

Elements John R. Holum

Eighth Edition

JOHN R. HOLUM Augsburg College



Elements of General and **Biological Chemistry**

Eighth Edition







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Preface

This book is a shorter version of the fourth edition of Fundamentals of General, Organic, and Biological Chemistry (1990), also published by John Wiley & Sons. Its content incorporates the recommendations of the Task Force on Chemical Education for Health Professions (M. Treblow, Chairman), sponsored by the Division of Chemical Education of the American Chemical Society and described in the Journal of Chemical Education, July 1984, page 620 ("A Syllabus for a One-Semester Chemistry Course for Health Professions"). Hence, this text meets the needs for a basic text in a one-term course in chemistry for students aiming for careers in professional health care fields.

There is more in this book than can reasonably be taught in just one term. But although general agreement exists about topics, there is not a similar agreement about emphasis. Moreover, the incoming preparations of students in this kind of course varies widely, ranging from classes in which all studied chemistry in high school to classes resulting from open admissions policies. This explains why many schools have used earlier editions for two-term courses.

The theme of the previous editions, the molecular basis of life, continues. Topics in general and organic chemistry are therefore included only if they are either essential background for the study of biochemistry or are directly related to the chemistry of living processes. Thus the first eight chapters, largely general chemistry, conclude with an emphasis on acids, bases, and buffers. These involve concepts directly related to perhaps the most important single topic for future nurses (if, indeed, just one can be named), the chemistry of the acid—base balance of blood.

One change in these chapters is to discontinue the use of the terms "Arrhenius acid" or "Arrhenius base." In aqueous media it all comes down to proton transfers, and the hydronium ion is only one proton donor.

In keeping with society's interest and concern about the environment, we now have a special topic on acid rain.

Another change is to discontinue the teaching of the concept of acid or base normalities.

Acid—base titration problems are solved simply as ordinary problems in stoichiometry. The concept of an *equivalent* is retained only in connection with equivalents of ions as they relate to ionic charges. Aqueous solutions of clinical interest still use the units of equivalent/liter or meq/mL, so this must be taught. It is used in a special topic on the anion gap and its significance for diagnosis. The study of how to do the calculations for making dilute solutions from concentrated solutions is now in a special topic.

A third change in the first section of the book is the reorganization of the chapter on solutions and colloids to place all aspects of colloids after the study of solutions.

The next five chapters, organic chemistry, include only those functional groups whose nature and chemistry are essential to the biochemistry that follows. These are the groups in carbohydrates, lipids, proteins, nucleic acids, and many important drugs.

Only the barest minimum organic chemistry is included, because the available time has to be very carefully allotted. Thus, alkyl halides are barely mentioned because this system occurs nowhere among the biochemicals to be studied later. Very little is done with aromatic chemistry, because the details of aromatic electrophilic substitution reactions will not be exploited later. (What it means to be *aromatic*, and some of the characteristic reactions of the benzene ring, are studied, because this ring does occur among some amino acids and proteins.)

When the study of organic chemistry starts, frequent mention is made of the kinds of biological chemicals that happen to have the particular functional group currently being studied, because students appreciate the reminders that the theme of the course continues throughout all of the study of organic chemistry. We believe, however, that the soundest pedagogical approach is to introduce these groups, one after the other, as they occur among the *simplest*, monofunctional compounds. Large, complex structures such as glucose or hemoglobin or DNA can be sources of terror rather than wonder when they are introduced too early.

The next eight chapters take up the major kinds of compounds found in the human body, how they are fitted for their uses in metabolism, and how they react in cells. We continue the segregation of catabolism and anabolism into separate chapters. Thus Chapter 19 ("Molecular Basis of Energy for Life") begins with a broad overview of biochemical energetics (which might serve in some courses as the only coverage of this topic), and then it takes up the ways in which carbohydrates, lipids, and amino acids can be broken down for energy. This chapter closes with the problems of acidosis that can arise when the body cannot bring a balanced use of various substances to bear on its needs for chemical energy.

Chapter 20 ("Metabolism and Molecule Building") goes into the absorption, distribution, and biosynthesis of carbohydrates, lipids, and amino acids. One of the special topics in this chapter concerns recent advances in our understanding of the relationships of lipoprotein complexes, cholesterol, liver receptors, and heart disease. Earlier, in Chapter 15 ("Lipids"), a new special topic on the omega-3 fatty acids and heart disease has been added.

