we get HIV/AIDS? : People get HIV from other people. HIV is transmitted from one person to another person through body fluids. Body fluids are blood, semen, vaginal fluids and breast milk. HIV can get into our bodies through: sexual intercourse, cuts, wounds and sores on the skin, sharing syringes, breast feeding. You have sexual intercourse with a person who is infected with HIV, you will probably get HIV. Broken skin allows HIV to get into a person's body. Broken skin includes sores, cuts and ulcers. Needles, razors, syringes and knives can cause these wounds. People can get HIV when they share a razor with an infected person. They can also get HIV if they use a syringe (injection needle) that has been used by a person infected with HIV. Mothers who are HIV positive can also infect their babies with HIV. This can happen during birth or through breast milk after birth. We cannot see HIV, so we have to be careful of these things all the time. But this does not mean that we cannot live near people who are infected with HIV/AIDS. We cannot get HIV by touching an infected person, or by swimming with them or by sharing our food with them, for example. You can't get HIV from doing these things.</p> <p>How can we avoid HIV infection? : We can avoid HIV infection by abstaining from sex before marriage. Abstinence means not having sex. You can also avoid HIV by not sharing razors and needles.</p> <p>Activity2: Discuss what you know about HIV and AIDS. What else can you say that is not in the passage you have read?</p> <p>Exercise 2: Answer the following questions by choosing the correct answer. 1. AIDS is caused by ____ a) a virus, b) bacteria, c) the immune system, d) an infection 2. A person develops AIDS ____ a) when they start coughing, b) when the virus enters the body, c) when the immune system has been damaged, d) when they lose weight. 3. HIV can be transmitted from one person to another through ____ a) sharing razor blades with infected people. b) using the same toilet with an infected person. c) hugging an infected person, d) sharing plates with an infected person. 4. Why is sharing syringe dangerous? a) they are expensive, b) the nurses say so. c) You can get HIV from them. d) They get dirty. 5. You can avoid HIV infection by ____ a) having sexual intercourse. b) abstaining from sex. c) not using swimming pools, d) having a hot bath.</p> <p>Exercise3: Write whether each of the following statements is true or false. 1. Cutting the skin with a razor blade that has been used by others can cause HIV infection. 2. You can get HIV from shaking hands. 3. Sharing needles when you have your ears pierced can spread HIV. 4. Helping a person living with AIDS can make you HIV positive. 5. You can get HIV from sharing a desk with an HIV-positive person. 6. you can get AIDS if you have sex before marriage. 7. You can get HIV is someone who is HIV positive bites you.</p> <p>Exercise 4: Find the nouns in this sentence. Then write the nouns in the plural form. A wound from a needle, a razor, a syringe or a knife can become infected by the HIV virus.</p> <p>Exercise5: Find suitable nouns to complete this paragraph. AIDS is a _____. We get this disease from a _____. Called HIV. People can pass this virus on to each other. HIV can also be pass this virus on to each other. HIV can also be passed on through body _____. like semen and breast milk. For example, mothers can pass on the HIV virus to their _____. That is why HIV-positive _____ should not feed their babies breast _____. That is also why it is best to abstain from _____ before marriage. We should also not share things like syringes and _____ with other people.</p> <p>Activity3: 1. Work in pairs. Find five adjective that you could use to describe HIV/AIDS. 2. Now, in pairs, create a poster for your local clinic to display. The poster would show young people how to avoid contracting HIV/AIDS.</p>

Activity9: The killer disease- People die every day. Every day in the news we hear about people dying in earthquake, violence and wars. But how many people die of AIDS everyday? We don't really know. This deadly disease has infected an enormous number of people. You cannot imagine how many people are infected. There are babies with HIV. Their growth will be retarded and they will die at an early age. There are orphans who have no parents to look after them. Children as young as then are caring for their younger brothers and sisters. There are students going home to their villages to die. There are young widows infected by their husbands. These widows are struggling to keep their children from ending up on the streets after they die. There are grandmothers who hope they will live enough to help their grandchildren. AIDS kills people everyday. It causes many deaths and it contributes to many other deaths. Let's join hands in fighting this killer disease. AIDS kills many people every day. By now you have learnt a lot about HIV/AIDS. You have also learnt that there are many things you can do to avoid getting this disease. Although AIDS it not curable it is preventable.

I think cancer is a more serious disease than AIDS. I'm afraid I don't agree. I think AIDS is more serious than cancer.

Exercise 5: 4. How can we avoid getting HIV/AIDS?

Human activities that cause a lot of damage are things like cutting trees for timber and energy, and dumping chemical waste and other toxic substances in rivers. Dumping rubbish in residential areas is also harmful. Rubbish can be dangerous for people and the environment.

Dumping waste near houses spreads serious diseases, like cholera. What can we do? People must dump waste in bins. The bins must be collected by the relevant authorities.

Smoking in public should be discouraged as much as possible

Think about malaria, for example. If we live in mosquito-infected areas, we can be careful and we can choose to sleep under mosquito nets. We can also use other protective measures to prevent mosquitoes from biting us and giving us malaria

We are often reminded to wash our hands when we have been to the toilet. Washing helps remove the germs that usually stick to our hands when we use the toilet. Each time we forget to wash our hands, we risk getting a disease like diarrhoea. It is our choice.

Having sex with other people is also very risky. You can get serious diseases like gonorrhoea, syphilis or even HIV/AIDS. And, as you know, there is no cure for AIDS at the moment. So again, we have a choice. If we abstain from sex when we are young, we choose to stay healthy.

Some people also choose to take drugs. They take pills or inject drugs into their bodies. They can pick up HIV from a syringe that has been used by someone who is HIV positive. Drugs can also make their bodies weak, so that they get sick more easily. But they can also choose not to take drugs.

Drinking dirty water may lead to serious diseases, like diarrhoea and cholera. But it is also very easy to remove all the germs in water. We can boil it, cover it and keep it until it is cool. Or we can use a cheap, but effective, chemical called chlorine to clean the water. It is our choice.

Exercise 1: 3. What can you do to avoid diarrhoea? a) Drink clean water and wash your hands when you have been to the toilet. b) Sleep under a mosquito net. c) Wash your hands when you have been to the toilet. 4. What can you choose to do to prevent malaria? a) Stay inside, b) Sleep under a mosquito net. c) Try to prevent mosquito. 5. Why is HIV/AIDS the most serious disease? a) It is very painful. b) It makes people very thin. c) There is no cure. d) It makes people ill for a long time.

Activity2: 1. We _____ forget to wash our hands when we come out of the toilet. Perhaps that is why we _____ get ill. 2. Diseases can _____ be avoided. 3. If we live in mosquito-infected areas, we must _____ sleep under mosquito nets. 4. My mother _____ boils the water we get from the river before we drink it. 4. My mother _____ boils the water we get from the river before we drink it. 5. We must _____ be careful not to get HIV/AIDS.

Exercise3: Which of these sentences give us facts and which express opinion? 1. Malaria is a very serious disease. 3. Drinking dirty water can make you ill. 4. In my opinion, people are making too much fuss about HIV and AIDS. 5. They say that you can get AIDS from hugging another person.

Activity1: 1. Look at the road signs below. What do you think they mean? 2. Discuss why we need signs like this. 3. Draw two other road signs that you know.

Exercise 1: You are going to make a poster: 1. Brainstorm all the road-safety rules you know. Make a spider diagram or a list of these rules. 2. Choose a rule that you think is very important for young people to know.

Activity2: All babies in Zambia are taken to clinics for regular check-ups when they are young. Look at the clinic card below. It is a record of a baby's growth. 1. Fill in the missing information about the baby (you will have to make this up) 2. In your groups, discuss why you think this information is important. 3. Work in small groups. Read the clinic card then answer the following questions: a) When was the child born? b) What was the weight of the child at birth? c) Why is a baby weighed regularly? d) How many brothers and sisters does the baby have? e) What foods should the child be given in order to grow well? f) Why might a baby's weight drop? g) The top line on the graph shows the normal growth rate of young children. Was the growth of this baby normal or unusual? 4. Find out if someone in your group has a clinic card? Compare their card with the card above. a) Did the person weigh the same when he or she was born? b) What did he or she weigh at one year?

Looking after a baby: Mrs Zulu has a baby boy called Kaluba. Kaluba is six months old. Mrs Zulu takes Kaluba to the under-five clinic once a month. At the clinic, the nurses weigh Kaluba. Kaluba to see if he is growing well. The nurses at the clinic make sure that Kaluba is immunised. Immunisation prevents a child from catching dangerous diseases such as tuberculosis, diphtheria, whooping cough, tetanus, polio and measles. Mrs Zulu has been taught to feed Kaluba with the right foods. These include green leafy vegetables, carrots, pumpkins, papaw, mangoes, eggs and breast milk. Breast milk protects the baby and ensures growth for the few months of life. As Kaluba grows older, Mrs Zulu will introduce him to other types of food. Mrs Zulu is lucky to have a bouncy healthy baby. She follows the instructions that she is given at the clinic.

Exercise2: Write a composition about taking care of babies. Use the information in this unit and add anything else you know.

Remember to plan your composition. Make notes of the main ideas before you begin to write.

Exercise 3: Make a table to show the kind of food that growing children need. The table below will help you. Protein-giving food: Kapenta, Carbohydrate-giving food: nsima, Vitamin-giving food: mango

Exercise 4: 7. It is not right to discriminate against people who are HIV positive, said Chewa

Safety at home: Look at the picture above. 1. Make a list of what must be done in order to make rooms safe at home and school. 2. Discuss how we can prevent fires in the home.

Let's prevent diseases: Cholera is alert! Cholera is a killer. Cholera is a disease caused by bacteria that live in dirty water. It is also found in uncooked food. It causes symptoms like severe diarrhoea and vomiting. It can cause death. Patients must be given treatment immediately because they lose a lot of water. Patients are treated with oral rehydration salts (ORS) to replace the water in their bodies. Cholera can be prevented. All drinking water should be boiled. People should use toilets and wash their hands with soap after using the toilet. Food should be cooked and eaten hot. It should be covered to protect it from flies.

