



# Environmental Stress: Individual Human Adaptations

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## **Environmental Stress: Individual Human Adaptations**

Environmental Stress: Individual Human Adaptations is the result of a symposium where scientists addressed questions about individual variability in response to different environments. The symposium aimed to create more interest in the roles of age, gender, genetic heritage, and other individual differences in response to various environmental stressors.

The book is divided into five sections, each dealing with one aspect of environmental stress. These are: heat stress, air pollution, work physiology (exercise), cold stress, and altitude. Circulatory adaptations to heat and exercise are discussed in the heat section while studies of sleeping patterns associated with high altitude hypoxia are tackled in the section of altitude. In the section of air pollution, the different effects of pollutants such as carbon monoxide and sulfuric acid are tackled.

This text will be very useful to students and scientists in many fields such as medicine, physiological sciences, biophysics, and environmental health.

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