

ADVANCED NUTRITION II

BND-108

SELF-HELP QUIZ: LESSON 16

ANSWERS

- | | |
|---|-----------------------------------|
| 1. T, P. 332 | 11. T, P. 345 |
| 2. T, P. 335 | 12. T, P. 346 |
| 3. T, P. 339 | 13. T, P. 351 |
| 4. F, Graham, P. 345 | 14. T, P. 352 |
| 5. T, P. 338 | 15. T, P. 349 |
| 6. T, P. 336 | 16. F, Take milk alone,
P. 352 |
| 7. F, Cooking, P. 337 | 17. T, P. 349 |
| 8. F, Yes, when fresh
food, are not
available, P. 343 | 18. T, P. 350 |
| 9. T, P. 338 | 19. F, Not so easily, P. 349 |
| 10. T, P. 344 | 20. T, P. 349 |

ADVANCED NUTRITION II

BND-108

PROGRESS TEST 4

TEXT: *The Science and Fine Art of Food and Nutrition* by Dr. Herbert M. Shelton

This Test will cover Chapters 26 through 28 in this textbook. This Progress Test may contain True or False, Multiple Choice, Fill in the Blanks, or Questions and Answers. At the end of your Progress Test, you will find your Answer Sheets on which to write your answers.

1. True or False: We are not what we eat but, what we digest and assimilate that adds to our health, strength and usefulness.
2. True or False: Always eat carbohydrates and acid foods at the same meal.
3. True or False: *Stiles* counters the "Naturopathic Philosophy" not to combine starches and acids, such as cereals and fruits, as a fallacy by making a statement that he did not observe any chronic complaints after eating such a mixture. He says that "Starch which escapes digestion at this stage is destined to be acted upon by the pancreatic juice, and the final result may be entirely satisfactory." Shelton states: "It is true that starch will later be acted upon by the pancreatic and intestinal enzymes, providing it has not previously been acted upon by bacteria, the thing that usually occurs, giving us gas and a sour stomach and the notion that: 'I cannot eat oranges or grapefruit. They give me gas.'" *Stiles* concedes that, "Still it is unreasonable to assume that the greater the work done by the saliva, the lighter will be the task remaining for the other secretions and the greater the probability of its complete accomplishment."
4. True or False: Eating but one concentrated starch food at a meal is designed to ensure overeating of starches.

5. True or False: Arthur Cason, M.D., D.P.H., F.R.S.A. (Lond.), writing in April 1945 in "Physical Culture," mentions two groups of experiments made by him and his aides, which showed that the consumption of protein and carbohydrates at the same meal does retard, and even prevent digestion. "An examination of the fecal matter reveals both undigested starch granules and protein shreds and fibers, whereas, when ingested separately, each goes to a conclusion."
6. True or False: Consume starches and sugars together. The practice of eating starches that have been disguised by sweets is also a bad way to eat carbohydrates. When sugar is taken into the mouth, it quickly fills with saliva, but no ptyalin is present. Ptyalin is essential to starch digestion. If the starch is disguised with sugar, jellies, jams, syrups, etc., the taste buds are deceived, and carbohydrates' digestion is impaired. Monosaccharides and disaccharides ferment quicker than polysaccharides and are prone to ferment in the stomach while awaiting the completion of starch digestion.
7. True or False: Baked beans are preferable to beans that are boiled and saturated with water. If taken relatively dry, well chewed, and eaten in proper combination, beans are digestible.
8. True or False: Pineapple juice assists in digestion, especially with proteins.
9. True or False: The power to digest proteins is manifested only with an acid reaction, and is permanently lost when the mixture is made distinctly alkaline.
10. True or False: *Pavlov* points out that fat and starch, bread and butter, are less difficult to digest, and explains that bread required for itself, especially when calculated per unit, but little gastric juice and but little acid, while the fat which excites the pancreatic glands ensures a rich production of ferment, both for itself and for the starch and protein of the bread. In dealing with the influence of the fat-starch combination upon digestive secretions, he comes very near to recognition of the principle of incompatibility of foods. He says: "There is no struggle in this case between the several food constituents, and therefore not one of them suffers." It will be noticed

that a fat-starch combination is not only good in the stomach, but equally good in the intestine.

11. True or False: Foods that require an alkaline condition for their digestion can be mixed with foods necessitating an acid condition.
12. True or False; There is a marked difference between the digestion of a food and the digestion of a mixture of different foods. Let us look at the digestion of bread. Here we have an almost neutral gastric juice, while starch digestion is going on, and then, after starch digestion has been completed, a highly acid gastric juice is secreted to digest the protein.
13. True or False: Dr. Shelton proved something with regard to the purposive adaptation of the digestive juices. Bread protein requires much pepsin and little of this requirement is met, not by an increased flow of juice, but by an extraordinary concentration of the juice secreted. Acid inhibits the digestion of starch of the bread, and so an excess of hydrochloric acid is avoided. It is obviously from these facts, that the eating of a bread and meat combination is exceedingly unphysiological.
14. True or False: If wheat is eaten alone, there will be secreted a juice poor in hydrochloric acid but rich in pepsin. This juice will be poured out over a long period of time. Thus starch and protein digestion go on concurrently. If meat and bread are eaten together, much hydrochloric acid is poured out, so that starch digestion is suspended. If but one food is eaten at a meal, nature can adapt her digestive juices to the food; if several foods at a meal, this adaptation is impossible, unless the food is properly combined.
15. True or False: One consumes fats with protein such as creams, oils, etc. with meats, eggs, cheese, and nuts.
16. True or False: Salads should contain no starch, such as potatoes; no proteins, such as eggs or shrimp; no oils, such as olive oil or dressings containing oil; no acids such as vinegar or lemon juice. Salt should be omitted.
17. Milk acts as a _____ insulator. Its cream inhibits the outpouring of gastric juice for some time after the meal is eaten. Milk does not

digest in the stomach but in the duodenum, hence in the presence of milk, the stomach does not respond with its secretion. This prevents the digestion of other foods introduced along with the milk. The use of acid fruits with milk does not cause any trouble or conflict with its digestion.

18. True or False: Sweet fruits (sub and non-acid) combine best with sour milk and badly with starches (cereals, bread, potatoes) proteins, and milk.
19. True or False: Bitter cabbage, endive, and escarole should not be used because of concentrated irritating acids.
20. True or False: Continuous struggle with indigestible food mixtures, and with the poisonous products of their bacterial decomposition, sooner or later wears out the body, for it is a break on the process of nutrition that involves a prodigious waste of the vital forces and draws upon physiological reserves, which have been set aside for future use.
21. True or False: Sweet apples, sweet cherries, papayas, mangos, apricots, sweet plums, blueberries, raspberries, blackberries, mulberries, huckleberries, and cherimoyas are classified as acid fruits.
22. True or False: Nuts combine best with green vegetables and acid fruits, and badly with milk, starches, proteins, butter, cream oils, and lard, except cheese.
23. True or False: At about 145⁰ degrees F., certain properties of plant life are destroyed. A leaf of cabbage, for example, if immersed in water that can be easily borne by the hand, will wilt, showing that part of its cellular life is destroyed at heated temperature.
24. True or False: Occasionally, Hygienists use unrefined, cold-pressed oils like olive and sesame, which are less likely to go rancid.
25. True or False: Avocados and olives are considered high-protein food.
26. True or False: Fats and oils (butter, cream oils, and lard) combine best with all starches and green vegetables, and badly with all proteins.

