Consider the points

$$
\begin{aligned}
& P=(-1,3,4) \\
& Q=(2,-1,3) \\
& R=(-2,-3,5)
\end{aligned}
$$

1. Find the distance from the point $R$ to the line through $P$ and $Q$.
2. Find two unit vectors that are perpendicular to the plane that contains $P, Q$, and $R$.