	<p>Exercise 7: 2. You must always remember to wash your hands with _____ after using the toilet. 3. It is important to cover _____ so that flies do not leave germs on it. 4. Mrs Jere's baby had diarrhoea. She took him to the clinic for _____. 5. Mutale had cholera. The symptoms were _____ and vomiting.</p> <p>Exercise 8: Use the following table to build sentences about staying safe and healthy. (you/ve /they/ I) . (Must, cannot, must not) . (always wash your hands after using the toilet/ get HIV/AIDS by sharing plates/ look before crossing the road/ smoke and drink / jump on moving cars and buses / share razor blades and needles / get cholera by talking to someone)</p> <p>Exercise 9: Match the following sentences with the correct endings. A. 1. AIDS is a _____ / 2. Illness can be / 3. Tuberculosis affects _____ / 4. The doctor is very _____ / 5. We must look after relatives / 6. Mrs Banda keeps _____ . B. Prevented by burying garbage / your lungs and makes you cough a lot / _____ Important because he treats people who are HIV positive / all the medicine locked in a cupboard / very serious disease.</p> <p>Getting help: Activity 8: 1. Read this conversation in pairs. Noah: My friend Mwaba is very sick. I don't know what to do. George: Why don't you take him to the clinic or hospital? Noah: Mwaba is HIV positive. He says he just wants to die. George: No, that is not right. Mwaba is still a person like us. Why don't we ask a counsellor for help? Noah: What is a counsellor? George: A counsellor is a trained person at the clinic. He or she will be able to talk to Mwaba and help him with his problems. 2. Discuss these questions. a) What can we do when our friends are very ill.</p> <p>Exercise 12: Use the correct word in the box to compare the sentences. 1. Germs and bacteria are _____ to our bodies. 2. We must _____ drinking dirty water. 3. When people have _____ they vomit and have diarrhoea. 4. Toilets are very _____ in our lives. 5. _____ of cholera. It is a dangerous disease.</p> <p>When you have finished this unit, you will be able to: *narrate stories, tales, legends and myths on gender, HIV/AIDS, etc. *answer and pose questions on any cross-cutting issues (such as HIV/AIDS, gender, substance abuse, water and sanitation, etc.) *debate issues of national importance such as corruption, governance, child abuse, substance abuse, human rights, environmental issues and HIV/AIDS.</p> <p>6. We can avoid getting HIV/AIDS.</p> <p>Lightning-safety rules: Go near isolated trees. Swim in the lake, river, or swimming pool. Go indoors or into a large building. Travel on an open lorry or tractor. Go in a car, bus, or trains. Lie flat on the ground. Crouch beside some bushes. Hold on to or stand near anything made of metal. Keep away from doors, windows, stoves or electric objects. Avoid overhead wires.</p> <p>The pie chart below shows what percentage of people, who are infected by HIV/AIDS, fall into the different age groups.</p> <p>Dorothy: Ladies and gentleman, we have to decide what the community needs most and then find out ways of helping them. Mabvuto: I think the community needs toilets. Let's help them to build toilets and reduce the number of flies. Kalase: That's a good idea. The toilets may help to reduce the number of cholera cases too. Let's write that down, Mwelwa. Now let's discuss how we are going to help. How about diving ourselves into smaller groups that will go out and help the parents to dig the pits? Matondo: That's not a very good idea because the parents may not want to have the toilets. We cannot force them. Mabvuto: No. We cannot force them. How are we going to do it then? Matongo: Well, I was thinking ...is there a way in which we could teach..... I mean convince them that it is necessary to have toilets? If we can do that there will be no need for us to go out and dig pits. The parents will do it themselves.</p>
Brekthrough to Mathematics	<p>7th</p> <p>5. Through abstinence campaigns the number of HIV positive youths has dropped from 871 563 to 590 147. Calculate the drop in the number of youth that have the HI virus.</p> <p>Exercise 7: 3. A total of 315 men and 270 women took an HIV test. Write in base eight the number of people tested altogether.</p>
Environmental Science	<p>8th</p> <p><u>Study 9. New Life: Human Reproductive Organs</u></p> <p>Reproduction: Reproduction is the process by which living things produce their young. We shall now look at the way in which man reproduces. In man, as in all animals, there are certain parts of the body which are responsible for the functions of reproduction. They are called reproductive organs. An organ is a part of the body which has a particular function. Examples of organs are the heart, lung, and liver. Figure 9.1.1 shows the male reproductive organs. Identify parts A to E and suggest their functions.</p> <p>Male reproductive organs: In study 6 we looked at the bird's egg and said that it must be fertilized by a male sex cell in order for a chick to be produced. Similarly in human reproduction an egg from the female must be fertilized by a male sex cell. These cells are produced in the testicles (A, also called the testes). The testicles are enclosed in a small bag of skin called the scrotum (B), which hangs outside the body between the legs. The scrotum contains and protects the testicles. The function of the testicles is to fertilize the eggs. The sperms pass through narrow tubes called sperm cuts(C). The two sperm ducts pass from the testicles and join at the urethra (D), just below the bladder. The urethra is a tube which passes through the penis (E). The function of the urethra is to allow urine to pass from the bladder or sperms to pass from the testicles. Figure 9.1.2 shows the female reproductive organs. Identify the parts F to J and suggest their functions. The penis has many blood vessels which fill during sexual intercourse to make the penis hard and erect. The erect penis is placed in the vagina during sexual intercourse. In this way the sperms are then able to pass directly into the female reproductive organs.</p> <p>Female reproductive organs: The female produces sex cells which are called eggs or ova. The eggs are produced in the ovaries (F). When an egg is released from an ovary it passes along a narrow tube called an oviduct (G) or the fallopian tube. The oviducts open into the uterus (H) or womb. The uterus is the organ where the embryo develops into a baby. The uterus opens into the vagina (J) through a short narrow tube known as the cervix (I). The function of the cervix is to supply the vagina with mucus. Mucus is a fluid which lubricates the vagina. The cervix also closes the uterus from the vagina. The vagina is a muscular tube which receives the sperm during sexual intercourse. It is also the tube through which the baby passes from the uterus during birth.</p> <p>Answer: 1. Draw and label a front view diagram of (a) the male reproductive organs; (b) the female reproductive organs. 2. Name an organ or organs which: (a) Receive sperms; (b) produce sperms; (C) receive the fertilized egg. 3. What is the function of (a) the ovaries; (b) the scrotum; (c) the cervix; (d) the penis?</p> <p><u>What is a baby?</u></p> <p>What is meant by the term 'pregnant'? How does a woman become pregnant? > development of the embryo and birth.</p> <p>Fertilization: A pregnant woman is a woman who has an embryo developing in her uterus. A woman may become pregnant after copulation, or sexual intercourse. During sexual intercourse, sperms are deposited into the vagina by the penis. The sperms swim up the vagina, through the cervix into the uterus. From here they pass into the oviduct where they may meet an egg on its downward journey from the ovary. If the sperms meet an egg in the oviduct, one of them may join together with the egg and form a zygote. The formation of a zygote by the fusion of the egg and sperm is called fertilization. A zygote is simply another name for a fertilized egg. After fertilization the zygote begins to divide, first into two cells, then four, eight and so on to form an embryo. When the embryo reaches the uterus it sticks to the upper wall and continues to grow.</p>

Development of the embryo: As the embryo grows it develops a 'bag' around itself. This 'bag' is called the amnion and is filled with amniotic fluid. The embryo floats in the amniotic fluids where it is protected from damage. The amniotic fluid also provides a suitable environment for the development of the embryo. The placenta begins to develop at the spot where the embryo first attached itself to the wall of the uterus. The placenta is the organ through which the embryo receives food and oxygen from the mother's blood. It is also the organ through which waste products formed in the embryo pass out into the mother's blood stream. The blood of the embryo and that of the mother do not mix. Instead, the placenta contains capillaries that grow out from the uterus wall and capillaries that lead to the embryo's bloodstream. These capillaries are so close to each other that foods and gases are able to diffuse between them. The embryo is connected to the placenta by the umbilical cord. The umbilical cord contains an artery and a vein. The artery carries carbon dioxide and other wastes from the embryo to the placenta. The vein carries oxygen and foods back to the embryo. Although the embryo is floating in the amniotic fluids it does not drown. This is because it does not breathe through its nose or mouth. It receives all the oxygen it needs and gets rid of all the carbon dioxide via the mother's blood.

Foetus: Six to eight weeks after fertilization the head, arms, legs, ears, etc. of the embryo are all clearly formed as shown in Figure 9.2.1. From this stage we call the embryo a foetus. Growth and development of the foetus continues in the uterus until the baby is born. The total length of pregnancy, or the gestation period, is about 40 weeks. A few days before birth the foetus moves itself so that its head points downwards, as shown in Figure 9.2.2.

Birth: At the time of birth, the muscles of the abdomen and the uterus begin contract regularly. This bursts the amnion and the amniotic fluid runs out through the vagina. At the same time the cervix relaxes and opens wide. The foetus is forced out of the uterus head first through the vagina into the outside world. This whole process is known as birth and we say that the woman is giving birth. The baby begins to cry immediately it comes into contact with the cooler air outside the uterus. It also immediately begins to breathe on its own. The baby is still attached to the placenta by the umbilical cord and so the cord must be cut. The cord is first tied tightly in two places and then it is cut between the two places. This prevents bleeding from both the baby and the mother. Shortly afterwards the uterus contracts again and the placenta and umbilical cord are expelled as the afterbirth. The average mass of a baby at birth is about three kilograms but this can vary quite a lot. About one week after birth the remainder of the umbilical cord shrinks and falls off, leaving a scar called the navel. If the egg is not fertilized, it soon dies and the extra layers of blood vessels and mucus are lost through the cervix and vagina. This process is called menstruation and takes place about two weeks after the release of the egg from ovary. Menstruation occurs approximately every four weeks and stop during pregnancy. Menstruation stops completely at about the age of 45 years. This is because the ovaries have stopped producing eggs.

Answer: 1. (a) Define the term fertilization. (b) Where does fertilization occur? 2. What is the difference between a zygote and an egg? 3. What happens to the egg if (a) it is not fertilized; (b) it is fertilized? 4. (a) What do we call the period from fertilization to birth? (b) How long is this period in man? 5. How does a foetus (a) gets its food? (b) get rid of its waste? 6. (a) What protects the foetus from injury? (b) Give a reason why the foetus does not drown in the amniotic fluid. (c) State one of the functions of the uterus. 7. (a) What is birth? (b) What disadvantage would there be for a baby not being born head first?

Dietary needs

Pregnant women: A pregnant women needs to eat more food in order to provide all the nutrients for herself and the foetus in her womb. Everything she eats is shared with the foetus. A foetus needs lots of calcium for the growth of bones and teeth. If the pregnant women does not get enough in her diet some of the calcium from her own bones will dissolve into her blood and be used by the foetus. This would make her bones become weak. If a pregnant woman does not get sufficient iron for the new blood cells of the foetus, she will lose it from her own blood and suffer from anaemia. Anaemia means having insufficient red blood cells. The dietary requirements of the foetus are always satisfied first. It is therefore very important that a pregnant woman eats enough of these essential nutrients. A pregnant woman also does more work because of the foetus she is carrying and so she needs more energy foods.

Baby: The baby's source of nutrients changes as soon as it is born. It is no longer provided with everything in solution from its mother's bloodstream. It has to take the nutrients into its stomach and digest them first. Human babies, like those of all mammals, are provided with milk by the mother. As you can see in Table 9.3.1, milk is a source of most of the nutrients a baby needs. Human milk is produced in the breast or mammary glands. It is sometimes called the 'perfect food' because it contains all the nutrients the baby needs. Some women are unable to breastfeed their babies and so they give milk substitutes or cow's milk from a feeding bottle. This is called bottle-feeding. Cow or goat milk is a very important source of nutrients. Of the seven nutrients we have mentioned, only dietary fibre is not needed by a very young baby.

Lactating women: During the time that a mother is breastfeeding her baby, we say she is lactating. A lactating woman needs extra food to produce milk for the baby. She needs more protein and plenty of fresh fruits and vegetables. This is because a lactating woman can only produce good milk if her own diet is sufficient and properly balanced. If her diet is poor, her body will be used to provide some of the nutrients in the milk for the baby. This makes the woman become thin and weak until she finally stops producing milk.

Growing child: For about the first six months a baby gets all the nutrients it needs from its mother's milk. As the child gets older its needs increase to more than the mother can provide in the milk. It must therefore be fed on other foods as well. We say that the growing child is being weaned when other foods begin to replace milk. In the early stages a growing child has no teeth. The solid foods it is fed on must be soft enough for it to swallow without chewing. Porridge is often given to babies to introduce them to solid food. We can add various kinds of mashed food, such as meat, vegetables and fruit to the porridge. It is important that the food tastes particularly good during this period or the baby will not want to eat it. Gradually the porridge can be made thicker or be replaced by other solid foods. As the baby's teeth appear it can begin to chew more solid foods, until it is able to eat the same kinds of foods as the rest of the family. Small children only eat small amounts of food at each meal and so they should be fed many times a day. They need a lots of foods like fish, groundnuts, beans, meat, eggs, liver and milk for growth. A growing child is also very active and so needs lots of energy-giving foods such as butter, bread and nsima. It also needs fresh fruits and green vegetables (to provide the vitamins), mineral salts, and dietary fibre. All these are needed to help the child stay healthy and resistant to infection.

