Solutions:

(1) Loading the data.

(2) AreMen=Health$sex=="male"

(3) Short=Health$height $<$ 60

(4) (Two solutions)
   1. ShortMen= AreMen & Short
   2. ShortMen=Health$sex=="male" & Health$height $<$ 60

(5) Counts:
   sum(ShortMen, na.rm=TRUE)
   Proportion:
   mean(ShortMen, na.rm=TRUE)

(6) >MenSmoker=Health$sex =="male" & Health$smoke100
   =="Yes"
   >WomenNonsmoker=Health$sex=="female" &
   Health$smoke100=="No"
   >Answer=MenSmoker | WomenNonsmoker