Chapter 21 ("Nucleic Acids") continues in its former location because teachers of this course seem increasingly to omit the topic entirely. Those who do this argue that students have encountered several of its major points in earlier courses, including high school biology. Nonetheless, this chapter has been updated, and it now includes a special topic on genetic fingerprinting.

The book then closes with a chapter on radioactivity with an emphasis on health-related aspects. There is little reason why this chapter could not be studied much earlier, but its present location does take advantage of the prior study of nucleic acids, genes, and genetic damage that radiations can cause. A new special topic on radon-222 as part of background radiation is now provided.

The design of this edition is mostly like that of the previous edition. There are **margin comments.** Some are reminders. Some restate a point. Some are small, illustrative tables to which the neighboring paragraph refers. Some are structures that need not be memorized.

There are **Special Topics** on matters of current interest, and a list is provided following the Table of Contents. All have been updated as needed, and several new special topics,

mentioned above, appear. For the first time, sets of Review Exercises are now offered for the Special Topics.

A comprehensive package of instructional materials, described in detail on page xiii, is available to help the students.

A Teachers' Manual includes the answers to all of the Practice Exercises and Review Exercises.

Other Design Features That Aid Students

Chemistry is one of the disciplines in which important scientific terms can be sharply defined. We have tried to do so at the first occasion of using the term or as soon thereafter as possible, at or near the place where the **key term** is highlighted by a boldface color treatment. Then our aim has been to use these terms as carefully and consistently as possible. At the end of the book, there is a **glossary** where each of the key terms is defined. (The *Study Guide* has a Glossary for each chapter.)

Each chapter has a **Summary** that uses the key terms in a narrative survey. The main section of each chapter also begins with a **summary statement** that announces what is coming and that serves during test review periods to highlight the major topics.

Special labels identify sets of **Review Exercises** that are about a common topic. Within most chapters are several **Practice Exercises**, and most of these immediately follow a **worked example** that provides a step-by-step description of how to solve a certain kind of problem. The **factor-label** method is used for nearly all computations. The **answers** to all Practice Exercises are found at the back of the book together with the answers to selected Review Exercises.

The **Appendix on Mathematical Concepts** provides a review of what exponentials are and how to manipulate them. This Appendix also discusses how to use pocket calculators to handle exponentials and to carry out chain operations.

Continuing a long tradition, we have tried to make the **Index** the most thorough, most cross-referenced index in any text of this type.

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Over the many years of writing instructional materials, my family — Mary, my wife, and our daughters, Liz, Ann, and Kathryn — have been Gibralters of support. They, rather than my teaching or writing, are my career and so such teaching and writing are seen by us as one of the ways by which our family has tried to be of help to others. I am pleased to say "thank you" to them for being such nice people.

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Supplementary Materials for Students and Teachers

The complete package of supplements that are available to help students to study and teachers to plan the course and operate the associated laboratory work includes the following:

Laboratory Manual for Elements of General and Biological Chemistry, eighth edition. An instructor's manual for these experiments is a section in the general Teachers' Manual described below.

Study Guide for Elements of General and Biological Chemistry, eighth edition. This softcover book contains chapter objectives, chapter glossaries, additional worked examples and exercises, sample examinations for each chapter, and the answers to all Exercises.

Teachers' Manual for Elements of General and Biological Chemistry, eighth edition. This softcover supplement is available to teachers, and it contains all of the usual services for both the text and the laboratory manual.

Test Questions for Elements of General and Biological Chemistry, eighth edition. Multiple choice test questions in camera-ready form. Available without charge to instructors only who adopt this book. Write to Chemistry Editor, John Wiley & Sons, Inc., 605 Third Ave., New York, NY 10158

Transparency Acetates. Instructors who adopt this book can receive from John Wiley & Sons, without charge, a set of transparencies of 100 figures and tables in this book. Write to Chemistry Editor, John Wiley & Sons, Inc., 605 Third Ave., New York, NY 10158.

