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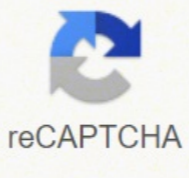
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Introduction to programming with c liang 2nd edition

Photo Courtesy: Flashpop/DigitalVision//Getty Images Whether in the form of a fizzy drink or flavored lozenges, cold and flu preventative supplements almost always highlight vitamin C as one of their key ingredients. So, what's so magical about vitamin C? Also known as ascorbic acid, vitamin C is critical to living healthily. Since the human body cannot spontaneously generate this nutrient, vitamin C must instead be absorbed from outside sources, such as vitamin supplements or foods that are naturally rich in it.What Does Vitamin C Do?Commonly found in cold and flu preventative supplements, vitamin C strengthens and speeds up immune system functionality. Though research does not indicate that vitamin C intake alone can prevent the onset of cold or flu, adequate daily intake may shorten the duration of an infection or lessen the severity of symptoms. Photo Courtesy: Catherine Falls Commercial/Moment/Getty Images Vitamin C is crucial for the maintenance of well being. For example, it plays a role in wound healing and helps maintain many essential body tissues. It also acts as a potent antioxidant and can repair damage from free radicals, which are linked to aging effects, and disease vulnerability. Additionally, vitamin C can also prevent anemia, since it helps the body increase absorption of dietary iron, another vital mineral that the body cannot spontaneously create. Foods that contain high concentrations of vitamin C have been linked with a lower risk of cardiovascular disease, like heart attack and stroke. VitaminC can also increase levels of nitric oxide, a compound that widens blood vessels and, in turn, lowers blood pressure. In addition, regular intake of vitamin C, along with other vitamins, has been linked to a decreased risk for developing age-related cataracts, a leading cause of visual impairment in the United States.Common Sources of Vitamin CVitamin C can be easily obtained through the many different foods, including: Photo Courtesy: Akaradech Pramoonsin/Moment/Getty Images Citrus fruits and juices (orange, grapefruit, lemon, lime and tangerine) Berries Melons Mangoes Kiwi Tomato Broccoli Red peppers Spinach Squash Potatoes Cooking these foods may result in the loss of some of the vitamin content, so it is ideal to ingest them raw, either whole or juiced. Nowadays, there are also numerous packaged food products, like cereals, that have been enriched and fortified with vitamin C, so that the nutrient can be easily obtained. Vitamin C may also be labeled as "L-ascorbic acid" in supplement form, and most over-the-counter multivitamins contain the recommended daily amount of the vitamin. While it is a good source when an individual is in need of a vitamin C boost, supplements are not meant to replace a diet rich in naturally derived vitamin C.What Happens When You Have Too Much — or Too Little — Vitamin C?Vitamin C is a water-soluble vitamin that can be easily flushed out of the body via urination when it is not needed. Therefore, if the main source of vitamin C is from naturally occurring foods, it is near-impossible for excess vitamin C to produce side effects. However, taking excessive concentrated vitamin C supplements may lead to diarrhea or stomach upset. Photo Courtesy: Violeta Stoimenova/E+/Getty Images Since vitamin C-rich foods are so readily available nowadays, symptoms of inadequate vitamin C intake are also rare in the United States. However, malnourished individuals can experience symptoms of vitamin C deficiency over time, including: Weakness Fatigue Anemia Easy bruising Joint pain Skin breakdown Weakened tooth enamel Gum inflammation Severe vitamin C deficiency is referred to as scurvy. Scurvy can be easily treated with increased dietary or supplemental vitamin C. Since vitamin C is crucial in the detoxification of the body, a lack of vitamin C can compromise the immune system and make an individual more susceptible to diseases and infections. Individuals with insufficient vitamin C may find that it takes longer than usual to recover from a cold or a physical wound. Daily Dosage Recommendations: The daily dosage recommendation for vitamin C is different for everyone, depending on factors such as gender, age, lifestyle and current health condition. The recommended daily dosage for vitamin C is at least 75 mg daily for women and 90 mg for men. Since people who are pregnant, breast feeding, smoking or using oral contraceptives have a lower blood level of vitamin C than others, larger doses of vitamin C may be needed to achieve optimal results in these individuals. Those who have prior or current medical conditions may also require bigger or smaller dosage levels, as recommended by their healthcare providers. Resource Links: MORE FROM SYMPTOMFIND.COM Progress at your own speedOptional upgrade availableThis is the 1st course in the intermediate, undergraduate-level offering that makes up the larger Programming and Data Structures MicroBachelors program. We recommend taking them in order, unless you have a background in these areas already and feel comfortable skipping ahead. These topics build upon the learnings that are taught in the introductory-level Computer Science Fundamentals MicroBachelors program, offered by the same instructor. This is a self-paced course that provides an introduction to the C++ programming language. Among the topics covered is the development of command-line programs that utilize