What diseases affecting children are common in your area? How can we prevent some of these diseases? What do you understand by the term 'immunisation'? Suggest what diseases an immunised child is likely to suffer from. Suggest why the Under-Five Clinic is sometimes called 'the road to health'.

Children's Clinic Card: Table 9.3.2 gives the name of some diseases and how they can be prevented or controlled.

Measles, whooping cough, diphtheria, tetanus, poliomyelitis, tuberculosis: have the child vaccinated against these diseases at the under-five clinic.

Kvashiorkor, rickets, marasmus, gum bleeding: Give the child a balanced diet.

Malaria, anaemia, worm infestation: Follow the health rules as instructed by the clinic.

Some diseases are controlled or prevented by vaccination. Other diseases can also be prevented by a balanced diet: while others are prevented by following the advice given at the Under-Five Clinic.

	<p>(pictures) Babies being immunised (a) by vaccination (b) orally</p> <p>Figure 9.3.1 Children's Clinic Card</p> <p>One of the simplest ways of checking whether a child is ill or healthy is to see if it is growing steadily. During the first five years we can check this by weighing the child regularly. If the child's mass increases steadily, this is a good indication that the child is healthy. In Zambia, as well as many other countries throughout the world, children's clinic card such as the one shown in figure 9.3.1. Every month and each time the child falls ill the mother must take the child and the card to the Under-Five Clinic. Apart from giving information about the child's family and immunisation programme, the card also gives information about the age and mass of the child. The mass is on the vertical axis and the age on the horizontal axis. Every month the mass of the child is found by using a balance. The mass is then marked on the graph. The marks are joined together to give a mass-age graph. If the line continues to rise and is above the top limits, it probably means that the child is overfeeding. If the line continue to rise and is under the bottom limit, it means the child is underfed. If the line is horizontal or falls, then the child may also be suffering from an illness. From the card we can see that the mass of a six months old healthy child should be between six and eight kilograms. What is the most likely age of a child whose mass nine kilogram? By looking at where the upper and lower graphs cross the nine kilogram line, we find that the child may be between 8 and 19 months old. Table 9.3.3 shows the main causes of poor health in children at different ages.</p> <p>0-1 month: Type of food given other than breast milk; viruses in the air breathed in; diseases such as malaria; infection caused by bacteria. 1-12 months: Extra foods introduced too early; eating contaminated foods; malaria; sore eyes; fever; underfeeding. 12-60 months: Problems caused by indigestion or adaptation to new foods; contaminated food; loss of appetite; infection; malnutrition; worm infection</p> <p>Answer 1. Name three foodstuffs which are the main sources of proteins. 2. Name three of the commonest causes of poor health in children aged five years or less. 3. What information a Children's Clinic Card give? 4. From the graph on the Children's Clinic Card, what was (a) the mass of the child at the age of 42 months; (b) the age of the child when it had a mass of 10kg? 5. Why should a sick child need more food?</p>
English 8	<p>8th</p> <p>1. Spot the dangers: Study the picture of the baby in the room. Take it in turns to identify the things which are dangerous to the baby. Oral exercise: Compose sentences saying what should and should not be done in order to make life safe for the baby. Example: Pupil A- You should not leave a teapot on the edge of a table. Pupil: No, you should put it in the middle.</p> <p>3. It is a fact that most accidents happen in or near the home. What do you think has happen to cause the accident in this picture? The following report will tell you. It was written by the policeman on duty.</p> <p>Avoiding snakes and snakebites: To deter snakes, measures should be taken to avoid the environment just described. If possible, an area around the house and garden should be cleared of all vegetation as snakes are hesitant to cross open ground. Dogs and cats will certainly deter snakes. In fact some authorities consider the domestic cat superior to the mongoose in its ability to deal with unwanted snakes. Snakes often get into swimming pools, but once in, they are unable to get out. Pools should be checked before getting in, especially at night. Leaf traps should be inspected carefully before removing them for emptying. Finally on the protection of the home: One authority claims that snakes will avoid geraniums. If these flowers are planted around the garden, not only will they deter snakes, but they will add a welcome splash of colour. Any trip into rural areas takes man into snake territory and extra care should be taken. Resist the temptation to wander about without shoes or with open shoes. It is better to wear either boots with leggings or heavy shoes with hick socks and long trousers.</p> <p>The protection afforded by this dress may not prevent fang penetration completely, but it will certainly reduce the amount of venom injected. One set of statistics available shows that 67 per cent of snakebites occur on the foot or ankle and 87 percent on the lower leg as a whole. When walking, watch where you put your feet and avoid walking through long grass or scrambling through bushes. If there is a need to climb rocks or trees, watch where you put your hands and feet. On the ground, do not put your hands into holes or crevices and move all rocks and large stones with a pole or stick. Camping takes people out into the open and often near water. Snakes find good hunting around water and so may be more numerous in these areas. Food stores should be kept away from sleeping areas as food may attract rats and mice and they in turn will attract snakes. Footwear and bedding should be checked before since snakes may find them a suitable refuge. At night always use a torch to light the path as many snakes hunt at dusk and during the night and can easily be stepping on.</p> <p>If you do come into contact with snakes, do not aggravate or try to kill them unless it is really necessary. Neither should any attempt be made to catch a snake. This is a risky business even for the expert and many venomous snakes are wrongly identified as being harmless by amateurs. Many snakes will give some kind of warning signal before they strike. Cobras will rear up and spread their distinctive hood. Black mambas will also rear up and open their mouths to reveal the black interior as their tongue flicks from side to side. Boom slangs will inflate themselves and may thrash around, whilst vipers will withdraw to their characteristic 'Z' form on the ground and will hiss. If you confronted by a snake, stop and stand perfectly still. Do not turn and run as this may provoke the snake to strike. Since most snakes are unable to distinguish stationary objects, the snake will no longer feel threatened and will make good its escape. This escape route may be over your feet, but remain perfectly still. Any sudden move may be interpreted by the snake as an attack and it will retaliate accordingly by biting. If the snake has failed to move away after a few minutes, back off very slowly and carefully, avoiding any sudden or jerky movement.</p> <p>Giving first-aid</p> <p>1. People who become suddenly sick or injured do not have labels on them telling what the trouble is and what help should be given. So any person available to help should evaluate the victim's condition and decide what to do as quickly as possible. This evaluation should include the following life-saving measures: checking the victim's breathing and heartbeat, stopping bleeding, if any, by applying pressure as appropriate, and preventing shock from developing or getting worse by loosening the victim's clothing and keeping him adequately warm. It is important to see that the victim is not lying in a position which will endanger his life further.</p> <p>2. Let us suppose that you are the person who must give emergency care to someone suddenly taken sick or injured. Don't worry about your lack of training. Do the best you can.</p> <p>3. If other people are around, you may ask yourself whether you are the best qualified to give first aid. If not, then let the better qualified person be in charge and follow their instructions. Unless you know that someone else can give better emergency care than you, take over and tell the others what to do, without worrying that you might hurt their feelings. If someone else tries to interfere, ask them if they are better qualified to handle the situation than you are. As long as you are in charge, do not let the others disregard your instructions. Use a firm voice to give instructions and to ask for any help you may need.</p> <p>4. Even though you may feel nervous and unprepared, act calmly. Your self-control will actually help you to think clearly. It will also help the victim, if conscious, to avoid panic. Keeping calm also inspires the confidence of those who are helping you and, as a result, your collective effort will be more beneficial to the victim.</p> <p>5. If the emergency consists of a sudden illness, try to get in touch with the doctor at once. Send someone else to do this while you continue caring for the victim. Tell this person to describe the victim's condition and ask for advice on what to do until the doctor</p>

		<p>arrives.</p> <p>6. When a poison has been swallowed, obtain some clues as to the kind of poison taken. If the container is available, keep it and any poison which might still be there. Save the stomach contents if and when the victim vomits. The doctor or medical officer who takes over the case might want to examine them.</p> <p>7. The particular kind of first aid for a person who has swallowed a poison depends on his present condition and on the kind of poison he has swallowed. For example, if the victim has swallowed paraffin, take him to a hospital or health centre as soon as possible because of the great danger of a serious type of pneumonia. Remove any contaminated clothing and wash the underlying skin. Keep the victim quiet and warm. Don't force him to vomit except under doctor's or medical officer's orders and supervision. Give him a glass of milk to drink to dilute the stomach contents. Egg white or crushed banana given by mouth can help in soothing the inflamed membrane. The procedures just described might not apply when other poisons have been swallowed, so each case must be handled with care. It is always important to get the victim to the hospital or health centre as soon as possible.</p> <p>8. When the victim has been burned, it is necessary to determine how serious the burn is. Is it a first-degree burn, which only involves the outer layer of the skin, the treatment is to relieve pain. This can be done by applying a no greasy burn ointment which contains a mild pain killer. Immersing the burned part in cold water also helps to relieve pain.</p> <p>9. For second and third degree burns in which the deeper layers of the skin are also burned, more care should be taken. Tissue fluid escapes into the damaged tissues causing blisters which are easily broken. Infection may develop afterwards.</p> <p>10. The victim of such a serious burn should be hospitalised as soon as possible. While this is being done, reduce the danger of shock, relieve pain, and control infection by looking after the wound carefully.</p> <p>11. Prevent or minimise shock by keeping the victim in a reclining position, with feet slightly raised. He should be kept comfortably warm but not overreacted. The victim should be given reasonable amounts of fluids every fifteen or twenty minutes to replace the body fluids lost from the burned area.</p> <p>12. Pain is most relieved by immersing the affected part in cold water. Oil or greasy ointments should not be used.</p> <p>13. Clothing should be removed or cut away from the burned area. In a severe burn when fragments of clothing still stick to the burned tissue, a clean dressing can be placed over the area without removing the fragments until the victim arrives at the hospital. Try to avoid contaminating the wound.</p> <p>14. In the case of an accident, it may be more important to have someone call an ambulance instead of calling a doctor. If you are in an isolated area where no ambulance is near, call a policeman. If neither of these are possible, do the best you can to get the victim to a hospital or health centre.</p> <p>15. Don't be in a hurry to move an injured person unless it is essential for his safety. First, try to determine what the problem is. In some serious illnesses and injuries, moving the victim without proper equipment or before first aid is given may cause death. Do not allow the injured person to sit up, much less to stand or try to walk.</p> <p>16. When a person is not breathing, begin giving artificial respiration at once. This is of first priority because the victim may die within three or four minutes without air. Mouth-to-mouth breathing, in which you force your own breath into the patient's mouth and thus into his lung (while holding his nostrils closed), is the simplest and most effective methods of artificial respiration. Take care not to move the position of the head if there is a possibility of a broken neck.</p> <p>17. If the victim is unconscious, look after him as well as you can until conditions are favourable for moving him. Make sure that he continues to breathe, either naturally or by artificial respiration. Don't try to rouse an unconscious person. Don't give him fluids. Remove loose objects such as false teeth so that they will not interfere with his breathing. Keep the patient covered to conserve body heat.</p> <p>Safety in the Home: Study the following pictures.</p> <p>Ask each other what each of the signs means.</p> <p>In the Game Park: 1. You must take anti-malaria tablets. 2. You must bring an insecticide spray.</p> <p>3. You must put used matches and cigarette ends into your car ashtray.</p> <p>9. You must boil all water before you drink it.</p>
Religious Education	9th	<p>Topic 8. Vocation: Others feel they are called to dedicated themselves to working with the sick, especially those who suffering from HIV/AIDS, the handicapped, orphans, street kids or with children.</p> <p>Topic 14: Teaching about sex</p> <p>Sex outside marriage and prostitution are wrong for various reasons. Each human being should be respected as a person created by God. A person should not be used just as a body to give sexual pleasure. Where there is no respect for the person, there is only sexual exploitation. The family is the key unit in the state. Sex outside marriage and prostitution led to unfaithfulness in marriage, divorce, broken families and the birth of children who are not wanted or who are brought up by only one parent. HIV causes AIDS. It is mainly transmitted by sexual intercourse. Since there is no known cure for AIDS it eventually leads to death. Sex outside marriage may lead to contracting AIDS. Note that the religions of Christianity, Hinduism and Islam all teach that sex between a man and a woman is right only when that man and woman are married to each other.</p> <p>The differences between love and infatuation: Read the following situation: Like is sometimes carried away by a strong passion of infatuation. She is convinced it is real love, so much that she may want to give her physical body to the boy. The danger is that if it is only infatuation, afterwards she will feel humiliated and used. She will realize that the boy only wanted her body and not herself. She will also realize that she did not really love the young man. How can Like be helped to understand the difference between love and infatuation? The following differences between infatuation and love may assist in this matter</p> <p>Love: takes time; comes in many situations; is based on knowing the inner person, the qualities, the attitudes; gives; sees the other person as they really are, both the positive and negative qualities; creates trust, peace and self-confidence and; faces problems and overcomes barriers.</p> <p>Infatuation: comes suddenly; is love at first sight; is selfish, wanting pleasure now; takes; sees only the positive qualities and ignores the negative ones; creates jealousy, fighting and possessiveness and; ignore problems and barriers</p> <p>Activity: What are the other reasons why sex outside marriage is wrong?</p> <p><u>Topic 15: Teaching about sex in traditional and modern Zambia</u></p>