27. True or False: The “calorie specialists” completely overlook the fact that patients do not secure calories from food unless they can digest and assimilate them. Fermentation and decomposition in a patients digestive tract completely changes the character of the food, has completely altered its relations to the body and its welfare. Fermentation is a poisonous process to the patient and makes him unhealthier, and furthers the recovery of health.
28. True or False: Use tomatoes with green and non-starchy vegetables and proteins such as nuts and cheese, but not with meat or flesh of any kind.
29. True or False: Let us notice an average meal consumed in the average home. It consists of bread, meat, potatoes, perhaps soup and pie or a dessert of ice cream or cake, and one or more green vegetable. The stomachs of those who eat such meals have been converted into swill barrels and garbage cans. Fermentation and putrefaction are inevitable.
30. True or False; Citrus, tomatoes, strawberries, pineapples, sour apples, sour grapes and peaches, sour plums and cherries, are classified as acid fruits.
31. True or False: Amines, saponified by heat in the presence of water, are replaced by the hydroxyl group in the foodstuffs, and it has been shown that the hydroxides cannot be re-aminized by the animal body. This means that the protein has been reduced to useless substances, unfit to enter the body in the process of nutrition.
32. True or False: Nuts, seeds, olives, cheese, eggs, and flesh foods are classified as protein-fats.
33. True or False: Quick-cooked vegetables lose fewer of their vitamins and minerals. The longer they are cooked, the more value they lose. They should also be eaten immediately after cooking, avoiding further loss of value by oxidation while standing.
34. True or False: Carrots, beets, rutabaga, pumpkin, globe artichokes, water chestnuts and sprouted grains are classified as starchy vegetables.

35. True or False: Winter squash (12.4%) and pumpkin (6.5%) are shown on some charts as starchy, but since their starch content is quite a bit lower than potatoes (17.1%), they should be considered as mildly starchy.
36. True or False: Professor Charles Richet, of the Paris Academy Of Sciences, fed raw beef juice to tubercular patients and reported excellent results from this diet. He concluded that cooking meat interferes with the perfect assimilation of it that might otherwise occur. Dr. Shelton believes that iron is utilized by the body coming from raw beef.
37. True or False: Steaming and boiling meats causes a 20% to 67% mineral loss found in the broth. When these are baked, a 2.5% to 57.2% of the minerals are found in the drippings. When potatoes are peeled and soaked in cold water before boiling, 38% of their minerals are lost.
38. True or False: The minerals and vitamins are in the fluids of the plants and the fluids are lost in great part when the plants are cooked. The nutritive value of foods are impaired or destroyed by cooking, and their digestibility is lowered.
39. True or False: Food elements are lost to a much greater extent from steaming than from boiling.
40. True or False: Frozen lettuce, bananas, oranges and greens are completely fit foods to consume.
41. True or False; Tar forms in coffee when roasted. Smokers and coffee drinkers swallow much tar in commonality.
42. True or False: Eggs, vegetables such as cabbage, cauliflower, onions, etc., are rich in sulphur, and have their sulphur and phosphorus oxidized when cooked and the iron in the food is ruined. Cooking drives off part of the food into the air as aromatic gases. Smell your food floating away. It's a gas! Iodine and manganese are oxidized at low temperatures.
43. True or False: Ragnar Berg says: "The mere steaming of vegetables for five minutes dissolves out so large a proportion of the inorganic

bases, that the residue contains an excess of acids. Simultaneously, the vitally important vitamins are entirely dissolved out of the vegetables." When nutriment has been oxidized in the body, the resulting "ashes" cease to be usable and are eliminated. What reason have we to believe that food oxidized outside the body is fit for use?

44. True or False: Cooking destroys the anti-neuritic, anti-scorbutic, vital factors, etc.
45. True or False: It is obvious to even the least intelligent, that animals in a state of nature subsist exclusively and entirely on an uncooked dietary. It is equally as obvious that man subsisted entirely and wholly on uncooked foods before he learned the use of fire.
46. True or False: All organic minerals oxidize when they come in contact with oxygen and moisture. By cooking in the presence of oxygen of the air, the condition under which all home-cooking and most commercial cooking occurs, changes a large part of what was organic and useful as food into inorganic oxides, which cannot be assimilated by the human body.
47. True or False: All the virtues of foods are retained when they are eaten uncooked, and they not only protect against the causes of disease, but they add to the joys of life, enhance bodily vigor, and give that strength to the sexual powers that leads to better offspring.
48. True or False: Uncooked foods possess the proper proportion of "nutritious and innutritious (bulk) matter," to which the anatomical construction and physiological powers of the alimentary organs of the human body are constitutionally adapted. Uncooked foods do not ferment as rapidly as do cooked foods; uncooked foods, if spoiled, cannot be "camouflaged" and passed off as good food, as cooked foods can be.
49. True or False: Ralph E. Sunderland says: "These are true foods because their original organic nature has not been changed, by oxidation, to inorganic status. Only organic substance is food. No inorganic substance is food because it is not assimilable in the body. This is a law. Every cooking process which involves exposure of the original organic food substance to the oxygen of the air fosters oxidation. This is true whether the cooking is done at home or in some

factory. There must be life in food. Life in food is expressed only by its organic nature or condition. There is life in oxidized (inorganic) substance. Upon this foundation all scientific diet teaching must rest."

50. True or False: Adolf Just stated: "Return to nature and claim your natural health inheritance. Will you believe that nature, at the outset, overlooked the matter of man's health, and that he remained an outcast in the plan of things, until, by his own wit, pills, drug lists, and patent foods had brought him his salvation? Man's food was sun cooked in ancient days and the sun cooks our food at the present time. Artificial cooking is no blessing to mankind.

NOTE:

**TURN TO THE NEXT PAGE FOR THE ANSWER SHEET FOR
PROGRESS TEST 4.**

ADVANCED NUTRITION II

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PROGRESS TEST 5

TEXT: *The Science and Fine Art of Food and Nutrition* by Dr. Herbert M. Shelton

This Test will cover Chapters 29 through 35 in this textbook. This Progress Test may contain True or False, Multiple Choice, Fill in the Blanks, or Questions and Answers. At the end of your Progress Test, you will find your Answer Sheets on which to write your answers.