Contents

Chapter 1	
Goals, Methods,	and
Measurements	1

1.1	Chemistry and the Molecular Basis	of Life	2
1.2	Properties and Physical Quantities	2	
10	11 11 101 1 1 111		

- 1.3 Units and Standards of Measurement 3
- 1.4 Scientific Notation 9
- 1.5 Accuracy and Precision 12
- 1.6 The Factor-Label Method in Calculations 15
- 1.7 Heat Energy 17
- 1.8 Density 18
 Summary 20
 Review Exercises 21

Chapter 2 The Nature of Matter: The Atomic Theory 24

- 2.1 Matter, Its Kinds and States 25
- 2.2 Atomic Theory 26
- 2.3 Electron Configurations of Atoms 29
- 2.4 Elements 33
- 2.5 The Periodic Law and the Periodic Table 34 4.3 Formula 为试实, 需要完整PDF请访问: www.ertongbook.com

Summary 38
Review Exercises 39

Chapter 3 The Nature of Matter: Compounds and Bonds 42

- 3.1 Ionic Compounds 43
- 3.2 Names and Formulas of Ionic Compounds 46
- 3.3 The Octet Rule 48
- 3.4 Molecular Compounds 51
- 3.5 Polar Molecules 57 Summary 61 Review Exercises 61

Chapter 4 Chemical Reactions: Equations and Mass Relationships 65

- 4.1 Chemical Equations 66
- 4.2 Avogadro's Number 68
- 4.3 Formula Weights and Molecular Weights 70

xvi	CONTENTS		
4.4 4.5 4.6	The Mole 71 Reactions in Solution 75 Molar Concentration 77 Summary 81	Aci	pter 8 dity: Detection, Control, asurement 158
Cha	Review Exercises 82 apter 5	8.2 8.3	The pH Concept 159 The Effects of lons on pH 163 Buffers. Preventing Large Changes in pH 166 Acid – Base Titrations 170 Summary 172 Review Exercises 173
Kir Re	netic Theory and Chemical actions 85		
5.1 5.2 5.3	The Gaseous State and Pressure 86 The Gas Laws 88 The Kinetic Theory of Gases 91		pter 9 oduction to Organic Chemistry 175
5.4 5.5	The Liquid and Solid States and Kinetic Theory 93 The Kinetic Theory and Rates of Chemical Reactions 96		Structural Features of Organic Molecules 177 Isomerism 183
5.6	Catalysts and Reaction Rates 99 Summary 100 Review Exercises 101		Summary 185 Review Exercises 185
			pter 10 drocarbons 188
	apter 6 Iter, Solutions, and Colloids 104	10.1	
6.1	Water 105 Water as a Solvent 107	10.2 10.3 10.4	Alkenes 201
6.3 6.4 6.5 6.6	Dynamic Equilibria in Solutions 109 Percentage Concentrations 112 Colloidal Dispersions 115 Osmosis and Dialysis 118	10.5 10.6	
6.7	Dialysis and the Blood 121 Summary 123 Review Exercises 124		Review Exercises 213
	3.3 Thy Cares Bulb. 48 3.4 November of Demonstrates St. 5.5 Poter Malegares St. Summer: 61	Alc	pter 11 ohols, Thioalcohols, Ethers, and ines 218
	apter 7 ids, Bases, and Salts 128	11.1 11.2	Occurrence, Types, and Names of Alcohols 219 Physical Properties of Alcohols 222
7.1 7.2 7.3	Sources of lons and Electrolytes 129 The Common Aqueous Acids and Bases 131 The Chemical Properties of Aqueous Acids and	11.3 11.4 11.5	The Chemical Properties of Alcohols 224 Thioalcohols and Disulfides 228
7.4	Bases 136 Brønsted Acids and Bases 144	11.6	Occurrence, Names, and Physical Properties of Amines 232
7.5	Salts 148 Summary 152 Review Exercises 154	11.7	Chemical Properties of Amines 235 Summary 238 Review Exercises 239

21 12 13 13 13 13 13 13 13 13 13 13 13 13 13	CONTENTS XV
Chapter 12 Aldehydes and Ketones 24	Chapter 16 Proteins 320
 Structural Features and Names of Ketones 246 The Oxidation of Aldehydes 24 The Reduction of Aldehydes and Alcohols 252 Summary 256 Review Exercises 257 	16.2 Primary Structures of Proteins 326 9 16.3 Secondary Structures of Proteins 331 I Ketones 250 16.4 Tertiary and Quaternary Structures of
Chapter 13 Carboxylic Acids and Their Derivatives 262	Chapter 17 Enzymes, Hormones, and Neurotransmitters 342
 13.1 Occurrence and Structural Feature 13.2 Chemical Properties of Carboxylis Salts 265 13.3 Esters of Carboxylic Acids 268 13.4 Esters of Phosphoric Acid 272 13.5 Amides 275 Summary 280 Review Exercises 281 	17.1 [0.10
Chapter 14 Carbohydrates 286	Chapter 18 Extracellular Fluids of the Body 367
 14.1 Biochemistry — An Overview 28 14.2 Monosaccharides 288 14.3 Optical Isomerism among the Ca 14.4 Disaccharides 295 14.5 Polysaccharides 297 Summary 299 Review Exercises 299 	Cells 370