When people like you become physically mature, you have physical needs which are sexual. You have to learn to control these sexual desires so that you do not spoil your family life and your friendships. Using reason and will you must control sexual desires just as you control other physical needs and emotions, otherwise your social needs will suffer. Traditionally, young people are taught about sex at the time when they become physically mature as part of their preparation for marriage. There are many rules and customs to teach young people to control their sexual feelings and to avoid outside sexual feeling and to avoid outside marriage. Some of the proverbs that are used to teach young people to control their sexual feelings are: "Cizolowezi ca kholowa cidakumbitsa mbatata ya pansi" (Cinyanja proverb meaning getting used to the potato leaves made one dig for the potato underground). "Taleka ntlawa adatha mphika" (Cinyanja proverb meaning let me test, finished the pot). In modern Zambia, because of education and training and because of housing problems in town, some people do not get married until they are twenty or thirty years of age. This is long after they have become physically mature and have learnt about sex. That is why many young people today do not follow the traditional teaching. They think the traditional teachings cannot help in the modern situation.

Activity 1: A. In traditional Zambian life, how were people taught to control, sexual feelings: (a) when they became physically mature? (b) when they were engaged to be married but were not yet married? (c) When they were married? B. In modern Zambian life, how are the young people taught to control their sexual feelings? (a) by their families; (b) by their schools; (c) By the law of the nation.

Activity 2: What proverb do you know, in your language, which advise against sex between boys and girls before marriage?

Topic 16: Marriages and families

In most traditions, the purpose of marriage is so that children would be born into a home with parents and family to love them and care for them and teach them. Formerly, it was families or parents who chose the marriage partners for their sons and daughters. Marriages were made strong by agreements between the families of the woman and man who got married. Money or property (called dowry) was given from one family to the other. In Zambian tradition, dowry (lobola) is given to the family of the woman. In Hindu tradition, dowry is given to the man's family.

Activity 1: A. Why do we have marriages in modern Zambian society? B. How are marriages protected so that they do not break easily by? (a) the laws? (b) religious groups? (c) families and relatives? (d) non-governmental organizations?

Topic 17: Marriages and families in Islam and Hinduism

Marriage in Islam: In Islam marriage is a commitment to life itself, to society and to the dignified, meaning full survival of the human race. It is a commitment that married couples make to one another and to God. The following are some of the purposes of marriage in Islam: To safety sexual desires. Marriage is the only way the Muslims are allowed to satisfy their sexual desires. For companionship. Through marriages one gets a companion, a partner to love and to be loved. For spiritual perfection. Marriage helps the believers to live a good moral life as a community members. Marriage in Hinduism: Most of the Hindu marriages are arranged by the parents of the bride and groom. In most cases the boy may see the girl for a few minutes during the negotiations of the elders. Marriage is not a contract between two individuals but a strong bond between two families. Marriage is a bond which nothing but death can break. No court or high priest has the authority to end the marriage. The purposes of marriage include procreation and creation of families through men and women partnerships.

Activity A. List the qualities of a good wife and a good husband. B. What should a person look for when choosing a marriage partner? C. Describe what was said and what was done at a marriage ceremony you attended. D. Why are there special ceremonies when two people get marriages? E. What methods can be used for solving problems between husband and wife?

Topic 18: Christian teaching about marriage

Religions teach that marriage is also a way of expressing true love and real friendship between a man and a woman. Love is a condition in which the happiness of another person is essential to your own. In Christianity the teaching about marriage and love is found at 1 Corinthians 7:3-4. This scripture says: "A man should fulfill his duty as a husband and a woman should fulfil her duty as a wife, and each should satisfy the other's needs. A wife is not the master of her own body, just as a husband is not the master of his body, but his wife is."

Activity: A. What should a person look for when choosing a marriage partner? B. What people should advise a person about choosing a marriage partner? C. Describe what was said and what was done at marriage ceremony you attended. D. What did the ceremony teach? E. What things cause separation and divorce between husband and wife in Zambia today? F. How can these separation and divorces be overcome?

Exercise 2: Read the story and then answer the questions that follow. In 2006, Mudenda Munsaka was a second year student at the then Nkrumah College of Education where he was pursuing a Diploma in Geography and Religious Education. He had a fiancé Namuunda who was doing nursing at Macha Mission Hospital in Southern Province. In July, 2006, Munsaka received a letter from his fiancé Namuunza where she expressed certain observations over his behaviour and conduct. Munsaka, however, did not take his fiancé's observations kindly and responded to her letter showing her that he was disappointed over her views. His response was as follows. Where his fiancé Namuunza tried to find out whether he had any other friend apart from her, he responded by saying, yes he had two other girlfriends, one in Southern Province and the other one in Lusaka. He, however, said that those two girls were mainly used sexual pleasure. He could not marry any of them because his parents were against the idea of him marrying a girl outside his tribe, bearing in mind that those girls were Bemba and Nsenga respectively. He met them many years back, whilst living with his brother in Lusaka's Numba Yanga. He categorically said that is why he chose her. On her worry about his love towards her since he could always ask to have sex with her whenever they met, Munsaka's response was that he wanted to find out what kind of wife he could have.

As for contracting HIV, he said he was free from it since he was quite young and he had no other girls apart from those mentioned. He further said that if she was afraid of contracting HIV, she would still suffer from it even if she had had no relationship at all. He told her that she seemed not to have a freedom of choice. Where the fiancé Namuunza told him that he behaved like an animal which just follows natural feeling without respect or shame, he said that he had to decide what to do in his life since practice makes perfect. He told her that if they practiced sex before marriage, he would be a good husband and a responsible father of her children. His response on Namuunza's sentiments where she referred him that he was a slave of his own choices because he could not control the sexual feelings in his body, Munsaka advised her that he could not agree to sleep with him before they could marry, her friends would be laughing at her and regard her as an abnormal person. He promised to visit her in October during the independence celebrations and wished her all the best in her studies.

1. According to Munsaka, what is sex for? 2. what kind of love did Munsaka show to his fiancé? 3. Mention two people from the Old testament who were true friends. 4. Each person's character has different parts. Which two parts of character are prominent (common) in Munsaka's character? 5. Write one sentence from the passage which shows that Munsaka is traditional in his thinking. 6. Namuunza may agree to marry Munsaka. Apart from transmission of disease, what other problem might they face in marriage is wrong? 7. State one reason why sex outside marriage is wrong? 8. Supposing you were Namuunza, would you marry Munsaka or not? Give a reason for your answer.

English	9th	<p>Food poisoning will always be a danger in your home, unless *you wash your hands thoroughly before handling food. *you keep your finger nails short and clean. *you wash your hands thoroughly after handling raw meat or poultry. *you ensure that all kitchen utensils are kept spotlessly clean. *you wash dishes with a detergent in hot, clean water. *you wash tea-clothes and dish-clothes daily. *you cover food so that flies, cockroaches and mice cannot reach it. *you keep milk covered in a cool place. *you eat perishable food as soon as possible. *you put kitchen rubbish in a covered container.</p> <p>B. 1. Motorcyclists and their passengers ___ride their motorbikes without wearing crash helmets. 3. Young children ___be left alone in parked vehicles</p> <p><u>Unit 18.1 Reading: Why mosquitoes don't spread AIDS</u></p> <p>Exercise A: pre-reading 1. In which of the following ways is AIDS not passed on? A. shaking hands B. sexual intercourse c. sharing cups, plates and other utensils with an infected person d. Sleeping in the same room as an infected person, e. sharing work instruments or machinery, f. swimming together, g. infected mother to child, h. donating blood for blood transfusions, i. using infected needles, syringes, razor blades, knives, est.</p> <p>Exercise B: Skimming through this passage on why mosquitoes do not spread AIDS. Then answer the questions that follow. You have three minutes. One of the most commonly asked questions about AIDS is whether the HIV virus could be spread by mosquitoes, bed-bugs or other blood-sucking insects. Fortunately the answer is no. Malaria is biologically spread when the malaria parasite enters a mosquito and then makes its way to the insect's salivary glands. It then enters the blood stream of a person through these glands. In contrast HIV is a virus and not a parasite. If a mosquito was to bite a person infected by HIV it would be highly unlikely that the blood taken from that person would be infected. This is because the HIV virus only multiplies in certain cells in the body. But what, one may ask, would happen if a mosquito bit a person infected with AIDS and it did carry contaminated blood? Perhaps the virus carried on the mouth of the insect could be injured into the second person? According to this theory, the insect would then be like a very tiny infected needle. This disease would be carried from one person to another in a mechanical way. This has been found not to be the case. Scientists have studied AIDS families in crowded homes in Africa and other parts of the world. These areas have mosquitoes and bed-bugs but studies show that people who live in the same house as AIDS people do not get the illness unless they are sexual partners or children of an AIDS patient. If mosquitoes or bed-bugs could spread AIDS then one would expect everyone in the same household to have AIDS. Children as well as adults would have the illness. This does not happen. Most AIDS patients are between the sexually-active ages of 20 and 40. (There is another reason why this mechanical way of infecting a person is unlikely. The tiny amount of blood on an insect's mouth parts, together with the small quantity of the HIV is not sufficient to infect a person.) The studies of families like these also show that AIDS is not spread by contact. All the evidence leads us to believe that the virus everywhere in the world is spread in the same basic way- sex, blood, and mother-to-child. Adapted from an article in the New Scientist 26 March 1987</p> <p>Exercise C: Answer the following questions. Do not look back at the passage while doing this exercise. 1. Malaria is spread by bed-bugs as well as mosquitoes. True or false? 2 The HIV virus multiplies in all body cells. True or false? 3 Children living in families with an AIDS patient are also likely to be HIV positive. True or false? 4 Scientist believe that some mosquitoes may carry the AIDS virus. True or false? 5 Scientist believe that the AIDS virus throughout the world is transmitted in the same basic way--sex, infected blood and. Fill in the missing phrase.</p> <p>Exercise D: 1 Mosquitoes and bed-bugs are mentioned as blood-sucking insects. Name one other kind of blood-sucking insect. Where would you find your salivary glands? 3. Malaria is 'biologically spread' (line5). This means that... A We catch the disease by touching another person. B it is spread by an animal. C it is a highly infectious disease. Write down the correct answer. 4 In what way is a mosquito similar to a needle? 5 a. It has been suggested incorrectly that the HIV virus can be carried in a 'mechanical way' (line22). Give an example of something that you have done today in a mechanical way. b. How might the mosquito spread AIDS in a mechanical way. c. Explain why scientists do not believe that AIDS is spread in a mechanical way. 6 Suggest why there are more persons with HIV between the age of 20 and 40 than among younger children and older people. 7 a. In line 7 what does 'its' refer to? b. In line 16 what does 'it' refer to? 8 For each of the following words or phrases, find a word in the passage that means the same: a. a small organ that controls functions of the body b. an extremely small element which causes the spread of a disease c. an idea put forward to explain something d. Infected</p>
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Niger