1. True or False: Salad is from the Latin meaning "salt," and true salads are abundant in organic salts. They are also abundant in vitamins.
2. True or False: Hess and Unger state that the most actively antiscorbutic vegetables lose their efficacy when dried. An outbreak of scurvy in Rummelsburg Orphanage a few years ago was attributed by Mueller and Erich to pasteurized milk and dried vegetables. These vegetables had been bleached before drying, and this made them worse, since bleaching forfeited their excess and bases. Heating at low temperature, 30⁰ to 40⁰ degrees centigrade, is more injurious to vitamin C than boiling for an hour.
3. J. G. Organ of Kings Langely, England, has discovered that vitamin C is destroyed by ascorbic- _____. Ascorbic _____ is produced in large amounts when fresh fruits and vegetables are cut. The report tells us that "being set free through cutting, the _____ attacks vitamin C contained in these chopped up vegetables and fruits. Coming in contact with vitamin C, the _____ causes it to unite with oxygen and oxidize the fruits and vegetables, thus destroying vitamin C.
 - A. De-aminization
 - B. Fermentation
 - C. Putrefaction
 - D. Oxidase

4. _____ to _____ days on a white flour and water diet are enough to produce death in a man, from scurvy, after days of torture, bleeding gums, swollen joints, pains and other symptoms.
- A. Twenty, forty B. Forty, sixty
C. Ten, twenty D. Twenty-five, fifty
5. The multiplicity of factors in nutrition renders it difficult for the laboratory research worker to assess the practical value of his findings. "Vitamin deficiency" may be almost _____.
- A. Nothing B. An Impossibility C. Unbelievable D. Anything
6. Salad vegetables to be _____ are spinach, Swiss chard, beet tops, and rhubarb should be seldom used if at all, due to their high content of oxalic acid, a calcium antagonist. Bitter cabbage, endive and escarole should also be _____ because of their irritating concentrated acids and irritant contents. Parsley, watercress, chives, scallions, onions, leeks, radishes, garlic and mature mustard greens should be _____ because they are irritants, and because of the mustard oil and mustard gases which are also very irritating to the skin.
7. Eggs should be soft-boiled, coddled or poached; meats are best baked or broiled under the flame to retain their juices. The juices of the meat should be served with it. Fish may be steamed or baked. No meat should ever be fried. "Frying turns meat into an alkaloid," a poison, says Dr. _____.
- A. Gibson B. Shelton C. Berg D. Graham
8. If you want to continue to cook such as food baked potatoes or steamed vegetables, make your diet at least _____ uncooked foods. Have a large, raw vegetable salad with each protein and each starch meal.
- A. 60% B. 50% C. 75% D. 90%
9. True or False: Fruits can sometimes be cooked or roasted. Dried prunes, figs, peaches, pears, apples, and other dried fruits should be carefully washed, and then have enough warm water poured over

them to cover them well, but not enough to float them. Cover the vessel and let them stand over-night. When serving, the water in which they have been soaked, being full of the salts of the fruit, should be served with them.

10. True or False: Don't try putting the whole garden in salads. Three vegetables will suffice. The practice of cutting up, shredding and otherwise wrecking a dozen or more articles of food, and mixing them all together in a salad, is pernicious. The loss of vitamins, from salad oxidation, makes the salad incompetent to serve the purposes for which salads are eaten.
11. True or False: Wilted vegetables are poor foods, and foods shipped long distances lose their food values.
12. True or False: If garnishing is required, a small amount of cress, parsley or cabbage may be used for this purpose. Adding pickled olives is objectionable for any purpose.
13. True or False: Cows fed on commercial food who produce milk have caused their calves to become blind, have fits, and die. Cubs that are born of the circus lioness fed on meat alone are born with cleft palates, due to the lack of lime. McCarrison showed definitely that foods and combinations of foods, which are inadequate and unsatisfactory in feeding animals, are equally inadequate and unsatisfactory in feeding man. If our foods do not contain enough of the right kinds of mineral salts, we simply starve.
14. True or False: Two salads a day should be eaten—one with starch and the other with protein. Vitamins and minerals are secured Hygienically; the real genuine article, and no chemist's limitation of the real thing. Hygienists take the real article or nothing.
15. True or False: Experiments revealed that animals fed on a diet composed of purified proteins, purified starches, purified fats and inorganic salts, although they may live for a time, do not grow, and in a short time develop various pathological conditions as a result of such a "diet." If whey or fruit juice, or vegetables are then added to the diet, the symptoms improve and the animals thrive better.

16. True or False: Sodium chloride is common table salt, and is not assimilable or usable by the body. The same is true of calcium carbonate. It is a useless, inorganic salt.
17. True or False: Dr. Magendie starved one full pen of dogs to death by feeding them a diet of white flour and water, while another pen thrived on whole wheat flour and water.
18. True or False: Potassium, sodium, calcium, iron and sulphur pass into the stems, leaves, and fruits of the plants, while potassium, phosphorus, and magnesium predominate in the seeds and roots. Green leafy tops are rich in lime and other needed minerals.
19. True or False: The children's diet is made up of white sugar, white bread, white rice, denatured foods (cereals), candies, cakes, and ice cream. None of them build bones and nerves. None of them build normal blood. Dr. Seale Harris, who addressed the American Medical Association, said: "The sugar-fed child is one of the saddest sights in the world."
20. The natural affinity existing between the _____ of the cells of man's body and the nutritional _____ of fruits, nuts, and vegetables, is a sure guarantee that the eating of natural, unprocessed foods, closest in harmony with the physiological or biological requirements of the body in the form of vitamins, minerals, and calories, will be supplied by such a plan, and any other artificial plan will result in a disturbance of the functions and processes of life.
- | | |
|----------------------------|--------------------|
| A. Life, elements | B. Health |
| C. Functions, requirements | D. Needs, elements |
21. True or False: Too much handling, drugging, and any other cause that debilitates the infant and child will damage its nutrition sufficiently to bring on nutritive disease. There is an element of nutritive disease present in every so-called disease.

22. Acidosis is not _____ blood, for the blood never becomes _____ during life. An alkaline blood and lymph is necessary to life and health, and for the blood to even reach the point of neutrality would cause speedy death.
- A. Alkaline B. Hypo-acid C. Hyper-acid D. Acid
23. True or False: Violent or long, continued emotional states and overwork result in the formation of acid metabolic end-products that require to be "bound" with bases, and hypo-alkalinity may result if these emotional states are not terminated, and will finally progress to serious organic disease and death.
24. True or False: Dr. Oswald says: "Ours is an age of extracts. But, somehow or other, the old plan (nature's plan) after all, is the best." Firms advertise "concentrates" 400 times the potency of fresh, raw vegetables from which it is derived. There is no reason to believe that such concentration can be helpful. Nature provides its elements in minute quantities, and synergistically correlates them with other minerals, vitamins, and vital factors needed for complete, efficient metabolism in the body. Deficiencies in only one vitamin, mineral or vital factor will render inefficient metabolism of all of them.
25. All meats, eggs, cheese, milk (in adults), cereals and cereal products, legumes (except in the green state), nuts, and all denatured foods of kinds are _____-ash foods.
- A. Alkaline B. Acid C. Sodium D. Carbon
26. _____ nutrition can come only from a fundamentally correct and fully adequate diet, and no amount of supplementary additions to our present denatured diet can give us _____ nutrition.
- A. Good B. Better than average C. Animal D. Superior
27. True or False: An exclusive meat diet, like an exclusive grain diet, causes a great loss of bases from the body and hyper-alkalosis. The exclusive eating of fat is also a source of hyper-alkalosis.

