

UNIVERSITY OF NATURAL HEALTH™

BND-108

ADVANCED NUTRITION II

FINAL EXAMINATION

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

The Final Examination will be composed of True or False, Multiple Choice, Fill in the Blanks, Questions and Answers, and a Matching Section. The Answer Sheets on which to write your answers to the Final Examination can be found at the back of each Section of your Final Examination. If you do not have enough space for your answers, please type them onto separate paper, and attach these typed pages to your Answer Sheets. Please **photocopy** your **Test Answer Sheets only**, and send the originals back to the school for grading. Please allow four to six weeks for grading. You may now proceed with your Final Examination.

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FINAL EXAMINATION: SECTION 1

TRUE OR FALSE: Please circle the correct answers on your Answer Sheets **ONLY**, found on the last page of Section 1.

1. The body will not tolerate free acid for a minute, except in the stomach during the process of digestion, when all acids are instantly “bound” with alkalis to render them harmless. The body makes every effort to preserve its alkalinity, for the reason that its cells thrive only in an alkaline medium and cannot possibly thrive in an acid medium.
2. “Is your Boone, my Bane”? Is it true that “one man’s meat is another man’s poison”? Is it true that “we are not all constituted alike”? All men have human constitutions. Every organ and every function in the body of one man is subject to the same laws as are the organs and functions of the body of any other man. The laws of nature do not require one kind of practice in one man, and another and opposite kind of practice in another man. Habits and circumstances that are precisely adapted to the laws of life in one man are practices and circumstances that are precisely adapted to the same laws in another man.
3. Dr. Shelton believes that women who are sickly should never give birth, because chances are their children will be sick, and will not get a fair shake or start in life.
4. The normal ratio between the alkalis and acids of the body is approximately 75 to 25—75% alkali and 25% acid. This proportion is maintained in balance by the so-called “buffer salts”—sodium, potassium, calcium, and magnesium, from which either side is in normal order, and any excess of acids in the body is promptly

neutralized. It is only when there is a deficiency of these salts that trouble may arise, such as wrongly termed acidosis, or the better and more correct term, hypo-alkalinity.

5. Dr. Sylvester Graham believed that cooking was evil.
6. The fact that primitive man ate his foods uncooked is evidence that raw foods are adequate to support life. It is quite probable that the enzymes of raw foods are of use to the body. Research may show that plant enzymes are the sources of animal enzymes.
7. The "un-fired" diet entirely eliminates the fuel bill, in so far as this relates to cooking. It also eliminates much nutritional-related diseases.
8. By denatured foods, we mean foods that have been altered and impaired in the processes of manufacturing, bleaching, canning, cooking, preserving, pickling, drying, ect. They are no longer as well-fitted to meet the needs of the body, as they were in the state which nature prepared them.
9. The needs of children for vitamins, salts and proteins, are relatively greater than those of adults. These things are absolutely indispensable for the processes of growth, and a deficiency in any one of them during the growth period has nutritional consequences. For this reason, it is during infancy and childhood that the most careful attention to nutrition is essential.
10. Experiments by Drs. Howe and Hatch, (1917), in America, and Sir James McIntosh, Warwick, James and Lazarus-Barlow, working together in England, in trying to produce dental carries by using acid-forming bacteria, all resulted negatively. Dr. Howe says that so long as the diet is normal (all elements are supplied to the body), the cause of dental carries, or pyorrhea by fermentation in the mouth, or by feeding or injecting the bacteria believed to be most actively associated with dental carries, is impossible. Building a sound diet, builds sound teeth.
11. No confidence can be placed in the claims for therapeutic virtues in special foods. The theories and claims of those who maintain that foods have certain, specific effects upon certain organs and tissues of

the body have been thoroughly studied and tested by the author and by others. Time and time again, we have prescribed these foods and watched for their alleged effects, and these effects have not shown up in feeding in disease.

