XIX) RESUMIR EL SIGUIENTE TEXTO EN NO MÁS DE 120 PALABRAS

Include: the purpose of snakes' bite, the venom's fatality and also the remedy for such bites.

All snakes are hunters and predators, feeding on the animals and sometimes their eggs. Having no limbs, snakes cannot hold their preys down to bite; hence they usually swallow them whole. Poisonous snakes sometimes do immobilize their preys with their venom to make consumption easier.

Most poisonous snakes are conspicuously colored to warn others off. One example is the redheaded krait which has a bluish-black body and scarlet head and tail. Snakes like the cobras, which have less outstanding body colors, display their fatality by lifting the front part of their body and spreading their hoods.

It is truly a myth that poisonous snakes attack humans for food. Humans can never be their targets for food as we are normally too large for them to swallow. in cases where snakes do bite, these attacks are usually defensive ones and the venom injected is normally little or sometimes even none. The full, fatal dose of the venom is only released on smaller animals which the snakes can swallow easily. Besides helping in the killing and immobilizing of their preys, the poison also acts as digestive agents for snakes.

Why then is the venom so deadly? In general, there are three kinds of poisons in the venom, though in varying amounts, depending on the type of snake in question. Venoms usually contain substances that weaken the blood corpuscles and the lining of the blood vessels. Profuse bleeding, often a common result of snake-bites, is caused by the anticoagulants present in the poison which prevents blood clotting. The paralysis of the heart and respiratory muscles is performed by the nervous system attacking toxins.

Though these bites are deadly, certain actions can be taken to slow down the spread of the venom, hence saving the victim's life. Attempting to incise and suck at the spot of the bite is more likely to be harmful than a cure. The poisonous venom usually travels fast into the body upon being released; hence sucking at the mouth of the wound will not help remove the poison, rather, incising the bite may lead the victim to great pain and further profuse bleeding. Instead, a broad, firm crepe bandage should be applied over the would and up the full limb to compress the tissues and prevent the spread of the venom. After which, the victim must be duly sent to the hospital for professional treatment.

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XX) RESUMIR EL SIGUIENTE TEXTO EN NO MÁS DE 120 PALABRAS

Bacteria are the smallest living things with a cellular structure; each individual bacterium consisting of one single colorless cell, which is usually either spherical or rod-shaped. Individual bacteria measure from 0.0001 inches to 0.00001 inches in length, so they can be seen only with the help of a high-power microscope. They are so small that they can float in the atmosphere, usually as 'passengers' on dust particles, up to a height of several thousand feet, except immediately after a heavy downpour, when the air is washed clean.

Bacteria are present in all natural as well as in drinking water that has not been purified or bailed. A large number of bacteria live in the soil, down to a depth of several feet, and they are particularly abundant in faeces and sewage. Thus, living bacteria are always present on the surface of our bodies and on everything around us, but they are seldom found inside the tissues of healthy plants and animals.

Since most kinds of bacteria contain no chlorophyll, they cannot use light energy and Synthesize their food. They have to get their food in other ways, mostly ready-made by other living things. Like plants, it can only take in dissolved food. A majority get their supply from dead remains of other organisms.

Bacteria reproduce by dividing into two, and these new individuals grow so quickly that they are ready to divide again in about half an hour. Hence, in ten hours, under the most favorable conditions, a single bacterium can produce over a million bacteria. That is one reason for it being so difficult to ensure any object is completely free from any kind of living organisms. In addition, some forms of bacteria have a waxy envelope outside their cell wall and are thus more difficult to kill.

Few bacteria can long survive a temperature above 80°C in the presence of moisture. Hence, when food items are boiled, nearly all the bacteria present is killed. Pasteurization is a milder heat treatment that destroys the bacteria in milk.

The rate of multiplication of bacteria is greatly slowed down at temperatures below 10°C. This means that food will remain unaffected by bacteria in a refrigerator.

Drying is also another method of preserving food and this dehydration of foodstuff prevents bacteria from growing and multiplying as there is insufficient moisture.

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XXI) RESUMIR EL SIGUIENTE TEXTO EN NO MÁS DE 120 PALABRAS

Vitamin A is found only in yellow animal fats, in egg-yolk, milk and cheese. It is particularly plentiful in fish-liver oils, hence fish-liver oils are used for preventing and curing illness caused by lack of vitamin A. In a well-fed, healthy human being, the liver can store up sufficient vitamin A to meet the body's requirements for six months.

Although vitamin A itself is not present in plants, many plants produce a substance called carotene, formed from leaf-green which our bodies can convert into vitamin A. Carotene is the yellowish-red coloring matter in carrots. The greener a leaf is, the more carotene it usually contains. Hence the importance of green, leafy vegetables in the diet as a source of carotene. Tomatoes, papayas, mangoes and bananas contain more carotene than most other fruits. Red palm oil contains so much carotene that it is used instead of cod-liver oil. Thus, it is very valuable, both as a food-fat and for deep-frying.

Vitamin A and carotene are insoluble in water and they are not destroyed by heat unless oxygen is present. Boiling in water, therefore, does not destroy much vitamin A or carotene.

Vitamin A encourages healthy growth and physical fitness. Young animals soon stop growing and die if vitamin A is not present in their diet. This vitamin keeps the moist surfaces lining the digestive canal, the lungs and air passages healthy. It also helps keep the ducts of the various glands, the tissue that lines the eyelids and covers the front of the eyeball functional. As vitamin A helps these tissues build up resistance to infection, it is often called the anti-infective vitamin.

Some of the most common disorders in people are caused by a shortage of vitamin A, when the moist tissues become dry and rough. This often causes serious eye disease, followed by infection of the air-passages. The skin may also become flaky and rough. Another defect caused by shortage of vitamin A is 'night-blindness', when the affected person has distinct vision only in bright light.

As the body cannot produce vitamin A, it has to come from external sources. Thus a well-balanced diet is required and is usually sufficient to provide the necessary amount. There is therefore no need to supplement the need in the form of pills.

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