28. True or False: Success or failure in the effort at dietary reform will hinge largely upon one's attitude toward one's own life. One will have to uproot old habits and replace them with new ones. "Iron in your will is often more important than "iron" in your food.
29. Chronic fatigue is often nothing more than _____-_____, and this same _____-_____, if not removed, will in its extension and continuation, result in premature "old age," functional and organic disease, and death. The blood robbed of its normal alkalinity cannot neutralize or correct the acid "fatigue products," and these are permitted to poison the body.
- A. Acid-toxemia B. Acute-toxemia
C. Chronic-toxemia D. Acid-waste
30. True or False: K.B. Rich in a report of the work of the educational authorities in the Chicago Elementary Schools showed that the treatment of enlarged tonsils, teeth cavities, and flat feet are ineffectual in overcoming malnutrition. Fresh air, sunshine, exercise, and improved diet and cleanliness were then tried and these proved effective.
31. A child fed on foods that are inadequate in one way or another; that do not supply the child's body with all the needed food elements; that is fed on white flour and its products, de-germinated and de-mineralized corn meal, denatured cereals, pasteurized and canned milk, sulphured and carried fruits, jellies, white sugar, candies, ice cream, cocoa, chocolate, soda, cooked vegetables, mashed potatoes, pies, cakes, crackers, etc., to the exclusion of fresh fruits and vegetables, fresh, raw milk, raw nuts, and whole grains, is suffering malnutrition due to _____ causes.
- A. Disciplinary B. Improper C. Dietetic D. Stupidity
32. True or False: Ill-defined functional disabilities and obscure alterations of nutrition representing the initial beginnings and the subsequent, so-called disease are only further development of the same alterations and disabilities. It is of the highest importance that we realize that by reason of faulty diet, or other factors that impair nutrition, serious damage to the young may occur without the

development of symptoms which definitely mark the condition as deficiency, and again without awareness of symptoms.

33. (1) Deficiencies in diet, either in quality or quantity, except in famine districts. (2) All of the factors and influences, whatever their nature and source, which render it difficult or impossible for the body to utilize the elements of its food, even though the food is perfect. These are classed as _____ or _____ diseases.
- A. Acute, chronic B. Nutritive, deficiency
C. Physical, functional D. None of the above
34. Free _____ acid, as found in vinegar, may lead to symptoms of acid poisoning. It is even more injurious to health than alcohol. The body is called in to sacrifice its bases to neutralize the acid, while it has a particularly destructive effect upon the red corpuscles and may produce anemia.
- A. Lactic B. Acetic C. Malic D. Manite
35. The American diet is inadequate, not because it is lacking in variety and amount, but because it is almost wholly a _____ diet.
- A. Animal B. Natured C. Denatured D. None of the above
36. "Bread is the staff of _____," declared Emmit Densmore.
37. Edgar J. Saxon stated: "Food reform begins and ends with discrimination and pleasure. Abstinence from unwholesome food is not a good beginning, and it is a very bad end. Abstinence is healthy only when it easily and invariably results from _____ of something better.
- A. Muse B. Obstreperism C. Determination D. Choice
38. True or False: Is your bone, my bane? Is it true that "one man's meat is another man's poison?" These statements are as absurd as saying "Little fish never swim around the blood streams of fish eaters." We are constructed upon the same principles, the same nutritive needs, and are equipped to digest and utilize the same kinds and classes of food.

39. True or False: Mono-diets are the healthiest and the least rebellious in one's mind, as attested by the Hebrews when Moses fed them only manna.
40. True or False: "Monotrophic-meals" was coined by Dr. Shelton to designate the practice of eating but one food at a time, as distinguished from a mono-diet where only one food is used all the time.
41. True or False: A lack of minerals or vitamins may give rise to a vague, ill-defined craving that causes the victim to eat anything in an effort to satisfy his or her craving. In pregnancy and chlorosis, the abnormal cravings seem certainly to be due to nutritive deficiencies, and soon yield to proper feeding.
42. The greater the variety of food we take at a meal, the more we are likely to _____. We are a nation of gluttons, and much of our overeating is due to the great variety of foods that are placed on our tables at each meal. This practice over stimulates the appetite and the gustatory sense to the utmost at each meal.
43. _____ should be raw, composed of not more than four vegetables, and should be eaten without salts, vinegar, oil, lemon juice dressing, dressings, or condiments of any kind.
44. Begin the day's eating with a meal of luscious _____.
45. True or False: When eaten alone, one can consume fats in large quantities.
46. True or False: The poppy plant, night shade, rhubarb, and cranberries are healthy and useful fruits and vegetables.
47. There is but one drink, and that is _____.
48. True or False: It is a good plan to serve one, or at most, two cooked vegetables along with a salad and a protein or starch, or better still, serve the salad and protein or starch only with no cooked food. This kind of eating discourages overeating. Large salads prevent overeating. Eat them in proper combination to ensure quick digestion and assimilation.

49. True or False: The problem for the trophologist is to discover what is best to eat—what will assure the highest degree of vigor and the longest life.
50. True or False: Refrain from eating left-over cooked foods from the previous meal. They undergo an insidious fermentation from one meal to the next. If chilled and then warmed over, the deterioration is equally great.

NOTE:

**TURN TO THE NEXT PAGE FOR THE ANSWER SHEET FOR
PROGRESS TEST 5.**

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SELF-HELP QUIZ: LESSON 24

STUDENT ANSWER SHEET

1. T, P. 479
2. T, P. 491
3. F, Physicians, P. 481
4. T, P. 487
5. T, P. 483
6. T, P. 490
7. T, P. 483
8. T, P. 488
9. T, P. 491
10. F, A chasm to great to, P. 482
11. T, P. 489
12. T, P. 480
13. T, P. 488
14. T, P. 489

ADVANCED NUTRITION II

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PROGRESS TEST 6

TEXT: *The Science and Fine Art of Food and Nutrition* by Dr. Herbert M. Shelton

This Test will cover Chapters 36 through 39 in this textbook. This Progress Test may contain True or False, Multiple Choice, Fill in the Blanks, or Questions and Answers. At the end of your Progress Test, you will find your Answer Sheets on which to write your answers.