12. Howe and others have shown that animals fed on the conventional diet of refined cereals, pasteurized milk or cream, white sugar, meat, egg, bread, coffee, and sweets, with a deficiency of minerals and vitamins, develop rickets, scurvy, etc., and decay of the teeth. If the diet is very bad, the animals develop not only dental carries, but carries of the cranium, ribs, spine, and of the bones of the limbs.
13. Similar to the effort to feed foods in "specific diseases," is the effort to feed special organs of the body. We are told that there are certain foods that feed the eyes, certain foods for the nerves, hair, nails, and brain, and certain foods to fill one with energy, etc. No such food exists. The ensemble of diet must meet the ensemble of the nutritive needs of the body before any organ can be adequately nourished.
14. Each tooth receives its nourishment from the blood, just as do the bones of the body. The teeth are subject to the same laws and nutritional requirements as the rest of man's bones, and are affected for good or ill, by whatever affects the nutrition of the body as a whole.
15. The curative diet (diet of elimination) is rich in minerals and vitamins and is protein-starch-sugar-fat free for the chronic sufferer. The eliminating diet is a fully safe diet for a short period of time.
16. It is essential that we recognize that the nutritive needs of the sick organism vary from the needs of the healthy organism. Greater caution must be observed in feeding or in eating where one is trying to eradicate illness, than if we have only to maintain health.
17. Dr. Trall declared that, "All good, fresh fruits and vegetables are anti-scorbutic," which is equivalent to saying that they are "base-forming," or "anti-acidity." Fruits and green vegetables yield to the blood more activating acids and bases, than all the "nutritious" foods taken together, and yield them with almost no tax upon digestion, absorption and assimilation. These particular acids and bases readily travel to the

blood, and are quickly utilized to build up and repair tissues, to promote immunity and recovery from disease.

18. In pasteurization of milk, the chemistry and physical structures are greatly altered, its vitamins destroyed, its calcium and phosphorous rendered useless, its digestibility impaired, its proteins coagulated and rendered useless, the sugars of the milk are caramelized, and colloids are agglutinated.
19. In view of the superior fitness of mother's milk to nourish the human brain, it comes as no surprise that mentally, breast-fed children are brighter, and superior to bottle-fed children. Bottle-fed babies are more neurotic, have more of the "diseases of childhood," and have a higher death rate. Except for height, bottle-fed babies rank lowest in all physical traits measured.
20. No woman of sound mind and normal instincts would ever think of refusing to nurse a child, if she realized how much more likely it is to live and develop normally, and how much less likely it is to be sick and die when it is breast fed, than when it is bottled-fed.
21. Breasts that are not fully emptied during nursing rapidly dry up. The child should be given one breast at one feeding, and the other breast at the next feeding. See that it completely empties before giving it the other breast. Emptying the breasts at each nursing will increase the quantity of milk.
22. Dr. Shelton states: "In my own practice, I make it a point never to prescribe starch food of any kind for babies less than two years of age. In my own family, I have never fed my children cereals. Cereals are the most difficult of all starches, unless it is beans and peas, to digest." Dr. Shelton believes that cereals are responsible for poor bones and teeth in infants and children fed these types of starches.
23. Feeding a baby at night prevents both the mother and child from sleeping and teaches the child irregularity in sleep. Night-feeding saps the mother's supply of milk, and weakens her normal secretions, resulting in an impairment of her milk, which now affects the child. Feeding at night can also overfeed and sicken the child.