Chapter 15 **Lipids** 302

15.1	What	Lipids	Are	303

15.2 Chemical Properties of Triacylglycerols 307

15.3 Phospholipids 310

15.4 Steroids 312

15.5 Cell Membranes 315 Summary 317 Review Exercises 318

Chapter 19

Molecular Basis of Energy for Living 3

19.1 Overview of Biochemical Energetics 388

19.2 The Respiratory Chain 389

19.3 The Citric Acid Cycle 393

Summary 384

Review Exercises 384

19.4 Energy from Carbohydrates 395

19.5 Energy from Fatty Acids 397

XVIII CONTENTS 22.5 Radiation Technology in Medicine 465 19.6 Energy from Amino Acids 400 Summary 471 19.7 Acidosis and Energy Problems 404 Review Exercises 471 Summary 407 Review Exercises 408 Appendix I Mathematical Concepts 475 Chapter 20 Metabolism and Molecule Building 411 I.1 Exponentials 475 I.2 Cross Multiplication 479 Metabolic Interrelationships, An Overview 412 20.2 Glycogen Metabolism 413 20.3 Glucose Tolerance 416 20.4 Absorption, Distribution, and Synthesis of Appendix II **Some Rules for Naming Inorganic** Lipids 420 20.5 The Synthesis of Amino Acids 422 Compounds 482 Summary 426 Review Exercises 427 Appendix III **IUPAC Nomenclature of Common Oxygen Derivatives of** Chapter 21 **Hydrocarbons** 486 Nucleic Acids 429 The Units of Heredity 430 21.1 21.2 Ribonucleic Acids 437 Appendix IV 21.3 mRNA-Directed Polypeptide Synthesis 442 **Some Data Bearing on Human** 21.4 Viruses 445 **Nutrition** 489 21.5 Recombinant DNA Technology and Genetic Engineering 446 21.6 Hereditary Diseases 448 Summary 449 Appendix V Review Exercises 450 **Answers to Practice Exercises and** Selected Review Exercises 495 Glossary 501 Chapter 22 Radioactivity and Health 452 22.1 Atomic Radiations 453 Photo Credits 516 22.2 Ionizing Radiations - Dangers and Precautions 457 22.3 Units To Describe and Measure Radiations 463 22.4 Synthetic Radionuclides 465 Index 518

Special Topics

13.1 Some Important Carboxylic Acids and Salts 266

1.1	Specific Gravity and Its Applications 20	13.2	Some Important Esters 270	
2.1	The Orbital Model of the Atom 30	13.3	Nylon, A Polyamide 276	
3.1	Molecular Orbitals 53	13.4	Barbiturates 277	
3.2	The Shapes of Molecules According to the VSEPR	14.1		
0.2	Theory 58	15.1	The Prostaglandins 306	
5.1	Hypothermia 95	15.2	The Omega-3 Fatty Acids and Heart Disease	307
6.1	Decompression Sickness (The Bends) 111	15.3	How Detergents Work 309	
6.2	Preparation of Solutions By Dilutions 113	16.1	Sickle-Cell Anemia and Altered Hemoglobin	335
6.3	Hemodialysis 122	17.1	Sulfa Drugs 350	000
7.1	The Carbonic Acid System 135	17.2	Penicillin 351	
7.2	The Bonds in the Hydronium Ion 137	17.3	Electrophoresis 352	
7.3	Carbonated Medications 141	19.1	Catabolism of Heme 401	
	Hard Water 151	20.1	, 5	
7.5	Estimating Unmeasured Anion Concentrations by	20.2		
	the Anion Gap 153	20.3	Liprotein Complexes, Cholesterol, and Heart	
8.1	Acid Rain 168		Disease 424	
10.1	Petroleum 191	21.1	Genetic Fingerprinting and Crime Prosecution	436
10.2	How the Addition of Water to Alkenes	22.1	Radon in the Environment 461	
	Happens 207	22.2	Technetium-99m in Medicine 466	
11.1	Important Individual Alcohols and Phenols 221	22.3	X Rays and the CT Scan 467	
11.2			Positron Emission Tomography — The Pet	
	Some Physiologically Active Amines 234		Scan 468	
	Some Important Aldehydes and Ketones 248	22 5	Magnetic Resonance Imaging — The MRI	