1. Hard workers reduce their energy by the fallacious idea that they must eat large quantities of food to increase their energy. They miss a meal and feel weak, dizzy, and have hunger pangs, which they mistake as morbid symptoms for the need to consume large quantities of food. They are _____ and _____ from overeating, and mistake symptoms of these for the normal demands of the body for nourishment. These people will suffer much and die prematurely because of overeating.

A. Dazed, confused	B. Enervated, toxemic
C. Surfeited, toxemic	D. Toxemic, surfeited
2. True or False: Depletion of maternal bone calcium occurs when the mother's diet does not contain a sufficient amount of assimilable phosphorus.
3. True or False: Dr. Clauch stated: "Milk-drinking, pregnant women will give birth to oversized, fat babies, while not securing an adequate source of calcium from the milk they think is securing calcium.
4. True or False: The mother's own diet is as important to her child during lactation as before birth. These two periods of gestation and lactation, from a trophologic point of view, are one and the same.

5. True or False: Well-nourished hygienic mothers give birth to a well-nourished and well-developed and vital child. The bones, teeth, and respiratory organs are either weakened or strengthened by the mother's food diet. Mother's nutrition is the real pre-natal influence.
6. True or False: Most fruits are considerably lower in calcium than is milk. The same is true of nuts, yet if a mother received no more calcium than she derives from a diet of fruits and nuts, she will secure all the calcium her and her baby require. All of the following vegetables are richer in calcium than is milk: cabbage, celery, Jerusalem artichokes, Romaine lettuce, okra, Swiss chard, tomatoes, and turnips. All are sufficient to supply the calcium needs of the mother and baby.
7. True or False: Due to a child's rapid growth, food deficiencies affect the child quicker than they do the mother.
8. True or False: Mothers who eat cereal require some supplementary protein from nuts and raw vegetables.
9. True or False: Animals on a defective diet seem perfectly healthy and well-developed until the third or fourth generation. Then, the symptoms from deficient foods become manifest with all their degenerative diseases and deformities, not witnessed in the first generation.
10. True or False: Women, who eat properly and care for themselves hygienically during pregnancy, will not only save their teeth and preserve their health and assure themselves of healthy, vigorous children, but they will make childbirth safe and easy, and providing they are normally developed and live fully right, make childbirth painless.
11. True or False: A fast is advised during pregnancy to increase the milk and so the milk becomes rich in water, protein, sugar, and mineral salts.
12. True or False: Abnormal mental states impair the pregnant mother's milk, and may cripple her child prior to and after birth if it is suckling.

13. True or False: Living largely on refined, denatured, and cooked foods, as some do, mineral and vitamin depletion is one of the greatest evils connected with the mother's diet.
14. True or False: The mother can supply to the fetal and nursing organism only what she possesses. If its needs are not supplied by her diet, her own tissues and stored reserves become the diet of her child.
15. True or False: Children born to mothers who do not eat fruits and vegetables during pregnancy, or who do not receive them during infancy and childhood, develop a lasting weakness, which shows itself when the child is exposed to stress or strain.
16. Sugar and fruit acids do not injure the _____ of normal teeth. Sound teeth have been immersed in a sugar solution and in fruit acids for months without suffering any erosion. Dr. E. Howard Turison, and others, have proved this.
- A. Enamels B. Gums C. Structure D. Bones
17. True or False: Dr. Howe says: "Efforts to affect teeth by fermentation in the mouth for long periods of time, by the feeding and injection of micro-organisms associated with carries have been unavailing, so long as the diet was normal."
18. True or False: Bones heal and regenerate, as do the enamel of teeth, providing destructive causes are removed.
19. True or False: It is before birth that mothers can save the teeth of their child. A soft, pre-tooth structure laid down in the jaws of the embryo, due to nutritional perversion of the mother, predisposes the teeth to cavities and decay. Finally, calcification, due to nutritional perversions and deficiencies, injures both the temporary and the permanent teeth.
20. True or False: Dr. Shelton says: "Within twenty-four hours after the first feeding of orange juice, the pulp of teeth begins to resume its dentin-building function. I have seen great improvement in the condition of the teeth of adults who follow an improved diet. When the nutritional balance is restored, the destructive process from within can be stopped, and if it has not gone too far, may be repaired."

21. There are two sides to nutrition: One side deals with the _____ up of the body and the manufacture of secretions. The other side deals with the _____ of waste matter from the blood and tissues.
22. A diet rich in bases and poor in acids is a(n) _____, or “curative” diet.
23. Teeth are leeched of their salts, from the inside, until there is only a shell left. The decay begins on the _____. The teeth may be practically destroyed. Cavities begin from _____, and then the enamel breaks through. Scrubbing the surface of the teeth cannot build sound teeth. The human mouth is self-cleansing, and bacteria cannot thrive therein.
24. True or False: Tribes, who chip their teeth off and “point” them in their effort to add to their beauty and so long as their broken teeth are well-nourished, do not decay. The same is true with animals.
25. True or False: Races whose diets do not include cereals or denatured flour have teeth and mouths that are virtually free of diseases. Wheat, including “whole wheat,” is extremely acid-forming and bad on the teeth.
26. True or False: Oranges and other fruits are cleansing and detoxifying because a diet of them forces the body to use up its protein surplus and “fuel foods.”
27. The health conditions found in the mouth are local indications of the condition of the tissues throughout the body. There is no such thing as a _____ tooth disease. The conditions that lead to decay of teeth are always systemic. More than 75% of children presenting extensive dental carries, also have other health problems.
- A. Toothless B. Non-local C. Unified D. Local
28. An orange fast is truly an orange _____.
29. True or False: The healthiest foods, if eaten in excess of proteins, carbohydrates and fats, are especially likely to produce health.

30. True or False: Dieticians are too often nothing more than mindless cooks, whose feeble attempt it is to enhance the physical attractiveness of food, without thought or knowledge of the patients' nutritional requirements.
31. True or False: Vegetables' broths are used sometimes instead of fruits, with a distinct disadvantage in those with a digestive tract so sensitive, that acid fruits cause distress.
32. Grapes are rich in _____ and have proven useful in anemia and chlorosis, gout, rheumatism dyspepsia, constipation, catarrh, stones, malaria, and liver and lung troubles, including tuberculoses. General Both used the "Grape Diet" to cure inebriates.
33. True or False: Green, non-starchy vegetables are rich in bases and vitamins and quickly replenish any deficiency, including acidosis of the body.
34. True or False: No patients develop gas on a strict mono-diet of a variety of fruits.
35. Lemon diets are usually too much for the average patient. Begin with half of a lemon three times a day, and work up to nine lemons, then reverse the process. This diet is especially recommended in _____ conditions and liver disorders.
- A. Rheumatic B. Blood C. Circulatory D. Dyspeptic
36. True or False: Physicians are more qualified than dieticians on the nutritional needs of patients.
37. True or False: Oranges do not produce gas in patients who eat only oranges.
38. Fruits are rich in organic salts when liberated during digestion and supply the body with the elements necessary to the neutralization and chemicalization of the toxins, preparatory to their elimination, and are well adapted to a curative purpose, especially on a (n) _____ diet that is a mono-diet.
- A. Fast B. Eliminating C. Curative D. None of the above