24. Three to four feedings within twenty-four hours are enough for any baby. Babies fed in this way develop faster than those stuffed in the old way. Over-nutrition actually inhibits function, and retards growth and development. No feeding should ever be done between meals.
25. Manure-fed plants means manure-fed minds and bodies.
26. Fruit sugar and levulose are predigested, and ready for instant absorption and use in the body. These are the best sources of sugar for infants, and are found in grapes. Take the required amount of fresh, ripe grapes, and crush them in a vessel. Squeeze the juice out of these and strain. Put it into a bottle and feed it to the child, as you would its milk. Do not dilute the grape juice. Young babies may have four ounces of this at a feeding; older babies, that is, after six months, may have eight ounces. Never cook the grape juice. When grapes are out of season, unsulphured figs, dates or prunes may be used. These should be soaked overnight in the usual way, and then crushed and the juice strained off. This juice should be fed in a bottle, and may be given in the same amounts that the grape juice is given. These sweet fruit juices should not be given with the milk, but three or four hours after the milk feeding.
27. So artificial are we in our habits of thinking and acting, and so afraid are we of food products as nature prepares them, that what else would we think to feed infants than artificial, disease-producing foods.
28. Man is not what he eats, any more than he is what he thinks. He is a complex product of heredity and environment, and into his make-up enters many different kinds and qualities of building stones. He is largely what he lives and what he fails to live. The man who said "Tell me what you eat, and I'll tell you what you are," did not know what he was talking about. Life is too complex to be reduced by such a simple formula.
29. Plants are cross-feeders and thrive best on mineral food. Soil is disintegrated rock (mineral) and vegetable amalgamation (humus). It is clean soil that does not produce weak, watery, unhealthy plants of the food markets. Only mineralized humus will produce clean soil.

30. The food value of vegetables depends largely upon the soil in which they are grown. Continued cultivation depletes and impoverishes the soil, as does the washing away of the soil with water. Prevailing methods of fertilization actually unbalance the soil and introduce into it three or four elements only. Most of the valuable minerals needed by plant life are returned to the soil by commercial and barnyard fertilizers.

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FINAL EXAMINATION: SECTION 1

STUDENT ANSWER SHEET

- | | | | | | |
|-----|---|---|-----|---|---|
| 1. | T | F | 16. | T | F |
| 2. | T | F | 17. | T | F |
| 3. | T | F | 18. | T | F |
| 4. | T | F | 19. | T | F |
| 5. | T | F | 20. | T | F |
| 6. | T | F | 21. | T | F |
| 7. | T | F | 22. | T | F |
| 8. | T | F | 23. | T | F |
| 9. | T | F | 24. | T | F |
| 10. | T | F | 25. | T | F |
| 11. | T | F | 26. | T | F |
| 12. | T | F | 27. | T | F |
| 13. | T | F | 28. | T | F |
| 14. | T | F | 29. | T | F |
| 15. | T | F | 30. | T | F |

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FINAL EXAMINATION: SECTION 2

MULTIPLE CHOICE: Please circle the correct answers on your Answer Sheets **ONLY**, found on the last page of Section 2.

1. The _____ action of the digestive enzymes, the careful _____ of their secretion, and the _____ of the strength and character of the digestive secretions to the character of food upon which they are to act, was observed in a study of the processes of digestion. The more these processes are studied, the more obvious proper food combinations become necessary for good digestion, and the more it appears to be utterly impossible to digest the conglomeration that makes up the usual meal of the average man and woman.
 - A. Specific, timing, adaptation
 - B. Sturdy, manipulation, unusual
 - C. Specific, timing, determination
 - D. Determinative, timing, power

2. The enzyme, _____, acts only in an alkaline medium; it is destroyed by a mild acid. Fruit acids not only prevent carbohydrate digestion, but they also favor their fermentation. This means to avoid eating banana bread. Oxalic acid, diluted to one part in 10,000, completely arrests the action of _____. There is enough acetic acid in one or two teaspoonfuls of vinegar to entirely suspend salivary digestion.
 - A. Lipase
 - B. Erepsin
 - C. Amylase
 - D. Ptyalin