Subject	Grade	Description																								
French	1	<p><u>4. Dialogue</u> (Fati comes. She does not see Ali staying on the top of the tree)</p> <p>1-FATI : Ali, Ali ! Where are you ?</p> <p>2-ALI : I'm here. On the mango tree.</p> <p>3-FATI : Oh : You have to be careful !</p> <p>4-ALI : Mangos are matured (he takes) look up (he makes gesture, and then falls down).</p> <p>5-FATI : Ouh !ouh ! mama !mama !</p> <p>6-Mother : What's happen ?</p> <p>7-FATI : Ali falled down.</p> <p>8- Mother : Call papa, we have to go to hospital - to health center.</p> <p>9- ALI : I have a pain.</p>																								
French	4	<p>3. Vaccinations</p> <p>Same order :</p> <p>Situation : Mother calls health center to get information about the vaccinations.</p> <p>Nurse (student A) answers (change the role for the responses : student A, paragraphe 1, B, paragraphe 2...etc)</p> <table border="1"> <thead> <tr> <th></th> <th>Vaccination</th> <th>Period</th> <th>Recall</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Diphtheria-Tetanus (D.T.)</td> <td>Before 18 months (3 injections with one-month-interval).</td> <td>- after 1 year from the first injection. - every 5 years until 15 years old.</td> </tr> <tr> <td>2</td> <td>Anti-variolor</td> <td>During the first two years after birth.</td> <td>Revaccination every 3 years.</td> </tr> <tr> <td>3</td> <td>Anti-poliomyelitis</td> <td>3 times of oral vaccination or 3 injections with one-month-interval before 18 months.</td> <td>- After 1 year - every 5 years - possible to associate with D.T.</td> </tr> <tr> <td>4</td> <td>BCG</td> <td>From the first month.</td> <td></td> </tr> <tr> <td>5</td> <td>Anti-pertussis</td> <td>From the 3rd month (with D.T.).</td> <td>- After 1 year</td> </tr> </tbody> </table>		Vaccination	Period	Recall	1	Diphtheria-Tetanus (D.T.)	Before 18 months (3 injections with one-month-interval).	- after 1 year from the first injection. - every 5 years until 15 years old.	2	Anti-variolor	During the first two years after birth.	Revaccination every 3 years.	3	Anti-poliomyelitis	3 times of oral vaccination or 3 injections with one-month-interval before 18 months.	- After 1 year - every 5 years - possible to associate with D.T.	4	BCG	From the first month.		5	Anti-pertussis	From the 3rd month (with D.T.).	- After 1 year
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Reading&writing	1	<p>The outfit of Boubacar</p> <p>Arrange the paragraphs in order and read</p> <p>· :Mother of Boubacar said : « wash your neck well. »</p> <p>X :He goes to school with his friends. Boubacar is small neat boy.</p> <p>O :His mother asked him : « you put on your boubou ? »</p> <p>* :In the morning, he put water in a bowl and he took a soap.</p> <p>The pond of mosquitos</p> <p>1. There is a pond behind my house. All children of village play in the pond. Mothers told : « Be careful ! The water of pond causes the diseases. »</p> <p>2. Nurse of my village also told us : « Be careful to mosquitos, they cause the diseases, sleep under the mosquito net! »</p> <p>The mosquito</p> <p>· :It's you who bite, bite, bite. Why you bite spiteful mosquito ? I'll kill you if you bite me, bite, bite.</p> <p>X : It' you who bite, bite and bite. Why you bite me spiteful mosquito ? I'll kill you if you bite me, bite, bite again.</p> <p>Children and snake</p> <p>1. Sanda, big farmer, lives in the field.</p> <p>2. Every day, children of Sanda play in the field. One day, Sanda hears a cry. He looks for his torche and he runs to children.</p> <p>3. Children saw a snake. They were fear.</p> <p>4. Sanda takes a stick and kills the snake.</p>																								
Reading&writing	2	<p>How do we fight against mosquitos</p> <p>Mosquito is dangerous. They bite, and cause malaria.</p> <p>However, you can fight against them.</p> <p>Avoid buddle of water by burying the wholes to prevent mosquitos from laying near houses.</p> <p>Make a big fire of dry leaves (eucalyptus for example), so that the smoke can chase the mosquitos away.</p> <p>Sleep under the bednet in order not to be bitten by mosquitos.</p> <p>Kill or keep mosquitos away using insecticide.</p>																								
Reading&writing	3	<p>Kill mosquitos !</p> <p>1. An insecticide: it works by pressing on the button. The gas contains poison which kills the mosquitos.</p> <p>2. The mosquito-repellent incenses: it makes smoke which chases away the mosquitos. It does not kill mosquito.</p> <p>3. The oil poured on the water of the pond and marsh will prevent the reproduction of mosquitos: A larva does not glow up.</p> <p>Do you smoke? But...</p> <p>It's your right. Do you know that the smoke will intoxicate others too?</p> <p>We need pure air. DON'T SMOKE HERE.</p> <p>The smoke, we are "sick"</p> <p>The right of smoke does not mean the right of smoke of your neighbors.</p> <p>DOCUMENT</p> <p>Republic of Niger</p> <p>Ministry of youth, sports and culture</p>																								

		<p>Against the drugs. Let's protect our young people</p>
Reading&writing	1-2	<p>Sani is going to school by bicycle. In the garden, there is a rock. Sani takes on the rock. He falls down. Sani is going to village by bicycle. Cars raise the dust of the road. Sani cannot see very well. He does not go fast. The night comes. How Sani should do? On the day of party, the pupils drink juices. They litter around the empty bags. They are satisfied. After the party, the pupils gather the littered bags. Mangou is on the vacations at his aunt's house in Mangaize. In the morning, she told: "I am going to the field with Manzo." Her aunt says "Good, but be careful for snakes and thorns." On the way, Manzo walks fast. Mangou told him: "walk slowly, I have a pain on my legs."</p>
Reading&writing	4	<p>Prudence! The news was circulated from house to house, from mouth to ear: Mamadou was gravely injured in the road. He played with his friends near the street: the ball went out on the sidewalk and he was in a hurry to bring it back when a car came. Mamadou was seriously hit by car. What an unfortunate and imprudence! This accident did not happen if our young friends had their football game in other place. He was not prudent for playing on the roads of countryside and on the sidewalk of street in the city. These streets are not the place for play. They are for the traffic of people and vehicles. Other dangers attack you, you, student, if you become a mischievous in the street, if you do not pay attention, and if particularly, you do not respect some regulations. Never play like acrobatics by trying to hold the track which is going to start. You'll have risk of falling down and of going to hospital, to cemetery. Don't cross the road or the street at anywhere and anyhow. You have to at first be sure that you can do without danger. Then you have to go without running, but also not slowly, looking at always to the right, then to the left. Do not cross a curve road, the place where there isn't enough visibility. When you go along to a street or a road, do not walk on the center of the sidewalk, but walk on the side of the road which is your left side, in order to see cars coming in front of you to avoid it. In the city, particularly, you should cross the sidewalk for pedestrians when there is. If there is signal, you can pass only when the signal is red and when the vehicles are stopped. You do not absolutely have to try to cross the road if the signal is not green when you arrive at sidewalk, even there is no car. Do not run between the cars. Do not across by looking at the air. Do not think that the cars will stop. Even if the car does not run quickly, it needs twenty or thirty meters to stop. Be sure that you have to trust yourself to avoid the accident. You also have to know that your life and life of others depend on your fidelity to respect these regulations to protect yourself. ? Did you read and understand well? 1. By what Mamadou was hit? 2. Children, do they have right to play on the public street? 3. Where we have to play football?</p>
Reading&writing	5	<p>Mother's care 1. One of the educational rules of my mother was the cleanliness. We were the most poor of Ndoiyene, but we had the advantage of being the most clean. Our bodies, our cloths were frequently washed. My head and head of my sister were regularly set up. We were proud of being the only children with no snivel, no injury, no spot, no parasite. My mother supervises us carefully. The hygiene and politeness were the basic of our education. 2. I still keep these bitter memories on myself regarding her practice of hygiene. I ate secretly the nuts of cashew apple which we gathered in the field. Then the tongue was irritated, the mouth was full of aphtha pain. I did not wash at all. 3. In the night, my mother came to me and knew that I hide up to that time. She went to gather the bitter leaves of ndep-ndep, and boiled them. She came to my room. "Sit-down, open your mouth, so that I don't hear your voice!" 4. I was surprised. I made my effort, hold the bench with all my power and opened my mouth. She hold my head with one hand, and with another hand, she filled my mouth with burned ndep-ndep leaves. I cried and sweated. Spit. 5. I spat in the cuspidor filled with sand. And she restarted to operate. I had four sessions of brushing in my mouth. After three sessions of treatment, I was cured. AIDS We cannot say where you come from. Like, the leprosy, the plague and the cholera. You terrorize today all human beings. Because you are out of remedy. By your bacteria, the HIV. You fight against police of human body, And you open the door to all kind of diseases. You enter through the blood, You enter through the sex, You enter through the umbilical cord: What harms you have for the life! You kill the children. You kill the young women, You kill the young men, What can stop your development! Stand up my brother! Stand up my sister! Humanity is in danger. Protect ourselves, Save our species. Protect us from the mosquitos Father of Samba is sick. Since yesterday, he stayed at bed. All the night, he transpired and shook with cold. At first morning, he slept but he had fear by horrible nightmare. "It is malaria, mother told. It is not necessary to call doctor. I can cure: the herb tea, the quinine and, within a few days, your father will get well." - But, mother, how father got ill?</p>

