

Science of Natural Phenomena

Contents

Chapter 1 Radiological Science 1

- (1) What is radiation? 1
- (2) Atoms and radioactivity , 4
- (3) The type of radiation , 8
- (4) What is the exposure?, 11
- (5) The biological effects of radiation, 14
- (6) The effective use of radiation, 17

Chapter 2 Color science 20

- (1) What is the color, 20
- (2) The color and the human, 22
- (3) The principle of that color is visible 24
- (4) Three primary colors of the light, 28
- (5) The color of the sky, 31
- (6) Clouds color, 34
- (7) Water color, 35

Chapter 3 Metabolism and science of diet 37

- (1) What is calorie?, 37
- (2) Energy required for human, 37
- (3) Human work rate, 39,
- (4) Energy how to make, 42
- (5) The role of fat , 45
- (6) Biochemically thought was effective diet, 48,

Chapter 4 The science of sport 51

- (1) What is the muscle?, 51
- (2) Echanism of energy supply to muscle, 51
- (3) The type of muscle fiber and contractile properties , 56
- (4) The method and effect of training in sport, 61
- (5) The principle of training, 68

Chapter 5 Science of the taste **71**

- (1) What is the taste?, 71
- (2) Basic 5 elements of taste, 71
- (3) Whether is the umami seasoning dangerous? 76
- (4) Sodium glutamate(MSG), 78

Chapter 6 Science of cuisine **82**

- (1) Scientific thinking if the heating of cuisine?, 82
- (2) Taste of meat and Maillard reaction, 88
- (3) The taste of fish sashimi, 92
- (4) Why do you feel that the food is “delicious”?, 95

Chapter 7 Science of poison **100**

- (1) What is the poison?, 100
- (2) Poison and medicine as a drug, 100
- (3) Organism and medicine poison, 104
- (4) Why does the poison become a poison?, 106
- (5) A variety of poison, 109

Chapter 8 Science – drug abuse **115**

- (1) The relationship between the reward system and the drug, 115
- (2) The blood-brain barrier(Blood-Brain Barrier), 117
- (3) Reason why we depend on the drug, 119
- (4) Whether is the tobacco a “drug” or not?, 124
- (5) A variety of drug, 126

Appendix **135**

Polymer What is it ?