3. Do not eat nuts, meat, eggs, cheese, or other protein foods, at the same meal with bread, cereals, potatoes, sweet fruits, cakes, etc., as this would violate the _____ - _____ combination rule.
- A. Protein-carbohydrate
 - B. Fat-starch
 - C. Carbohydrate-starch
 - D. Protein-sugar
4. Candy, sugar, etc., greatly inhibit the secretion of the _____ juice and delay digestion. They are very depressing to stomach activity.
- A. Stomach B. Gastric C. Saliva D. All of the above
5. Oranges, tomatoes, lemons, pineapples, etc., should not be eaten with meats, eggs, cheese or nuts, as this would violate the _____ - _____ combination rules.
- A. Starch-protein B. Protein-starch
 - C. Sugar-acid D. Acid-protein
6. Digestive work in the _____ proceeds in this manner: a few minutes after the completion of a meal, we may picture the _____ contents as being acidified near the surface, the acid slowly making its way inward, but having a neutral or even alkaline central portion. Salivary digestion will be continued in the steadily diminishing region not yet reached by the acid, and will cease only when the gastric secretion from one wall of the _____ meets that from the other. We can see here the practical application of the limitations of the digestive enzymes at work, especially when swallowing food en mass. We can see how the alkaline saliva impedes the work of pepsin, while this big mass of food sits in the _____, which would be reduced to a minimum if proteins that require little insalivations, were eaten alone. Also, it is not true that gastric juice is decidedly acid. It is sometimes strongly acid, sometimes very weakly acid, depending upon the character of food eaten.
- A. Duodenum B. Intestines C. Stomach D. Colon

7. To a _____ article of food that is a starch-protein combination, the body can adjust its juices, both as to strength and timing, to the digestive requirements of the food. But when _____ foods are eaten with different, even opposite, digestive needs, this precise adaptation of juices to requirements becomes impossible. If bread and flesh are eaten together, instead of an almost neutral gastric juice being poured into the stomach during the first two hours of digestion, a highly acid juice will be poured out immediately and starch digestion comes to an almost abrupt end.
- A. Double, two B. Single, three
C. Single, two D. Specific, two
8. _____ should not be consumed with other foods, but by themselves. These quickly decompose and must quickly exit without being occluded; otherwise, severe indigestion will result.
- A. Starches B. Proteins C. Carbohydrates D. Melons
9. Sweet fruits with starch results in much _____.
- A. Fermentation
B. Proteins
C. Fats
D. All of the above
10. Green vegetables combine well with all proteins and starches, but not with _____.
- A. Fruits B. Milk C. Fats D. Carbohydrates
11. _____ remain long in the stomach when taken alone, and when combined with other food stuffs markedly delay their exit through the pylorus. Under normal circumstances, starches are retained in the stomach a relatively short time. By delaying the passage of starch from the stomach into the intestine, due to the presence of _____, we are affording excellent opportunity for fermentation, especially in the case of those who are enervated, or otherwise possess weak digestive powers.
- A. Fats B. Proteins C. Carbohydrates D. Cellulose

12. Eggs combine well with _____ and poorly with milk, starches, sweets, protein acid foods, butter, cream, oils, and lard.
- A. Fruit sugars B. Acid proteins
C. Green vegetables D. None of the above
13. Do not combine flesh and milk, flesh and eggs, or eggs and milk. Why? The strongest juices of flesh are poured out in the first hour of digestion, while the strongest juices of milk are poured out in the _____ hour, and eggs require a different _____ of strong juices poured out than both milk and flesh.
- A. Last, timing B. First, time
C. Second, adaptation D. Second, timing
14. Do not combine vegetables, proteins or starches with fruits, except _____ with citrus.
- A. Carbohydrates B. Nuts C. Fats D. Sweet-fruit
15. One of the greatest causes of gastro-intestinal decomposition are _____ combinations.
- A. Good Food B. Possible food C. Acceptable Food D. Bad food
16. Pomegranates, kiwi fruit, kumquats, and sour fruits are classified as _____ fruits.
- A. Acid B. Sub-acid C. Sweet-acid D. None of the above
17. The "calorie fetish" of feeding wrong mixtures of foods leads to the _____ of foods in the stomach, which turns out poisonous products such as carbonic-acid gas, alcohol, ammonia, bacterial acids, etc. In order to neutralize, isolate and eliminate these poisons, the body is forced to draw upon its precious vital reserves. Such food mixtures not only fail to yield up their calories and vitamins to the body in full measure, but they _____ it of its reserves.
- A. Elimination, deplete B. Elimination, rob
C. Decomposition, rob D. Decomposition, protect