		<ul style="list-style-type: none"> · He was bitten by the mosquito. · Because it is the mosquito which gives the malaria? · Absolutely. It is better to protect you from mosquitos and try to kill all. · How should I do? · You have to keep the house clean, clean garden, at first. You have to bury old boxes and all the refuses, because bad water and rot attract the mosquitos. · And, I know how to kill mosquitos, Samba told. · Yes, small Salif told, me too. When I hear one, I wait it, and when it comes, pan! I crash between my two hands. · With insecticide spray, it is easier, his brother told. You push the button and pschtt! The gas is exhausted, and all the insects are suffocated! <p>For healthy skin</p> <ol style="list-style-type: none"> 1. People can get the best health by cleanliness and good quality of cloths. Some cloths make us uncomfortable and bring dangerous complication to our organism. 2. Our body is sensible to soft, smooth and tenderness... of cloths. In addition, human skin has a capacity of extraordinary absorption. That's why you have to be careful, because it is exposed to all kind of risks: not adequately treated soap, beauty products, dye. The mix of these products and sweat make our skin the favorable area for development of bacteria. The skin maturates by contact of insects, dust and dirty material. 3. Dirty cloths and underwear are not only the host of germ but also the place for reproduction of bacteria. Many of these micro-organisms penetrate into our body where they cause all kind of diseases. 4. Human should protect his/her skin. He/she should utilize more natural soap and cream, not chemical products. <p>He/she should chosse the cloths made by cottons which is easier to disinfect than synthetic cloths.</p>
Science	4	<p>Some disease of humans</p> <p>The measles</p> <p>➤ How the disease comes up?</p> <p>Utilize the results of your questionnaire to describe the manifestations of measles.</p> <p>➤ The measles comes up by the cold of brain, watery eyes, high fever and spot on the skin.</p> <ul style="list-style-type: none"> · The measles is contagious? · In general, what types of people are infected with the measles? <p>➤ In general, the measles is pediatric contagious disease.</p> <ul style="list-style-type: none"> · How is it transmitted? <p>➤ It is transmitted by air. The disease is transmitted to healthy people by coughing, talking or sneezing.</p> <ul style="list-style-type: none"> · What precaution should be taken when someone has sign of measles? <p>➤ When someone has sign of measles, he/she should be isolated to avoid transmission and should be transferred to the health center.</p> <p>➤ How should the disease be treated?</p> <p>Utilize the results of your questionnaire to find the traditional and modern treatments.</p> <p>➤ The traditional treatment is to apply crushed sesame or millet to the body: to make absorb the solution of pea of angol or vinegar and to disinfect the eyes with onion juice.</p> <p>The modern treatment is to take antibiotics and to disinfect the nose, eyes and throat.</p> <p>➤ How the disease is avoided?</p> <p>Utilize the results of your questionnaire to indicate how we can prevent the measles.</p> <p>➤ The disease may be prevented by vaccinating children from 9 months, with a recall of 12 or 18 months and by feeding them adequately.</p> <p>The measles is generally the contagious infantile disease. It appears by the cold of brain, watery eyes, high fever and the rash on the skin.</p> <p>The disease is cured by antibiotics and disinfection of eye, nose, and throat. The vaccination is from 9 months with recall of 12 or 18 months, hygienic environment and healthy food are the best way to avoid the disease.</p> <p>The diarrhea</p> <p>➤ The diarrhea, what is it?</p> <p>Look at the picture 1.</p> <ul style="list-style-type: none"> · How is the stool of child? <p>➤ The stool of child is liquid.</p> <ul style="list-style-type: none"> · What does this child have? <p>➤ This child has diarrhea.</p> <ul style="list-style-type: none"> · What is diarrhea? <p>➤ The diarrhea is frequent exhaust of liquid stool.</p> <p>➤ How diarrhea is caused?</p> <ul style="list-style-type: none"> · What will happen when you take spoiled food or non portable water or if you eat with dirty hands ? <p>➤ When you take spoiled food or non portable water or if you eat with dirty hands, you may have diarrhea.</p> <p>It is same when you have non balanced diet.</p> <ul style="list-style-type: none"> · By what diarrhea is caused? <p>➤ The diarrhea is caused by lack of hygiene, non balanced diet.</p> <p>➤ What will happen if you have diarrhea?</p> <ul style="list-style-type: none"> · What is the consequence? <p>➤ When someone has diarrhea, he becomes thin and weak.</p> <ul style="list-style-type: none"> · Why diarrhea makes him thin and weak? <p>➤ The diarrhea diminishes water and salt of body.</p> <ul style="list-style-type: none"> · How do you call child who lost much water from his body? <p>➤ He is called dehydrated; it's dehydration</p> <ul style="list-style-type: none"> · What are the risks if child has diarrhea? <p>➤ If the diarrhea resists, child has risk of death.</p> <p>➤ How can we avoid the complication of diarrhea?</p> <ul style="list-style-type: none"> · How can we care child who has diarrhea?

	<p>➤ To care child who has diarrhea, you have to give him much drinks which replace lost water.</p> <ul style="list-style-type: none"> · Is there any best treatment for child who has diarrhea? <p>➤ The drink "water-salt-sugar" is the best treatment against the diarrhea.</p> <ul style="list-style-type: none"> · What is the "water-salt-sugar" drink? <p>➤ The "water-salt-sugar" drink, or salty sweet water, is the drink which we make and which we have patient drink who has diarrhea.</p> <p>➤ How can we make the salty sweet water drink?</p> <p>The procedure to make salty sweet water is as followings:</p> <p>Wash your hands with soap.</p> <p>Take a clean sauce cup (1 liter).</p> <p>Fill it with boiled and cooled water.</p> <p>Put 2 pinches of salt in the water.</p> <p>Put 8 cubes of sugar.</p> <p>Add a little juice of lemon.</p> <p>Mix all with a clean spoon.</p> <p>You'll have the "water-salt-sugar" drink.</p> <ul style="list-style-type: none"> · How can we make the salty sweet water in another way? <p>➤ You can also make the salty sweet water drink using salt bags for oral rehydration. The bags compounds of the mix of salt, sugar and medication. It is enough to pour the content of bag in one liter of boiled and cooled water to make the "water-salt-sugar" drink.</p> <p>➤ How can we avoid the diarrhea?</p> <ul style="list-style-type: none"> · How should do to avoid the diarrhea? <p>To avoid diarrhea, you have to:</p> <ul style="list-style-type: none"> · Wash your hands with soap before eat, · Wash dishes, · Eat fresh and clean foods · Take balanced diet. <p>The diarrhea is the exhaust of liquid stool. Child who have diarrhea is dehydrated and weak. To cure, it is necessary to give him/her much drink, especially the "water-salt-sugar" drink. The good practice of hygiene prevents him/her from the diarrhea. It is also necessary to take balanced food.</p>
Science	<p>5</p> <p>The accidents of bones and the articulations</p> <p>Material</p> <p>For this session, prepare a bone of chicken, a hammer or a stone.</p> <p>Ascertain</p> <p>When we fall down, what will happen to bones and articulations?</p> <p>The bones might be broken, the head of bone goes out from the cavity and the ligament of articulations will be torn.</p> <p>1. What is the fracture?</p> <p>→ Give one hit of hammer on a bone of chicken.</p> <p>▲ What do you ascertain?</p> <p>The bone is broken by the chock. This phenomenon might happen accidentally to our bone: it's a fracture.</p> <p>▲ When can we tell that a fracture is happened?</p> <p>A fracture is happened when a bone is broken by the effect of chock.</p> <p>2. How do we care the fracture?</p> <p>→ In case of fracture, what should you do the fractured members before going to health center?</p> <p>You should immobilize the member if you know how to do.</p> <p>▲ Why the member should be immobilized?</p> <p>We have to immobilize the member to avoid the complications?</p> <p>▲ In health center, what does nurse do at first?</p> <p>Radiography of fractured member should be done at first.</p> <p>▲ After the radiography, what should nurse do then?</p> <p>Then, he puts again the piece of bone at its place, and he wraps a bandage of cloth applied with liquid plaster around the member</p> <p>▲ How long does it take before recovering of fracture?</p> <p>A fracture is recovered slowly depending on your age when you had accident.</p> <p>5. How do you prevent the accidents of bones and the articulations?</p> <ul style="list-style-type: none"> · In your opinion, what causes the accidents of bone and the articulations in general. <p>The accidents of bones and articulations are in general caused by the shocks and the violent play.</p> <ul style="list-style-type: none"> · How can you prevent the accidents? <p>You can prevent the accident by avoiding the shocks and the violent plays.</p> <p>The accidents of bone and the articulations are: the fractures, the luxation and the twist.</p> <p>A fracture is happened when a bone is broken. To cure a fracture, we put the pieces of bone again on its place and immobilize them with the plaster.</p> <p>The luxation or the dislocation happens when the head of bone goes out from cavity of articulation. We cure a luxation by putting of bone which went out from the bone in the cavity of articulation and immobilize this articulation.</p> <p>The sprain or twist happens when the ligaments of an articulation are extended or torn. To cure a twist, you need to massage and put a thick bandage.</p> <p>To prevent such accidents, you should avoid the chocks and the violent play.</p> <p>The cleanliness of foods, the problem of potable water</p> <p>1. Is it indispensable to take clean foods?</p> <p>▲ Those who take not fresh food, to what they are exposed?</p> <p>- They are exposed to many diseases such as: the diarrhea, the dysentery, thypoid fever, intestinal worm</p> <p>2. How can you secure the cleanliness of food?</p> <p>▲ What kind of precaution should you take to secure the cleanliness of food when you cock?</p> <p>To secure the cleanliness of food during cocking, you have to:</p>