39. One of the greatest mistakes in dietaries that are worked out on the _____ basis is that the chemical reactions which occur in the bad combinations usually fed, so change the character and value of the whole mass, that the one who eats such menus never receives the calories represented in his meal. The same thing is observed in feeding specific vitamins and minerals.
- A. Protein B. Carbohydrate C. Fat D. Calorie
40. True or False: Some people develop skin eruptions when eating strawberries. These people should be placed on a strawberry diet and fed exclusively strawberries, until symptoms disappear. Oranges cause gas; cabbage causes gas; these are all chiefly caused by wrong combinations with other foods and ferment, giving rise to the gas.
41. The _____ diet, or the diet of physical growth, is rich in proteins, carbohydrates, minerals and vitamins for the growing child, the pregnant mother, the convalescent patient and the person who has had a long Fast.
- A. Eliminating B. Building C. Catabolic D. Protein
42. Certain foods are used both by laymen and doctors of all schools as palliatives, that is, for the relief of symptoms. Honey is used for coughing, dryness and irritation of throat. Warm milk is for insomnia, frequent feedings for nervous patients, diabetes, and coffee to relieve headaches. Like those who need to have their morphine, people are _____ to foods. Symptomatic feeding is like giving drugs to ease, or "relieve," symptoms.
43. True or False: Feeding during convalescence is usually a very simple matter. Caution is required in order not to over-tax the weakened digestive powers. Moderation should be the rule. Combinations should be the simplest, and foods should be simple and wholesome.
44. True or False: The more you eat, the more you poison yourself, and the faster you wear yourself out.
45. _____ take into consideration, not alone digestive capacity, but also assimilating capacity. We realize that nothing is to be gained from merely passing food that is not used, through the patient.

46. True or False: Laboratory rats, fed on an exclusive diet of pasteurized milk develop anemia, and a protracted use of milk in rats and children makes them susceptible to so-called infections and disease in later life, and may even develop tuberculosis.
47. True or False: Those who believe they derive the elements necessary for the days work eat breakfast so they will have energy to begin the day, are deceiving themselves, since these elements will only be secured after digestion has completed its task. A heavy breakfast of proteins and starches would not make these available for eight to ten hours, if at all.
48. True or False: Too many dietitians are not giving enough attention to certain important factors in life. They completely ignore the need for sunshine, exercise, rest and sleep, peace of mind, and a host of other factors of living that are important to nutrition. The same thing can be said for the vitamin and mineral drug lords, who prescribe all of these useless substances, and continue to overfeed and ignore hygienic means to completely restore the health of patients. Dr. Shelton stated: "I have patients from all parts of the country coming to me, who can't understand why they are still ill after eating all these supposedly "healthy foods," prescribed by physicians, dietitians, and lay people alike." Most leave Dr. Shelton's place in full recovery after just fasting, taking nothing but water for weeks, and fully recovering from what ails them. In other words, you don't need nourishment to keep up your strength as advocated, and neither do you need poisonous vitamins and minerals. Like Dr. Shelton says: "They're all useless drugs and methods not rooted in natural physiology." Mother Nature will always know best.
49. True or False: How foolish it is to give patients nourishment who are incapable of absorbing, but also of not digesting food and assimilating it. Nothing is more advantageous, in most cases of "disease," than a fast, often a long one. A reduction of surfeit is essential to the most vigorous manifestations of vitality, and to the restoration of vigor.
50. True or False: Dr. Shelton states: "the more they nourish the body while diseased action is kept up in it, the more they increase the disease. The grand, primary object to be aimed at by the invalid, is to overcome and remove disease action and condition, and restore all

parts to health, and then, nourish the body with a view to fleshiness and strength, as fast as the feeblest parts of the system will bear without breaking down again.”

NOTE:

**TURN TO THE NEXT PAGE FOR THE ANSWER SHEET FOR
PROGRESS TEST 6.**

ADVANCED NUTRITION II

BND-108

PROGRESS TEST 7

TEXT: *The Science and Fine Art of Food and Nutrition*
by Dr. Herbert M. Shelton

This Test will cover Chapters 40 through 50 in this textbook. This Progress Test may contain True or False, Multiple Choice, Fill in the Blanks, or Questions and Answers. At the end of your Progress Test, you will find your Answer Sheets on which to write your answers.

1. True or False: "Infants are born with a rich store of reserve iron, provided that the mother's diet and tissues have been able to provide this; otherwise the infant may not possess a rich surplus of iron, and the exclusive milk diet may result in anemia. For these reasons I have advocated supplementing both mother's milk and cow's milk with fruit juices, and not a few drops or a few teaspoonfuls a day, but large quantities of juices to supply minerals, carbohydrates and vitamins says," Dr. Shelton. Give fresh grape juice for iron and sugar, orange juice for vitamin C, and prune juice for calcium and sugar, etc. All these juices contain minerals.
2. True or False: Native people who drink and use goat's or sheep's milk don't even consider feeding it to an infant, providing the mother continues to nurse.
3. One of Dr. Shelton's patients from Macedonia said that their women nurse babies _____ or _____ years, and even more.
A. 3, 4 B. 2, 3 C. 5, 6 D. 7, 8
4. _____ is the slowest growing animal to reach maturity, requiring two years to develop sufficient teeth with which to chew solid foods, and should have the longest nursing period of all animals.

5. True or False: Cow's milk possesses a different and inferior protein to that found in mother's milk, while well-suited to the needs of a calf, it is poorly fitted for the nourishment of an infant. Cow's milk may be entirely lacking in vitamins, especially during winter when the cow eats no green foods, or is kept in sunless barns and fed on dry foods. Malnutrition is common among certified herds kept in sunless barns.
6. The best raw cow's milk can be obtained only from healthy, _____-fed cows.
- A. Dry food B. Hay C. Starch-protein D. Range
7. True or False: It is unnatural for cows to give large, endless quantities of milk, which constitutes a drain on the cows, and makes it impossible to have milk from healthy cows. Many of these cows are prone to and carry many diseases.
8. True or False: A healthy, well-fed woman can nurse her child for the period nature intended, without harm to herself or her child, and during this period, her own milk, if normal, is better for her child than that of any cow, goat, mare, camel, sheep, ass, or other milk animal used by man. Dr. Shelton holds that it is the duty of every healthy mother to nurse her child during the whole of this period, and that for her to lay down on the job, is to rob her child of its birthright.
9. True or False: American colonists made very little use of milk. The pilgrims landed in Plymouth in 1620. It was not until 1624 that the first cattle were brought over by Governor Winslow, and cows were raised principally for their hides and secondly for their meat.
10. If a woman's milk is insufficient for the needs of the child, and she is forced to supplement those needs with the milk of animals, it is still her duty to nurse her child so long as her milk supply holds out. Mothers who refuse to do this commit a grave crime against their _____.
11. Mr. John McIntosh tells us, in his, *The Origin Of The North American Indians* (1844), page 118, that "when a woman is with a child, she works at her ordinary occupations, convinced that work is advantageous for both herself and her child; her labor is easy, and she may be seen on the day after her delivery with her child on her back,

avoiding none of her former employments. They suckle their children until they are at least _____ years of age.