18. Cereals should be combined with _____ vegetables, but not with acid-fruits, proteins, sweets, or milk.
- A. Starchy B. Fat C. Oily D. Green
19. _____ are best with salads, and fair with sub-acid fruit or starch.
- A. Nuts B. Meat C. Avocados D. Tomatoes
20. Beans, peas, lentils, peanuts, coconuts, chestnuts, wild rice, and all grains are _____-_____, and combine well with _____.
- A. Starch-protein, acids B. Protein-starch, starches
C. Starch-protein, fats D. Starch-acid, sugars
21. Cooking _____ proteins of milk, eggs, meat, etc., making them tough, and with the exception of egg protein, less digestible, while impairing their food values.
- A. Hardens
B. Coagulates
C. De-aminizes
D. All of the above
22. Butter substitutes such as oleomargarine and the hard, white, "hydrogenated vegetable shortenings," commonly used in frying and baking, are _____ substances which the body can't metabolize.
- A. Pernicious
B. Toxic
C. Poisonous
D. All of the above

23. Simple, prolonged heating of foodstuffs, especially at high temperatures or under pressure, produces the following effect (s):

- A. Disamination
 - B. Decomposition of sulfur groups
 - C. Metamorphosis of metaphosphates and pyrophosphates in to Orthophosphates.
 - D. De-aminization of amine compounds.
 - E. All of the above
24. Cauliflower is sometimes categorized as mildly starchy, but with starch content lower than broccoli (5.9%), and Brussels sprouts (8.3%), it properly belongs in the _____ - _____ category.
- A. Starchy-plant B. Green-vegetable C. Non-Starchy D. Non-plant
25. All the secretions of the digestive tract such as saliva, hydrochloric acid, bile, pancreatic juice, and intestinal juice, are _____, or _____. Gastric juice possesses an anti-fermentative power to prevent bacterial decomposition in food. The same is true of bile. The hydrochloric acid of the stomach, together with pepsin, the Trypsin of the pancreatic juice, and perhaps the intestinal juice, are normally very destructive to germ life, digesting germs readily as those in meat or bread. They resist and prevent bacterial decomposition in this garbage, and attempt to digest it. But complete success in either of these efforts is impossible. Digestion cannot be perfect, and bacterial decomposition is inevitable. Such bad mixtures of foods are better designed to poison than to nourish the body.
- A. Acid, alkali
 - B. Antiseptic, bactericidal
 - C. Anti-neuritic, bactericidal
 - D. Aseptic, bactericidal
26. White flour, denatured cornmeal, polished rice, and all other denatured or de-mineralized foods have lost most of their _____. Beans and peas, cooked, lose 10% to 30% of their solids.
- A. Weight B. Solids C. Minerals D. Cellulose

27. Peas in the pod, lima beans, and mature green beans in the pod, are _____ vegetable proteins, and are classified as starches, except mung bean sprouts, which are classified as green vegetable starch-protein.
- A. Green B. Mild C. Low D. High
28. Meats roasted in an oven or otherwise, and get too hot and too black on the outside, contain formed _____. _____ are irritants known to form tumors and cancers.
- A. Hydrogenated oils B. Tars
C. Hydrogenated products D. Fatty-acids
29. Cheese and eggs are _____ proteins and are not recommended to eat, except in the case of raw milk or raw cheese. If one chooses to eat raw milk or unprocessed cheese, it should be the exception to the rule in frequency.
- A. Non-animal B. Animal C. Lacto-ova D. Ova
30. Berg points out that a mixture of equal parts of soybean, wheat, wheat bran, sunflower seeds, and rye meal (a mixture which is perfectly adequate in the crude, uncooked state), proves conspicuously _____ after it has been made into a paste with water and then baked.
- A. Adequate B. Sufficient C. Inadequate D. Unpalatable
31. Combine all grain sprouts as _____.
- A. Complete protein B. High starches
C. Mild starches D. Starch-protein
32. Cooking renders starches less digestible, and more prone to _____.
- A. Putrefaction B. Fermentation C. Insects D. Bacteria
33. Toasting bread _____ rather than dextrinizes.
- A. Hardens B. Ferments C. Crystallizes D. Charcoalizes

