This book is dedicated to Professor Chandler McC Brooks to honour his long and internationally significant scientific career and his great human compassion. Chandler Brooks, Grand Old Man, was awarded a scientific prize at the international Environmental Stress Symposium as a recognition for his research work and writings. Although Chandler Brooks has departed from our midst, his memory is still alive in our minds and his influence remains very real.
ENVIRONMENTAL STRESS

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PREFACE

The physical-chemical and psycho-social factors present in our environment add up to a very important and multi-faceted group of factors. Consequently, the Environmental Stress Symposium was designed to identify the nature of environmental stressors, their effects, and compensatory or irreversible reactions produced by them. The International Environmental Stress-Symposium was held at Hotel Ilves, in Tampere, Finland, on 5-8 July 1989. It was a satellite meeting of the XXXI International Congress of the Union of Physiological Sciences (IUPS) 1989. The Symposium was arranged under the auspices of the International Society of Complex Environmental Studies (ISCES) and The IUPS Commission of The Autonomic Nervous System.

Altogether five specific themes had been specified, and distinguished experts from 28 different countries introduced and elaborated pertinent subject matters. The presentations falling under the first theme discussed the stressors and social phenomena in modern society; the second theme concentrated on physical environmental conditions such as noise, vibration, radiation and illumination; the third theme dealt with thermal conditions such as cold, heat, humidity and problems of heat regulations, the fourth theme focused on the effects of chemical compounds and toxins such as impurities in air; and the fifth class of presentations examined the effects of psychic factors such as mental stress, anxiety, and competition situations. With a view to the future orientations of environmental research it was also of vital importance that this symposium contained a special session concerned with complex environmental conditions and their effects. As many authors pointed out in their presentations, in particular complex environmental conditions and the diversified effects of environmental factors should receive increased attention and their study should become more important in the near future. The reason for this is very simple and clear: today we have very limited knowledge of these complex and multi-dimensional phenomena and exposure situations. A feature in this symposium that also enhanced its scientific weight was that all research reports presented discussed very topical environmental questions pertaining to the everyday life of many people. The Proceedings of this meeting consists all the reports which were accepted for and were presented during the meeting.

A local Organizing Committee with representatives of different fields was established to take care of the preparations. The practical arrangements, in turn, were entrusted to a Board of Secretaries composed of the members of my research team and my friends. All these people together with the symposium participants contributed to the fine success of the symposium.

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