12. Prior to 1793, if a mother died, her child was suckled by another woman called a _____-nurse.
13. _____ does not render milk sterile, that is, bacteria free. Not even boiling it for a few minutes will do this. We are assured that 99% of the bacteria of cows' milk are destroyed by _____. This is only true under ideal conditions, and "ideal" does not prevail in commercial practice.
 - A. Pasteurization
 - B. Sterilization
 - C. Heating milk
 - D. All of the above
14. Babies do not thrive on heated milk, but do thrive on _____ milk.
15. _____ says that many experiments such as those made by Cattel, Dutcher, Wilson, and others, have shown that animals fed on pasteurized milk show deficiencies. He presents three babies; one of which was breast-fed, a second of which was fed on raw cow's milk, and a third that was fed powdered milk, boiled, certified milk, and canned milk. The first two babies were healthy and developed normally. The third "was always sickly," is small, and at the age of eight months developed asthma.
 - A. Pottenger
 - B. Shelton
 - C. Howe
 - D. Jorda
16. True or False: A study of bacteria, which survive pasteurization, was done by Ayer and Johnson, of the U.S. Department of Agriculture, and this is what they had to say: "Four distinct groups of bacteria; the acid-forming, the inert, the alkali-forming, and the peptonizing, survive pasteurization....Streptococci from milk and cream were much more resistant than those from other sources."
17. True or False: Minerals from cow's milk are not readily assimilated by the human infant, so that one third of the mineral elements of cow's milk is lost in the bowel discharges.

18. In the American Journal of Disease of Children, November, 1917, A.F. Hess, of Columbia University, in a study of pathogenesis of infantile _____, using pasteurized milk for infants about six months, shows instances of _____ occur, and that a cure is brought about when raw milk is substituted. These results seem sufficient to warrant the deduction that pasteurized milk is a causative factor.

A. Scurvy B. Hypo-alkemia C. Hyper-acidity D. Acidosis

19. Discussing "anti-septic in milk" in "The Drug Trade and Cosmetic Industry" (July 1938), Wizaman and Kneiner pointed out that raw, human, and cow's milk do not support the growth of many bacteria, such as diphtheria bacillus, streptococci, and others, or permit but slight growth of these bacteria. The factor in human milk-inhibiting bacteria growth has been given the name _____. These men showed that this factor is inactivated by heating to lower temperatures than those employed in pasteurization. A higher temperature was found necessary to destroy the _____ in cow's milk in seven minutes.

A. Bactins B. Inhibins C. Anti-inhibens D. Anti-bactins

20. True or False: Alcohol finds its way into milk from a mother who partakes in alcohol. Repeated tests have shown that nicotine is contained in mothers' milk of smoking mothers.
21. True or False: Professor Howe stated: "There is good reason to believe that the common practice of confining the diet to too great an extent, as to bread, meat, sugar, potatoes, beans, peas, and breakfast cereals (before birth and during the nursing period), is in no small measure responsible for the failure of many mothers to produce milk, of satisfactory quantity and quality for the nutrition of their infant.
22. True or False: The human infant is the slowest growing animal on earth. Human milk is lowest in protein, and low in mineral matter and fat. Milk of various species is adapted to meet the particular growth needs of each species in a specific manner.
23. True or False: On the 10.0 cc. level, none of the rats fed on raw milk developed polyneuritis, but three fed on pasteurized milk were

severely afflicted. It was found that pasteurization destroys at least 50% of the vitamins found in the original raw milk.

24. True or False: Dirty milk is almost assured by pasteurization, due to the false sense of security created by faith.
25. True or False: It is estimated that almost half of all nursing mothers begin to menstruate as early as the month after birth.
26. True or False: Supplement your own milk with cow's milk or goat's milk, only if you must "nurse up to three years if you can," says Dr. Shelton.
27. Breast-fed babies have a better _____ in life.
28. True or False: Dr. Page stated: "The farmer who wants to raise the best possible animal from the calf, lets the creature suckle in the morning at milking time, and again at night. He is wise enough to feed his calf only twice, and as a result, the calf thrives from birth and sickness is unknown." Why not employ the same healthy habits with infants and children?
29. True or False: Women with tuberculosis should not even try to nurse their children, and any acute or chronic "disease" which deranges the mother's milk should cause her to wean the child. Insanity and epilepsy are listed as reasons for not nursing one's baby.
30. Anger, fear, excitement, rage, etc., may greatly diminish or completely suspend the secretion of milk. Nervous and excitable women are liable to have too much protein in their milk, and this will derange the baby's _____. It is recorded that angry mothers have _____ their children by nursing them. Worry and anger may so derange the milk as to cause convulsions in the baby. Any influence that depresses or excites, or over-stimulates the mother, will ruin her milk and make her baby sick. It is imperative that mothers and mothers-to-be cultivate and maintain _____. A cheerful, optimistic disposition will help to maintain normal function of the milk glands.
31. True or False: There are only two ways of increasing the supply of milk—namely, an improved diet, and the complete emptying of the breast at each nursing. Water-drinking will not help. There are no

drugs to be taken internally or applied locally, and no patented foods that will stimulate milk production.

32. True or False: In the Lancet (London) for May 8, 1937, it is shown that chilblains are practically eliminated when raw milk, rather than pasteurized milk, is used in the diet of children. This is attributed to the higher calcium value of raw milk, or to the improved calcium assimilation when raw milk is used.
33. True or False: The partial coagulation of the protein of milk and its precipitation, the precipitation of the salts of the milk, the practical destruction of the milk albumen as food, and the disturbance of the mineral balance of the milk, renders it very unsatisfactory as a food. Many evils flow from this impairment of the food value of the milk.
34. Orange juice, grape juice, etc., may be given to infants from birth. The two-week-old infant should be given the juice of one-half an orange, about two ounces, undiluted. By the time the child is three months old, it should be taking _____ ounces at a feeding of undiluted orange juice. At six months, it should be taking _____ ounces. Never add sugar or other substances to the orange juice.
- A. 4, 6 B. 3, 6 C. 4, 8 D. 2, 8
35. True or False: Dr. Shelton claims that in some instances, cow's milk is a better substitute than goat's milk, and in other instances, goat's milk is better than cow's milk.
36. True or False: No starchy foods or cereals should be given to children under one year of age. Artificial sweets such as candies, cakes, pies, sugar, etc., should never be fed to children. It goes without saying that all food fed to infants and children should be fresh and pure. But we must remember that even wholesome foods taken in excess become poisonous in the body.
37. True or False: That overfeeding tends to stunt growth is well proven.
38. True or False: Most people have a mania for fat babies; they live to be able to say their baby gains a pound-a-week. This gives rise to excessive feeding. Most of the gastro-intestinal disorders in infants

are due solely to too much nursing, and can be remedied by simply giving the digestive organs a much needed rest.