34. The "unfired diet" saves the chef _____ and _____. He or she is no longer a slave to the duties before and after cooking foods.
- A. Time, energy
 - B. Time, money
 - C. Fuel, time
 - D. None of the above
 - E. All of the above
35. Cooking changes the flavor of foods and renders them less _____.
- A. Palatable
 - B. Tasty
 - C. Flavorful
 - D. All of the above
36. Ralph E. Sunderland, a chemist and food scientist, declares _____ to be the chief destroyer of foods. "The same elements (the sixteen chemical elements composing the human body), are composed parts of technically 'fertile' soil in which they are present in inorganic form, and as such are not assimilable by the human body, else we could look directly to the soil for our substance. (The only difference being that the dead, inorganic food that has gone through many transformations to be food fit for humans is what differentiates it from the raw soil). In order to convert these inorganic elements, or minerals, into a form which can be assimilated by the human body, it is necessary for nature to create from the soil, vegetation in which these same elements are present in organic form. In vegetation they remain organic, until by _____ they return again to their original, inorganic form, ready to produce more vegetation."
- A. Bacteria B. Insects C. Disease D. Oxidation

37. The general loss of total nutriments in cabbage cooked in water was _____, of its dry matter, _____, of its protein, _____, of its calcium, _____, and _____ of its iron. When one eats cooked cabbage, he is getting only _____ of the value of raw cabbage, say nothing of the vitamin loss. Even the steaming process of cooking cabbage shows losses of from _____ to _____ of the food elements.
- A. 60%, 62%, 72%, 60%, 67%, 33%, 22%, 43%
 B. 60%, 62%, 72%, 60%, 57%, 33%, 22%, 43%
 C. 60%, 62%, 72%, 60%, 58%, 33%, 22%, 33%
 D. 60%, 62%, 72%, 60%, 47%, 33%, 22%, 43%
38. Studies of the foods served to patrons of restaurants have shown that the average loss of vitamin C from vegetables is _____; of thiamine _____. Heating and cooking them in water, then throwing away the water accounted for losses. An additional loss of about _____ of the vitamins occurs when the vegetables are held for long periods on the steam table before serving them.
- A. 35%, 25%, 25% B. 45%, 35%, 15%
 C. 45%, 35%, 25% D. 25%, 35%, 25%
39. Barnes and Hume showed that the drying of milk reduces its anti-scorbutic efficiency to about _____ of its original capability. Young monkeys fed on a diet of this milk develop infantile scurvy. There are almost the same results on Guinea pigs except theirs is typical scurvy.
- A. 30% B. 60% C. 20% D. 40%
40. We must supply ourselves and our children with _____ nutritive substances, and these can only come from nature. Neither the chemist, nor the food manufactures can provide _____ nutrition. In nature's products are the requisites of _____ nutrition. All the sources of vigor and all the means of resisting pathogenic (disease producing) causes, are found in natural products, as these come from the hands of nature.
- A. Ample B. Average C. Superior D. Sufficient

41. Cooking foods and processing them, such as refining, sterilizing, preserving, pickling, flavoring and coloring, all tend to devitalize them. When such substances thus treated, (they are practically the only kind obtainable today in the modern eating places), they are about _____ unchanged. The nourishment obtained from the _____ keeps one alive for a few years; the poison consumed from the other _____ keeps one sick most of the time.
- A. 25%, 25%, 75% B. 30%, 30%, 70%
C. 40%, 40%, 60% D. 20%, 20%, 60%
42. _____ foods possess their vitamins, enzymes, salts, acids, carbohydrates, proteins and fats in the organic and unimpaired state in which nature produces them. The necessity for _____ them insures tasting them to the fullest, and this assures the proper adaptation of digestive juices to the character of the food. It also tends to prevent overeating.
- A. Cooked, chewing B. Cooked, swallowing
C. Uncooked, chewing D. Good, chewing
43. In making fruit salads, the fruits should be used whole, or cut into large pieces. Cutting and slicing fruits _____ them, which means vitamin loss.
- A. Coagulates B. Oxidizes C. De-aminizes D. Disaminizes
44. British investigators have found that when lettuce is shredded, it loses _____ of its vitamin C within one minute.
- A. 70% B. 80% C. 90% D. 60%
45. Uncooked fruits, nuts, vegetables, and whole grains were not only "protective" foods to Graham, Trall, Allcott, Densmore, Page, and others; they were _____; indeed, they represented the best and highest form of _____ material.
- A. Nutritive B. Spiritual C. Stimulating D. All of the above

