1. Why are global variables considered as bad programming practice?

Global variables create high coupling which inherently creates a mess as it is hard to track the value of the variable.

1. Why would you never declare a static function in a header file?

Because there is no reason to declare a static function in a header file as static functions are meant not be accessed publicly. Which means regardless of declaring a static function in a header file you’re not allowed to access it and it violates the principle of encapsulation.