	<p>- wash the flesh legumes</p> <p>- roast the foods well</p> <p>- keep the dishes clean</p> <p>-choose not rotten foods (do not utilize the box of preservation bombe or of not examined beef by veterinary).</p> <p>▲After cooking, what disposition should we take to secure the cleanliness of food?</p> <p>After cooking, the foods should be sheltered from flies and dust:</p> <p>- by keeping them in the covered cases with lid</p> <p>- by placing them in the shelf</p> <p>- by covering them with clean cloth.</p> <p>3. Is it necessary to take potable water?</p> <p>▲What is potable water?</p> <p>A potable water is no colored, no smell, no taste.</p> <p>▲Those who take non portable water, to what they are exposed?</p> <p>Those who took non portable water are exposed to the diseases such as: the diarrhea, the dysentery, the cholera, the filarial, the Guinea worm...</p> <p>4. How can we make potable water?</p> <p>▲What are the different procedures to make a potable water?</p> <p>To make potable water, you can:</p> <p>- filter by different procedure</p> <p>- boil and then cooler</p> <p>- disinfect by javel water.</p> <p>People who take not fresh food are exposed to the diseases like: the intestinal worms, the diarrhea, the thypheide fever ...</p> <p>By consumption of not portable water, people are exposed to the diseases like: the cholera, the ameba dysentery, the dracunculus.</p> <p>It is indispensable to eat the clean foods and to drink the potable water to keep healthy.</p> <p>The cleanliness of food should be secured also during cooking and preservation.</p> <p>There exists many procedures to make a potable water (filtering, boiling, javelization...)</p> <p>Malaria</p> <p>1. How the malaria is manifested and what is its cause?</p> <p>▲Utilize the results of your questionnaire to describe the manifestation of the disease.</p> <p>The malaria is manifested by the tiredness, the fever, the chill, the headache, and the nausea.</p> <p>▲What are the causes of the malaria?</p> <p>The malaria is caused by bacteria called hematozoon or malaria which lives in the blood.</p> <p>2. The malaria is transmitted from one person to another?</p> <p>▲Utilize the results of your questionnaire to know whether the malaria is transmissible.</p> <p>The malaria is transmissible disease</p> <p>▲How the transmission is done?</p> <p>The transmission is done by intermediation of mosquito: the female anopheles, which is the agent of vector. The mosquito, biting a sick person, inspires and absorbs the bacteria which are the parasite of blood. When the mosquito bites a healthy person, he/she is infected by the parasites. Then these parasites multiply in the contaminated blood and cause the disease.</p> <p>▲In which period of year the malaria is prevalent more?</p> <p>The malaria is prevalent whole of the year. It is the endemic disease; but the cases of disease are much more during the rainy season.</p> <p>3. How can we determine and care the disease?</p> <p>▲Always by utilizing the results of your questionnaire, tell how nurse determines and cares the malaria.</p> <p>To determine the disease, the nurse examines a drop of blood (looks for the bacteria in the drop of blood by microscope). He prescribes the aspirin to lower the fever, and the anti-malaria medication (quinine, quinimax, nivaquine, flavoquine...).</p> <p>▲The malaria is curable ?</p> <p>It is curable when the treatment is started earlier.</p> <p>▲What is the consequences of a bad treatment or of late treatment?</p> <p>If the treatment is not enough or too late, you'll be in a dangerous state, which results in death.</p> <p>4. How can we prevent malaria?</p> <p>▲By utilizing the results of your questionnaire, cite the methods of prevention of malaria.</p> <p>- You can prevent the disease by taking anti-malaria medication, by sleeping under mosquito net, and by killing mosquitos.</p> <p>▲The malaria might be defeated?</p> <p>- Yes, under the conditions of treating and curing all the diseases and removing the stagnated water around the house.</p> <p>▲Why do we remove the stagnated water near the house?</p> <p>- You need to remove the stagnated water to avoid the larvae' development.</p> <p>The malaria is manifested by a sensation of tiredness, the fever which comes back with regular intervals, the chill, the headache and the nausea. The causal agent of malaria is a parasite bacteria of blood called hematozoon. It is transmitted by intermediation of female anopheles which is the vector agent.</p> <p>We treat the malaria by taking the medication anti-malaria. You can prevent the malaria by taking the anti-malaria medication regularly, by avoiding the bite of mosquitos, by destroying the mosquitos as well as their larvs.</p> <p>AIDS</p> <p>Exploitation of questionnaire</p> <p>—Explorer the results of your questionnaire to answer the following question.</p> <p>▲How the AIDS is manifested?</p> <p>The AIDS is manifested by losing weight, fever, diarrhea. In the advanced stage, all organs are invaded by tumor which leads to the death.</p> <p>▲What is the cause of AIDS? What is the sign of AIDS?</p> <p>The cause of AIDS is the virus, small bacteria, HIV. If the virus enter in the blood, HIV can live long without showing the disease. Among the sero-positives, the HIV can infect the white globules, kill the immune system. There is no production of antibodies. The patient becomes AIDS.</p> <p>▲How is the transmission of AIDS done?</p> <p>The virus of AIDS is transmitted particularly by sexual relation, by the blood and from mother to child during pregnancy.</p>
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	<p>▲How can we avoid contracting the AIDS? To avoid the AIDS, you have to:</p> <ul style="list-style-type: none"> - have fidelity to partner - have protected sexual relation - disinfect an injection needle, the objects used for scarification, circumcision. <p>▲The AIDS is curable? What are the consequences of expansion of the AIDS? The AIDS leads inevitably to the death. Actually, there is no medication, no vaccination against the AIDS. The consequences of the expansion of the AIDS influence on the individual health; it causes many orphans and slaughters the people, refrains of economic activities.</p> <p>The AIDS is manifested by lose of weight, fever, and diarrhea among the patients. In the advanced stage of disease, all organs are affected by tumors.</p> <p>The causal agent of AIDS is a virus called HIV. When people have the HIV in their blood without developing the disease, we call that they are sero-positive.</p> <p>The AIDS is transmitted by the sexual relation, but also during injections, tattoo, circumcisions... It is transmitted also from mother to child during the pregnancy.</p> <p>The AIDS leads inevitably to the death; because up to now there is no medication and vaccination against this disease.</p>
Human biology	<p>9</p> <p>VI-Response to some questions</p> <p>5. Why some minor diseases are critical during the pregnancy? The rubella is the cause of serious deformation of child for pregnant mother (blindness, defective hearing, cardiac deformation). The immunity of mother can be detected by blood analysis only once. If she is not immunized, she has to get vaccination.</p> <p>7. How do we avoid the impregnation? or how to control the birth? If having a child is a big pleasure, it's also a big responsibility. Sometimes the couple does not hope its birth for the maternal, professional or familial reasons.</p> <p>The contraception is all of the methods which allow a couple to have the sexual relations by avoiding the pregnancy risks.</p> <ul style="list-style-type: none"> - The methods of periodical abstinence. They compose of abstain of sexual relations during the impregnation period. These are determined by: <ul style="list-style-type: none"> - The Ogino method <p>This is a very aleatoric method which is based on the calculation of impregnation period, according to Dr. Ogino, between 12th and 19th day before the menstruation. In fact, the day of the ovulation is always unpredictable and the impregnation is possible from the beginning of the cycle.</p> <ul style="list-style-type: none"> - The method of temperatures <p>The temperature of woman's body varies during the cycle; it does not depend on its duration. It is always lower before the ovulation than after. In order to establish the useful curves, woman should measure her rectal temperature every morning at awakening moment, before wake up.</p> <p>Inconveniences:</p> <ul style="list-style-type: none"> - The method is compulsive; - The day of ovulation does not figure always clearly; - The variation of temperature is weak and it has a risk of being hidden during all period. <p>Advantages:</p> <ul style="list-style-type: none"> - The method does not need mechanical or chemical method at all, and no cost. <ul style="list-style-type: none"> - The method of withdraw <p>The sexual intercourse is interrupted before the ejaculation.</p> <p>Inconveniences:</p> <p>The rate of failure is very high, a little quantity of sperm is enough for impregnation.</p> <ul style="list-style-type: none"> - The mechanical methods <ul style="list-style-type: none"> - The male condom: It is a sheath of thin rubber which covers the penis like a glove and prevents the penetration of spermatozoon into the vagina. <p>Inconveniences:</p> <p>Risk of failure due to the tear of condom.</p> <p>Advantages:</p> <ul style="list-style-type: none"> - The utilization is convenient; - It is a method of prevention against the sexually transmitted disease. <ul style="list-style-type: none"> - The female condom or diaphragm: The figure 19 shows the principal of diaphragm. Associated with a spermicide product, it stops the spermatozoon entering the neck of uterus. <p>Inconveniences:</p> <ul style="list-style-type: none"> - It is impossible to utilize in case of deformity of the vagina or the neck of uterus; - It should be put inside for longtime before the sexual intercourse. <p>Advantage:</p> <p>It is a good contraceptive method.</p> <ul style="list-style-type: none"> - The sterilities: <p>These are the small plastic substances. These should be put in the uterus by doctor. These do not prevent the impregnation, but prevent the egg implantation.</p> <p>Inconveniences:</p> <ul style="list-style-type: none"> - These are not 100% effective, - These can be ruptured by the uterus, - These do not always accepted by women. <p>Advantage:</p> <p>These permanent contraceptives are set for two years.</p> <ul style="list-style-type: none"> - The hormonal method