46. Our organs of digestion are made to perform their exercise and work of digestion. If they don't, like any other organ that gets no exercise, they weaken and atrophy, which means we should look with much suspicion upon all substitute foods as "_____-_____" foods. We can no more strengthen good digestion by eating "_____-_____" foods, than we can strengthen a weak arm by refusing to exercise it.
- A. Ripe-canned B. Pre-digested
C. Amino-acid D. Cooked-fruit
47. Butter, cream, or oil served on vegetables, should be added (when) _____, and not while cooking. Fats should never be cooked.
- A. Available B. Prior to C. Serving D. Prepping
48. Mar. Fredericks, a bio-chemist, points out the complementary action of the vitamins. We need not just the vitamin B complex, but _____ vitamins, which _____ co-operate together with _____ minerals needed to help each other in the complete utilization process of each other. Vitamins and minerals work synergistically. It can't be made clearer than that. Unity, not separateness, is what is needed in order to understand the relationship of humans to minerals and vitamins. A large, raw salad supplies _____ of the vitamins and minerals known, and unknown to us in organic, acceptable form in the nutritive process.
- A. Most B. Some C. Nearly all D. All
49. Do not _____ the rules of food combining within a salad or with the salad and the rest of the meal. A tomato salad with a starch meal _____ the rule combining acids with starches. Lemon juice on a salad with a protein meal _____ the hygienic rules against taking acids and proteins together. The addition of cheese or nuts to salads is permissible only if these foods are to form the protein of the meal. If eggs are to be added to a salad this should be done only when eggs are to be used as a protein meal alone. You must not _____ food combining rules when eating your salad, less suffers indigestion and their poisonous by-products.
- A. Honor (s) B. Observe (s) C. Obey (s) D. Violate (s)

50. Salad vegetables should not be broken, diced, hashed, cut, sliced, etc. This causes vital losses by _____. Analyses for vitamin C showed that about _____ of this is lost during the six minutes required to shred the cabbage, and an additional loss of _____ occurs in the 10 minutes required to mix a dressing for the salad. The additional loss, when the cabbage was chopped rather than shredded, was _____. The finer the cabbage is shredded or chopped, and the longer it stands before eating, the greater is the loss of this vitamin. Grating either raw apples or raw potatoes causes a complete disappearance of vitamin C. The mere act of chewing these foods causes the destruction of _____ of their vitamin C.
- A. Oxidation, 10%, 4%, 4%, 50%
B. Oxidation, 10%, 4%, 4%, 40%
C. Oxidation, 20%, 4%, 4%, 50%
D. Oxidation, 50%, 4%, 4%, 50%
51. _____ should be cooked in their juices with barely enough water to prevent burning and their juices should be served with them. The more that food is cooked, the deader it is. It should be eaten raw or slightly cooked. Thoroughly cooked—"dead"—foods may build the body, but they can never vitalize it.
- A. Meats B. Vegetables C. Fruits D. Fish
52. The drying of cabbage and carrots greatly impairs their ascorbic qualities. The vitamin C quality of cabbage is wholly destroyed at 110° degrees. Dried potatoes are also deficient in vitamin C. Dried cabbage, when stored for _____ or _____ weeks, has its vitamin C reduced by about _____. Three months of storage completely destroys its antiscorbutic qualities.
- A. Four, five, 90% B. One, two, 80%
C. Two, three, 90% D. Three, four, 90%
53. In the process of denaturing and making flour out of wheat grain, the outer coat of the grain is removed. This removes _____ of the calcium of the wheat, much of the phosphorus, and _____ of the iron and much of the other minerals of wheat. The process also removes _____ of the thiamine and niacin, and _____ of the riboflavin. Much

protein of the wheat is also cast aside by the milling process, and the protein thus lost is of better quality than that in the heart of the wheat. The farmer feeds these “cast-off” portions of the wheat to their horses, cows, pigs, chickens, and other animals. He’s no fool.

