



# **Air and Your Health: Clean Air Is Vital to Your Health (Basic Health Guides)**

*Beatrice Trum Hunter*

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Most people have no idea that they aren't breathing in only oxygen when they inhale. Outside, they may be inhaling volatile organic compounds from car exhausts, benzene, solvents, wood smoke, dust particles, soot and ozone. Inside, they may be inhaling formaldehyde, radon, radiation, or asbestos fibres. This book is important reading for everybody who wants to know how air quality relates to health and how it can be improved in their personal environments.

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