

9. Some physical effects of alcohol use are blackouts, dizziness, aggression, anxiety, nausea, and delirium. These effects happen when someone is under the influence of alcohol. Some more long term effects of alcohol use are issues with the liver, high blood pressure, and multiple forms of cancer. These damages can happen over years of constantly consuming alcohol.

13. Withdrawal is the physical and mental symptoms that occur after stopping or reducing the intake of a drug. This can happen when a person goes off of any type of drug that they have been taking for an extended period of time. Some symptoms that come from withdrawal are anxiety, fatigue, nausea, depression, and hallucinations.

20. It's hard for people to stop smoking for many reasons. One main reason that is behind the struggle is the main addictive drug nicotine. Nicotine is the main drug in tobacco that makes it so hard to quit. One main reason nicotine is so addicting is because it releases chemicals in your brain that make you feel good and give you a buzz. That feeling is what people need and they also don't want to deal with withdrawal sometimes.

19. There are many precautions that parents can take to prevent Sudden Infant Death Syndrome (SIDS). A parent can make sure their child is always laid on their backs, keep their body temperature regulated, and make sure that their heads are always cleared of things that could cover them, just to name a few. These actions and constant monitoring can help prevent SIDS.

21. Personally I believe that dreams are important. They reflect stored feelings and emotions that a person feels. I can tell you that when I am constantly stressed or busy I will dream that night. Most of my dreams reflect my thoughts and events that have happened previously. Dreams reflect a lot about ourselves and our lives.

35. To form the optic nerve there are a little bit over one million retinal ganglion nerve cells that converge at and to the optic disc, that is what forms the optic nerve. The optic nerve sends messages from the eyes and what we see to the brain.

41. Cones and rods are found in the human retina. They are the two types of photoreceptors that gather light. The difference between the two is that rods are responsible for vision with lower light levels and cones are responsible for vision with higher light levels.

15. Night terrors are a certain sleep disorder that causes a human to wake up immediately from sleep in a terrified state. There is not a definite cause but it can occur when a person is sick or stressed/conflicted. Some treatments for night terrors are cognitive behavioral therapy and anticipatory awakening which is a process where you wake up the person before their terrors and then keep them up for a couple more minutes longer.

50. There are three sections in the ear: the outer ear, middle ear, and inner ear. The outer ear consists of the ear canal and it gathers sound waves from its surroundings and directs them towards the eardrum. The middle ear consists of tiny bones and it helps to direct the sound waves through the ear canal and to the eardrum. They also help equalize the pressure in your ear. The inner ear consists of a group of fluid-filled chambers, as well as the cochlea which plays a role in hearing. The vibrations from the middle ear travel through to the fluids of the cochlea.