Scan 470

Chapter 1 Goals, Methods, and Measurements

Chemistry and the Molecular Basis of Life Properties and Physical Quantities Units and Standards of Measurement Scientific Notation Accuracy and Precision
The Factor-Label Method in Calculations
Heat Energy
Density



What this family of mute swans knows by instinct, we know by intellect: life is better if we work with nature, not against her. Knowing how nature works at the molecular level of life, the subject of this book, helps professional health care workers apply nature's gifts to the healing arts.

1.1 CHEMISTRY AND THE MOLECULAR BASIS OF LIFE

The theme of this book is the molecular basis of life.

Centuries ago, people surely noticed that many *different* animals drank at the same water holes, breathed the same air, ate the same kinds of food, and enjoyed the same salt licks. Ancient farmers knew that the droppings of animals nourished plants, and that animals prospered by eating plants. Some animals could eat weaker animals and grow.

Evidently, at some deep level of existence, living things can exchange parts. These parts are not organs and tissues but much smaller things, extremely tiny particles called molecules made of even smaller particles called atoms. All of life, whether plant or animal, has a molecular basis, and chemistry has been the route to its discovery. **Chemistry** is the study of that part of nature that deals with substances, their compositions and structures, and their abilities to be changed into other substances. There are so many different substances that we have to have a plan of study.

Our Strategy. Life at the molecular level involves molecules and chemical reactions that are often complicated. The symbols we use for them, however, are actually less complex than many symbol systems you have already mastered, like those used to draw maps. You learned how to read and understand dozens of maps by mastering just a few map symbols. Our symbols for molecules are like maps because the same pieces of molecules, like molecular "map signs," occur over and over again. It will be a good idea, therefore, before we study some of the most complicated molecules in nature (Chapters 14-22), to learn these "signs" among simpler substances. Our chapters on organic compounds (Chapters 9-13) do this.

As we said earlier, molecules are made of atoms. It really isn't possible to understand molecules without first learning about atoms and how their (even tinier) parts get reorganized into molecules. This study occurs mainly in the first eight chapters, together with the essential background about a variety of substances such as acids, bases, salts, and solutions. All these studies rest on experimental evidence that involved taking measurements of physical quantities. In this chapter we will learn about some of the measurements that have been useful.

1.2 PROPERTIES AND PHYSICAL QUANTITIES

A physical property differs from a chemical property by being observable without changing a substance into a different substance.

A **property** is any characteristic of something that we can use to identify and recognize it when we see it again. The observations of some properties, however, change an object or a sample of a substance into something else. For example, we can measure how much gasoline it takes to drive a car 100 miles, but this measurement uses up the gasoline. As it burns it changes into water and carbon dioxide (the fizz in soda pop). A property that, when observed, causes a substance to change into new substances is called a **chemical property**, and what is being observed is called a **chemical reaction**. A chemical property of iron, for example, is that it rusts in moist air; it changes slowly into a reddish, powdery substance, iron oxide, quite unlike metallic iron. **Chemistry** is the study of these kinds of changes in substances, how they occur, and how atoms become reorganized as they happen.

Properties such as color, height, or weight that can be observed without changing the object into something different are called **physical properties**. We usually rely on such properties to recognize and name things. For example, some physical properties of liquid water are that it is colorless and odorless; that it dissolves sugar and table salt but not butter; that it makes a thermometer read 100 °C (212 °F) when it boils (at sea level); and that if it is mixed with gasoline it will sink, not float. If you were handed a glass containing a liquid having these properties, your initial hypothesis undoubtedly would be that it is water. Think of how often each day you recognize things (and people) by simply observing physical properties.

Well over 6 million chemical substances are known.

The atoms of all of the kinds of matter are made of varying combinations of just three extremely tiny particles: electrons, protons, and neutrons.