	<p>The pills prevent the ovulation and make the impregnation impossible. The uterus, the ovary and the hypophysis are synchronic cycle from the puberty to the menopause.</p> <p>The first day of the period is the first day of the uterus cycle. This matches to the destruction of uterus mucous membrane which follows the regeneration.</p> <p>The cycle of the ovary is described by the lay of ovule at 14th day of 28 days cycle.</p> <p>It compounds of three phases:</p> <ul style="list-style-type: none"> · maturity of a follicle in the ovary with secretion increase of estrogen: · rupture of follicle : lay of ovule: · transformation of follicle which contains the hormone. The progesterone. It degenerates at the end of cycle if there is no impregnation. <p>This third phase takes regular duration of 14 days. In contrary, the first is various.</p> <p>The hypophysis contains the hormones (the gonadostimulines) which control the impregnation of ovary and in particular operate the ovulation. The ovarian hormones, when there are sufficient quantities in woman's blood, restrain the secretion of hypophysis gonadostimulines. This is the principal which is adapted to the oral contraceptive. Pill is a tablet which compounds of the synthesis ovarian hormones. Regular taking of pill restrains the secretion of hypophysal gonadostimulines and then the ovulation does not happen.</p> <p>Inconveniences:</p> <ul style="list-style-type: none"> · There exists a certain number of taboo, and the pill should be utilized only under medical control. <p>Advantage:</p> <p>Taking under medical control, it is the best contraceptive method.</p> <ul style="list-style-type: none"> · Other chemical methods of contraception. · The micropill: It contains only one hormone, the synthesis progesterone, which is weak doses. It does not prevent ovulation, but make spermatozoon impervious to glair of cervix of uterus. Its effect is good, but not absolute. · The trimester injection of progesterone: An intramuscular injection, every three months, of progesterone in the late solution has a comparable action to the estro-progesterone pill and removes the daily anxiety. Its effect is excellent, but many inconvenience. · Search of new methods <p>Searches to discover new method of anti-conception continues. In particular:</p> <ul style="list-style-type: none"> · The anti-pregnancy vaccination: It is related to the vaccination which leads the formation of antibody which prevents pregnancy. But it is necessary to cancel its effect when woman desires to have child. · The chemical contraception for men: <p>Many substances were created in laboratory; they prevent the formation of spermatozoon or the paralysis of agglutinant.</p> <ul style="list-style-type: none"> · The sterilization: It is practiced among women or men. It is not the ablation of glands. <ul style="list-style-type: none"> - Among women, it is related to the ligature of canal. The ovule does not have the uterus cavity. - Among men, it is related to the ligature of deferent canals. This intervention does not stop the spermatic secretion. By the way, the sperm does not contain the spermatozoon. <p>Actually, the male and female sterilization leads often the definitive sterilization.</p> <p>VII- Hygiene of sexual organs consists of:</p> <ol style="list-style-type: none"> 1. securing of the cleanliness of underwear; 2. washing of organs after sexual intercourse; 3. paying attention for the cleanliness, in particular for women during the period. 4. observing the mucous membrane and the skin in order to find all irritation or eruption which might be one of the first symptoms of sexually transmitted diseases. <p>Conclusion</p> <p>The reproduction of men is the sexual reproduction. The egg resulted from the fusion of ovule and the spermatozoon, is an impregnation. It develops in the canal of uterus. After many divisions, it fixes the fetus in the mucous of uterus. The placenta is at the same time organ of fixation and organ to exchange between mother and child. The gestation takes 9 months and finishes with delivery.</p> <p>You have to secure daily cleanliness of external sexual organs.</p> <p>C- The sexually transmitted diseases</p> <p>Actually, there are about twenty sexually transmitted diseases. Contrary to their old reputation of shame diseases, they are easily recovered if treated with time. The modern therapies are very efficacy. They should be disappeared longtime before if their mode of transmission, sexual relation or contact, is not particular, if ignorance of public is not so serious and if these diseases do not pass so often among woman without knowing. The affections had been decreased until 1956. Since then, we have witnessed very strong recrudescence.</p> <p>There are many and variety of disease agents. These are:</p> <ul style="list-style-type: none"> - bacteria - virus - fungi - protozoa. <p>I- What are the sexual diseases originated from bacteria?</p> <ol style="list-style-type: none"> 1. The gonorrhoea or blennorrhoeal gonorrhoea <p>It is appeared in the different way among man and among woman.</p> <p>a) What are the symptoms?</p> <ul style="list-style-type: none"> - The male gonorrhoea <p>It is essentially located in the ureter.</p> <p>Between the period of the contamination and the apparition of first symptoms, there is a incubation period, of length of 2 to 6 days. Then, the patient complains the itch of duct, on the other hand, the diapedesis with a sensation of burn at the moment of miction, by which "hot pee" is named for this disease as a popular name.</p> <p>The secretion becomes various. The discharges of urine are painful and difficult, and all the canal of urethra is affected. If a correct treatment is not administered from the beginning or if it is relapsed, the genital complications might affect to the testicle, the epididymis or the prostate gland. A stricture of urethra might appear and lead a set of a probe to evacuate the urine.</p> <p>The female gonorrhoea</p> <p>The gonorrhoea of woman is often incubate, thus indolent at the beginning. It affects quickly by multiplication of glandular nest. The period of incubation is from 2 to 7 days. The urinary canal is being separated from genital canal, the first symptoms are very discreet. These are some</p>
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	<p>burn in the miction, some lost of vulvovaginal mucous membrane. These manifestations might bring a light irritation during sexual relation. The initial period is not clear and particularly dangerous for its contagious effect.</p> <p>Sometimes woman start to worry about serious leucorrhoea and pain of canal (salpingo). The gonorrhea of woman might bring also the complications. It might, by the entry of canal, cause the abdominal cavity and cause the peritonitis.</p> <p>b) What is the responsible germ?</p> <p>The microscope examination of pus after detection found the gonococcus which composes of two different reniform elements like grain of coffee encircled by capsule. It was discovered by A. Neisser in 1879.</p> <p>c) How do we fight against the gonorrhea?</p> <p>Prescribe a very quick treatment which consists of administration of antibiotics by oral way, by intermuscular injection. In anyway, the patient should follow the strict rules:</p> <ul style="list-style-type: none"> - abstain all the alcohol drinks, violent exercises, all sexual relation until complete recover is confirmed by the control tests; - wash hands carefully after every miction; - follow the treatment prescribed by the doctor with his/her partner. <p>If the gonorrhea is treated earlier, it is recovered without seuela.</p> <p>d) New aspects of the gonorrhea</p> <p>The gonococcus which is located on anorectal mucous becomes more frequent, but it is hardly paid attention by patients. The gonococcus develops also on the amygdale, the pharynx and the skin. These anorectal and pharynx gonorrhea are detected frequently among homosexuals.</p> <p>Another form of gonorrhea, the asymptomatic gonorrhea, develops quickly. The patients, called healthy host, do not feel any clinical sign. This gonorrhea is particularly dangerous by its contagiousness. Only the systematic examination allows to detect it.</p> <h3>2. Syphilis</h3> <p>a) What are the symptoms?</p> <p>It's by light lesion, in general during sexual relation, that agent of disease enters in the organism. If it develops normally, recent syphilis appears with chancre of inoculation. But the bacteria might develop inapparently; this possibility is actually more frequent by reason of prescription of antibiotics for the most ordinary diseases.</p> <p>The period of incubation is silent and of length from 2 to 5 weeks. Actually there are some cases that incubation period is 4,5 or 6 weeks. Among woman, this period passes often inapparently.</p> <p>b) How does the disease develop?</p> <p>- Primary period</p> <p>Among man the primary period is represented by the chancre which is in inoculation. It is made up in 5 or 6 days. Its typical characteristics are small unique round or oval ulceration around which is traced regularly, from some millimeter to 1 or 2 cm of diameter, indolent, on the indurated base, accompanied with increase of volume of ganglion. Actually the chancre accompanied with thick ulcerations and swelled, and inflammatory ganglion is observed more frequently.</p> <p>Among woman, the genital chancre is not detected in 95% of cases.</p> <p>But it is in this primary stage which is convenient to diagnose the disease. Treated normally, the chancre will be recovered in a few days. Even the danger of the disease which is caused by non treated chancre, will be disappeared in around 30-40 days.</p> <p>- Secondary period</p> <p>This phase corresponds to the phase of dissemination of affection. The lesions are multiple and different. Benigns for individual, they are full of bacteria and are extremely contagious. Their social gravity is huge.</p> <p>This phase imitates many case of affections which draw error of diagnose. There are:</p> <ul style="list-style-type: none"> - The roseola: first sign of the secondary syphilis. It appears in the form of eruption, the round trace of rose color. - The mucous plaque which is at the commissure of the lips, the genital organs, particularly the vulva, and the anus. - The multiple ganglions which are particularly on elbow and nape. - The pigmented syphilids, which are especially found among young woman and around the neck. - The fall of hair, very clearly behind of ears. <p>Without treatment, these might expand in around two years.</p> <p>- Refracting period</p> <p>These are the accidents which appear from 3rd year but also 10, 15 or 20 years later. All the organization and organs might be affected. The most typical accidents are cutaneous, mucous, osseous, visceral. The nervous syphilis is a redoubtable complication which leads to the tabes or general paralysis.</p> <p>c) What is the agent of disease?</p> <p>The responsible agent of disease was discovered in 1905 by F.R.Schaudinn and Hoffman. It is an extremely mobile bacteria, the pale treponema.</p> <p>It does not cause acquired immunity, even the second contact of disease. The syphilis should not be considered like a shameful disease, but like an infectious disease, a little serious and easily curable, without incidence to the descendant, because it is not inheritable.</p> <h3>3. Soft chancre</h3> <p>a) What are the symptoms?</p> <p>After the incubation period of 2 to 5 days, a small red papule develops to the base of glans of men, or to the level of the labia of woman. This papule evolves rapidly to the pustule and ulcerates.</p> <p>This chancre, very often among men, rarely among woman, accompanies a painful inflammation of ganglions of the groin, within ten days.</p> <p>If the treatment is not done earlier, there will be a formation of a bubo by swelling of many ganglions. This bubo ulcerates quickly, evaluates like an abscess. This ulceration might last some weeks or months.</p> <p>b) What is the agent of the disease?</p> <p>The agent of the disease is a bacillus of the Haemophilus : the bacillus of Ducrey described in 1889.</p> <h3>4. Non gonorrheal blennorrhoea</h3> <p>What are the symptoms?</p> <p>Very often the manifestations are like what are described in the gonorrheal. They are proceeded from various germs.</p> <ul style="list-style-type: none"> - The infections of mycoplasma <p>These germs cause inflammations of the ureter or the uterine-vaginal suppurations, and the salpingitis. They might be the cause of some male sterility. There are very small bacteria without cell wall.</p> <ul style="list-style-type: none"> - The infections of Chlamydia
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	<p>Actually, it is very frequent infection of male and female urteric-genital. The incubation period is difficult to precise (110 to 60 days). The germ might infect all the mucous: urethral, causes an uretric vaginal: cervical, causes a vulvo-vaginal, an endocervicitis; conjonctival, causes a benign or grave conjunctivitis. Articulaire complications might appear among young man.</p> <p>The agent, the trachomatous Chlamydia, plays a major role for the male sterility by affection of epididymis, and for the female sterility by affection of canals and ovaries.</p> <p>The mycoolasma and the Chlamydia are often associated with gonococcus.</p> <ul style="list-style-type: none"> - The infection of vaginal Homophilus and vaginal Gardnerella cause the inflammation of vagina. - The infections of staphylococcus and of streptococcus, germs originated from intestine cause the urethritis. - The donovanose, resulted from an infection by the Donovan bodies, causes the urethritis and the vaginitis. <p>II- What are the sexual disease originated from virus?</p> <p>1. Nicolas-Favre disease</p> <p>a) What are the symptoms?</p> <p>The incubation period is various with average of 5 to 10 days, but it exceeds sometimes from 3 to 4 months.</p> <p>The chancre of inoculation is a light lesion, ephemeral. Frequently it is the glans or the prepuce, the base of the vulva among woman where it is more frequent than among man.</p> <ul style="list-style-type: none"> - Among man, 1 to 6 weeks after inoculation, a swelling of ganglion appears on groin and sometimes on which of upper thigh. If, in this stage, the treatment is not done, the ganglions will be aggravated. Then an abscess develops, the skin becomes violaceous and pierces making the ulcerations: a bubo might last many months, following an irregular cicatrization. - Among woman, all regions connecting from pubis to anus swell transforming the hard mass. These mass evolves destructive and painful ulceration which is accompanied with constriction of rectum. In this step the treatment is long and the result is uncertain. It is grave state, fortunately, exceptional. Then the earlier the disease is treated, the earlier it is recovered. <p>b) What is the agent of disease?</p> <p>It is a big virus in which the culture is done on egg or animal tissue.</p> <p>2. Acuminate condylomatous</p> <p>They are caused by the virus transmitted by sexual relation.</p> <p>The condylomas are the big verrucas called sexual vegetation or crest of chicken.</p> <p>3. AIDS: acquired immune deficiency syndrome</p> <p>The AIDS is an infectious disease transmissible by sexual relation (or by blood transfusion). It is caused by a virus identified in 1983 by the researchers of the Pasteur Institution. This virus infects preferentially a category of white blood cell. The virus kills the lymphocytes in which it develops and propagates, engendering a destruction of immunity system. There is no production of antibodies, where the immune-deficiency leaves all other kind of infection and the skin cancer, the Kaposi sarcoma to develop.</p> <p>In the advanced stage of disease, all the organs and the brain are invaded by the tumors which lead to the death.</p> <p>The virus of AIDS is transmitted by the blood and the sperm. It is often found among certain individuals who are belongs to the groups so-called "at risk". It is notably the case such as:</p> <ul style="list-style-type: none"> - those who have many sexual partners; - homosexuals, the bisexuals or the heterosexuals practicing the anal sex; - drug users who use contaminated needles and syringes; - homophiles or the patients who receive frequently blood transfusion; - children who have parents affected by AIDS. <p>4. Genital herpes</p> <p>It is characterized by apparition on the vulva, the vagina and the cervix and uterus of small vesicular which is recovered in 1 to 2 weeks of falling crust after few days.</p> <p>5. Viral hepatitis</p> <p>These are the disease of liver caused by 5 virus which stand for the letters A, B, C, D and E.</p> <p>The hepatitis A and E are in general without gravity: it's a jaundice.</p> <p>The virus of hepatitis B, C and D have similar modes of transmission to the HIV.</p> <p>The virus of hepatitis B is transmitted by the blood, the sexual secretions, the saliva and the objects of toilette of patient. There is a risk of mother to child transmission during the delivery. The person who has regular contact with the patients should be vaccinated against this virus.</p> <p>The virus of hepatitis D is especially found among the injection drug users. The transmission by sexual relation is less frequent, but possible.</p> <p>The virus of hepatitis C is transmitted essentially by the blood. The transmission by sexual relation is less frequent.</p> <p>The virus B, C and D cause in the majority of case an acute hepatitis which might evolves to the chronic hepatitis existing by two forms:</p> <ul style="list-style-type: none"> - persistent chronic hepatitis: the affected person is a host of virus, there is no treatment; - active chronic hepatitis: the virus is always present and continue to destroy the cells of liver; such as cirrhosis which might, in 20% of cases, evolves to a cancer of liver. <p>III- A sexual disease originated from fungus</p> <p>The candidiasis</p> <p>a) What are the symptoms?</p> <ul style="list-style-type: none"> - Among man, symptoms are like inflammation of the base of glans. There is an ooze and formation of creamy secretion. - Among woman, the vulval pruritus might be important and painful. Sexual relations are often painful. The vagina becomes irritable. <p>b) What is the responsible agent?</p> <p>The responsible fungus of candidiasis is a yeast, the albicans candidiasis.</p> <p>The mycosis viginitis are found especially among pregnant woman and among diabetics.</p> <p>IV- A sexual disease originated from protozoan</p> <p>The trichomonas</p> <p>a) What are the symptoms?</p> <ul style="list-style-type: none"> - Among man, the presence of parasite is presented by urethritis. - Among woman, the parasite causes an urethritis, but its presence is presented essentially by a viginitis. <p>b) What is the agent of disease?</p> <p>It's a flagellum protozoan: the Trichomoniasis vaginitis.</p>
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