

## CONTENTS

PREFACE TO THE FIRST EDITION OF THE RESPIRATORY FUNCTION OF THE BLOOD . . . . .	<i>p.</i> vii
PREFACE TO LESSONS FROM HIGH ALTITUDES . . . . .	ix
CHAP.	
I. MOUNTAIN SICKNESS AND ITS CAUSE . . . . .	1
II. SOME PLACES WHERE MOUNTAIN SICKNESS IS STUDIED . . . . .	21
III. THE DWELLERS AT HIGH ALTITUDES . . . . .	37
IV. THE COLOUR OF THE FACE AND ITS SIGNIFICANCE . . . . .	50
V. THE DIFFUSION OF OXYGEN THROUGH THE PULMONARY EPITHELIUM . . . . .	63
VI. MUSCULAR EXERCISE . . . . .	75
VII. THE HYDROGEN-ION CONCENTRATION OF THE BLOOD . . . . .	88
VIII. THE PULSE . . . . .	103
IX. THE CIRCULATION RATE . . . . .	116
X. THE STRAIN ON THE HEART . . . . .	131
XI. THE NUMBER AND NATURE OF THE RED CORPUSCLES . . . . .	138
XII. THE MIND . . . . .	155
XIII. ACCLIMATISATION . . . . .	168
APPENDIX I. PHYSIOLOGICAL DIFFICULTIES IN THE ASCENT OF MOUNT EVEREST . . . . .	179
APPENDIX II . . . . .	192
APPENDIX III . . . . .	196
APPENDIX IV . . . . .	199
INDEX . . . . .	201