different data types, expressions, decision branching, and iteration to solve problems. Students learn to program in C++ through the lectures and the labs. C++ programming material is presented over eight weeks of interactive lectures with weekly quizzes to assess your understanding of the material Students will experience hands-on practice writing C++ programs through ten lab challenges. Students will experience the development cycle by compiling their C++ programs from human-readable source code to machine-readable object code. They will then link their objects to create an executable that can be run interactively. analyze C++ assignments and apply its components in program development apply basic C++ I/O operations with different data types design C++ expressions using arithmetic operations (including understanding their limitations, such as integer truncation, round-off error, division by zero, narrowing and widening conversions, casting, precedence, and standard math library functions) design C++ expressions using relational operators (including understanding floating point equality) design C++ expressions using logical operators (including short-circuit) design C++ selection statements (including nested selection) design C++ repetition statements (including count-controlled versus event-controlled, sentinel-controlled) Wk 1 - Hello World Wk 2 - Data Types and Expressions Type Casting ASCII Literals The String Class Boolean Expression Wk 3 - Data Type Labs Wk 4 - Branching Statements Absolute Value One-Way if Statements Switch Statements Wk 5 - Branching Labs Wk 6 - Iterative Statements & Functions Syntax pigeonhole principle function definition domain, target, range one-to-one and onto functions composition of functions inverse function Wk 7 - Iteration Wk 8 - Final Exam Buy Used Price: US\$ 7.71 Convert Currency Shipping: Free Shipping Within U.S.A. Destination, rates & speeds Add to basket verified_user30 Day Return Policy   Chapter 1 Introduction to Computers, Programs, and C++   Chapter 2 Elementary Programming   Chapter 3 Selections   Chapter 4 Loops   Chapter 5 Function Basics   Chapter 6 Advanced Function Features   Chapter 7 Single-Dimensional Arrays   Chapter 8 Multidimensional Arrays   Chapter 9 Objects and Classes   Chapter 10 Class Design   Chapter 11 Pointers and Dynamic Memory Management   Chapter 12 Templates and Vectors   Chapter 13 File Input and Output   Chapter 14 Operator Overloading   Chapter 15 Inheritance and Polymorphism   Chapter 16 Exception Handling   Chapter 17 Recursion   Chapter 18 Algorithm Efficiency   Chapter 19 Sorting   Chapter 20 Linked Lists, Stacks, and Queues The following bonus chapters are on book's Web site   Chapter 21 Binary Search Trees   Chapter 22 STL Containers   Chapter 23 STL Algorithms   Chapter 24 Graphs and Applications   Chapter 25 Weighted Graphs and Applications   Chapter 26 AVL Trees and Splay Trees Appendixes Appendix A   C++ Keywords Appendix B   The ASCII Character Set Appendix C   Operator Precedence Chart Appendix D   Number Systems 1 Liang, Introduction to Programming with C++, Second Edition, (c) 2010 Pearson Education, Inc. All rights reserved. 01360972001 Chapter 3 Selections 2 Liang, Introduction to Programming with C++, Second Edition, (c) 2010 Pearson Education, Inc. All rights reserved. 0136097200 2 Motivations If you assigned a negative value for radius in Listing 2.1, ComputeArea.cpp, the program would print an invalid result. If the radius is negative, you don't want the program to compute the area. How can you deal with this situation? 3 Liang, Introduction to Programming with C++, Second Edition, (c) 2010 Pearson Education, Inc. All rights reserved. 01360972003 Objectives F To declare bool type and write Boolean expressions using comparison operators (§3.2). F To implement selection control using one-way if statements (§3.3) F To program the GuessBirthDate game using one-way if statements (§3.4). F To implement selection control using two-way if statements (§3.5). F To implement selection control using nested if statements (§3.6). F To avoid common errors in if statements (§3.7). F To program using selection statements for a variety of examples (BMI, ComputeTax, SubtractionQuiz) (§§3.8-3.10). F To generate random numbers using the rand function and set a seed using the srand function (§3.10). F To combine conditions using logical operators (&&, ||, and !) (§3.11). F To program using selection statements with combined conditions (LeapYear, Lottery) (§§3.12-3.13). F To implement selection control using switch statements (§3.14). F To write expressions using the conditional operator (§3.15). F To format output using the stream manipulators (§3.16). F To examine the rules governing operator precedence and operator associativity (§3.17). 4 Liang, Introduction to Programming with C++, Second Edition, (c) 2010 Pearson Education, Inc. All rights reserved. 0136097200 4 The bool Type and Operators Often in a program you need to compare two values, such as whether i is greater than j. C++ provides six relational operators (also known as comparison operators) in Table 3.1 that can be used to compare two values. 5 Liang, Introduction to Programming with C++, Second Edition, (c) 2010 Pearson Education, Inc. All rights reserved. 0136097200 5 Comparison Operators 6 Liang, Introduction to Programming with C++, Second Edition, (c) 2010 Pearson Education, Inc. All rights reserved. 0136097200 6 One-way if Statements if (booleanExpression) { statement(s); } if (radius >= 0) { area = radius * radius * PI; cout

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