39. True or False: Before the teeth are fully developed, the saliva of the infant contains a mere trace of ptyalin, the digestive ferment, or enzyme that converts starch into sugar. There is just enough of this ptyalin present in the saliva to convert milk sugar into dextrose. It is this almost total absence of starch-splitting enzymes from the digestive juices of the infant that accounts for the great amount of digestive disorders, which result from feeding starch foods to infants. When starch digestion is impossible, starch fermentation is inevitable. This poisons the baby.
40. True or False: There is only one test for the adequacy or inadequacy of milk, and this is the feeding test. If the child is growing normally and thriving on the breast milk it is receiving, it is quite evident that the supply is adequate. But if it is not growing, it is possible that the supply of milk is insufficient.
41. True or False: A dairy man who knows enough to thoroughly empty the udders of his cows at each milking, will sit by and watch his wife neglect this in nursing her baby, and wonder why her glands "dry up."
42. _____ and _____ food are our richest and best sources of alkaline bases, and should do for the human mother, in the matter of milk production, what they do for other mothers. _____ and fresh, raw, _____ vegetables should form the bulk of the diet of the mother during both gestation and lactation.
- A. Fowl, fish B. Green, Fruits C. Meat, fish D. Fruits, Green
43. _____ changes gradually into true milk, which is thinner and bluer. The flow of milk is usually well-established by the end of the first week, while the complete change is finished by the end of the second or third week.
44. Pregnancy need not result in the immediate weaning of the child. Although usually advised that it can be too much of a drain upon the mother to nourish two lives besides her own, and her breast milk is likely to become too poor and scanty to nourish the baby properly, surely this objection to nursing during pregnancy is valid only if the

mother is eating the denatured slops advised by those who make the objection. Most of the drains blamed on pregnancy and lactation are due to a denatured diet and a lack of _____.

A. Strength B. Food C. Vitamins and minerals D. Hygiene

45. True or False: If cereals are fed to children, only the wheat-grain cereal should be given.
46. True or False: Raw starches are easier to digest than cooked starches, which require more chewing; this probably accounts in part for their greater ease of digestion.
47. True or False: Any normal baby should be able to hold its head erect at four to six days of age; children should be able to sit erect after a week old; children should be able to stand erect after four months old. These were the children of Dr. Howe.
48. Dr. Shelton says that real hunger seldom appears for two or three days after birth, as is evidenced by the fact that the baby will be satisfied by a water diet. During this period nature does not provide real milk, but a secretion called _____, which probably serves several needs of the child, and does not behave merely as a laxative, as it is usually supposed to do.
49. True or False: Dr. Shelton believes that regularity in feeding quickly establishes the "stuffing habit." It teaches the infant to eat at certain times as a mere matter of habit, and not because there is a real demand for food. It prevents the development and regulation of natural desire, which alone is a reliable guide to frequency in feeding.
50. The habit of feeding a baby every two hours, or whenever it wakes up and cries, is a _____ one. Such feeding overworks the baby's digestive organs, and introduces an excess of food into the alimentary tract to ferment and poison the child. It weakens the child, producing diarrhea, colic, skin eruptions and more serious disorders.

A. Acceptable B. Healthy C. Practiced D. Ruinous

51. Dr. _____ stated: "If we ever get onto a rational plan of eating, children up to two years of age will be fed on a exclusive milk diet, with orange or other fruit or vegetable juices."
- A. Shelton B. Tilden C. Howe D. McCollum
52. True or False: It is necessary to observe the same rules for combining foods when feeding these to the child, as when feeding them to the adult. Feed the child three meals a day, including the three nursings, which are simply supplemented with these foods.
53. Children who have not had their sense of taste perverted by sugar, salt, and condiments, will relish plain, uncooked foods. In children, allow _____ eating. Don't season and sweeten their foods to stimulate a false appetite and induce them to overeat. Supply them with plain, wholesome, natural foods and no other kind, and leave it to their natural instincts to teach them to eat foods that are good for them. Set a good example for them to follow.
- A. Good B. Excellent C. Instinctive D. Superior
54. True or False: Man is not what he eats. He is the sum total of the effects of *All* the factors of life. It is necessary for everyone, nutritionists, and physicians, to learn the synergistic relationships that exist between other factors of living and foods. Humans breathe, drink, work, play, exercise, rest, sleep, think, emote, reproduce, misbehave, etc.
55. Berg, Ritter, Truninger, and Liechti have shown that cultivated plants, when "too exclusively manured with nitrogenous fertilizers," or when treated with liquid manure (poor in alkalis), or with ammonium sulphate, are greatly deficient in bases and become positively acid. Foods grown in such soils are not proper foods upon which to feed our bodies and those of our children. In accordance with the Law of _____, the development of our bodies must correspond to the character of the soil from which we feed.
- A. Adaptive Secretions B. Distribution
C. Minimum D. Stimulation

56. The composition of the soil not only determines to a large extent the character of plant development, but it equally determines the _____ of the development of man. Soil culture will finally come to be recognized to be equally as important as _____ culture. Soil is disintegrated rock. From the rock and from humus, or properly decomposed compost, comes the _____ fertilizer for our soils. We Hygienists prefer to be the ones who “enrich” the manufacturers of chemical fertilizers.
- A. Character, soul, finest B. Superior, good, great
C. Natural, natural, natural D. None of above
57. True or False: The application of mineral fertilizers to the soil raises the “ash” content of plants. Stone dust fertilizers have been repeatedly shown to cause worms to cease infecting fruits. The use of stable manure as fertilizers deteriorates their quality, and causes them to become infested with bugs and worms.
58. Beauty and ecstasy of life come from a clear mind and a healthy body. Plain, orderly, abstemious living and high thinking make life more beautiful and good, and add to the joys of living. To abandon these for the flesh-pots of sensualism of their demand to be cured of the results while still in your “_____” while pleasing to the thoroughly commercialized professional healers is a display of “asininity” rather than of wisdom and sound judgment.
- A. Beauty B. Sins C. Ecstasy D. None of the above
59. Animal fertilizers introduce an excess of _____ into the soil. This leaves the plants liable to insect pests, and deteriorates their qualities in every important particular. Luther Burbank stated: “What happens when we overfeed plants, especially an unbalanced ration? Its root system, its leaf system, its trunk, and its whole body are impaired. It becomes engorged. Following this comes devitalization. It is open to attacks of disease. It will be easily assailed by fungus diseases and insect pests. It rapidly and abnormally grows onward to its death.”
60. If the soil is _____, our foods will be _____, and our health and development will be correspondingly _____.