Rooming

Monday, September 21, 2015  10:20

Every Tues : 206B
health implications of too much salt
understand that experts disagree about the risks associated with eating too much salt

Healthy Diet:
- Carbs (include sugars)
- Veg and fruit
- Natural fats and sugars
- Dairy
- Protein
- Vitamins and minerals
- Water

**THE HEALTHY EATING PYRAMID**
Department of Nutrition, Harvard School of Public Health

All in moderation

SALT IN DIET (Mineral)
*Salts change the blood pressure - Blockage of the blood flow - Eg. Stroke (Brain) / Heart attack (Heart)*
*Kidney failure - excess salt from the blood - too much damages the kidney*
*Too little and risk of strokes again*
the processes of making salt into alkali

The Leblanc Process (inefficient - small product with lots of input)

You need large quantities of alkali:
during the time period needed for cleanliness - agriculture etc.

2 million tonnes ---1/4 of a million tonnes

$sodium\ chloride + iron\ sulfide\ \text{(sulfuric\ acid)} \rightarrow sodium\ sulfide + hydrochloric\ acid$
$coal + calcium\ carbonate \rightarrow sodium\ carbonate + calculated\ sulfide$

over 200 hectares X 4m depth -- solid waste from alkali industry

the hydrogen chloride from the factories, if dissolved in rainwater, produced acid rain. (Which has the same elements as hydrochloric acid) This led to building and wildlife damage and reactions with solid waste to release foul smelling hydrogen sulfide.

cleaning up process involved:
- reacting water and hydrogen chloride gas before it was emitted into the atmosphere.
- Berry Deacon made chlorine from the gas - hydrogen chloride gas is oxidised.

disadvantages of living in Widnes 1895:
- respiratory problems - pollution etc.
- foul smell

So regulations in scientific advancements are crucial in order not to damage the environment / people.