- A. 75%, 80%, 87%, 75%
- B. 80%, 75%, 75%, 87.5%
- C. 87.5%, 75%, 75%, 80%
- D. None of the above

54. The less you cook vegetables, the better. They should be heated or steamed, but just enough so as not to significantly change their natural shape or color. The use of aluminum, stainless steel, or Teflon, is not advocated. Aluminum combines with the acids in the foods, forming poisonous aluminum compounds. Stainless steel cookware contains nickel and chromium that leach into the foods when used. Teflon is highly poisonous, as it contains fluorine and gives off poisonous gases under certain conditions. Opaque and fine baked glassware have _____ strikes against them. Good quality enamel cookware with tight lids allows for steaming vegetables, using very little water. If the enamel is chipped, however, it is best to discard it, since lead is leached into the food.

- A. No known
- B. Leached
- C. Etched
- D. Melted

55. The mere process of “_____” (pasteurizing) milk, and this is done at a comparatively low temperature, causes the calcium, magnesium, and carbon phosphate it contains (a salt indispensable to the up-building of bones), to break up into its constituent salts, and three of these—calcium phosphate, magnesium, phosphate, and calcium carbonate—are practically insoluble, and their usefulness is greatly impaired. “There is also a partial coagulation of the milk protein, the coagulated portion being precipitated with the salts,” adds Dr. Howe.

- A. Homogenizing
- B. Neutralizing
- C. Sterilizing
- D. Heating

56. There are _____ times as many minerals and vitamins in the green leafy tops of radishes, beets, turnips, and carrots than the radish, beet, turnip, and carrot without the leafy tops.

- A. Three
- B. Four
- C. Five
- D. Seven

57. _____ manifests itself not only in a failure to gain in height and weight, but in many other ways. Many fat children suffer from _____, and even normal looking children may be suffering from this condition. The more common symptoms of _____ are a dry skin which is either pale or wax-like or else sallow or pasty or earthy in appearance; dry, rough hair, brittle nails; blue circles or dark hollows under the eyes, with a pale, colorless, mucus lining of the eye lids; loose skin, flabby, underdeveloped muscles, round shoulders, fatigued posture, prominent abdomen, irritability, listlessness, inattention, "laziness," undue mental and physical fatigue, mental backwardness, lack of natural inquisitiveness, lack of concentration, and finicky about food. Borderline conditions of _____ commonly pass for healthy conditions.

A. Disease B. Attrition C. Underdevelopment D. Malnutrition

58. In grains, the vitamins are chiefly in the germ, and the minerals are in the outer layers. All the _____ are necessary to sustain life, and no portion of the plant should be thrown away. If the grains are ground up and their millings, bran and germ, are thrown away, all the vitamins and nearly all the minerals are discarded. If we dig out the eye of the potato and peel the potato, we lose practically all the minerals and vitamins.

A. Foods B. Elements C. Minerals D. Vitamins

59. Dr. Weger says: "_____ nutrition means starvation, whether it be in the infant that is fed more because it cries from already having had too much, or in the adult who gluttonizes because he is drunk on food and craves more stimulation of the same sort." When parents and physicians accept this fact and act upon it, children will be more healthy and will develop more beautifully.

A. Overcrowded
B. Overburdened
C. Overloaded
D. All of the above

60. McCann says: "When phosphorus _____, the iron _____. When the iron _____, the calcium goes. When the calcium _____, the potassium _____. When these substances _____, the vitamins _____ with them, leaving the starches and the gluten behind. Starches and gluten do not themselves sustain life, and do not protect health.
- A. Conflicts, conflicts, conflicts, conflicts, conflicts, conflict, conflict
B. Goes, goes, goes, goes, goes, go, go
C. Arrives, arrives, arrives, arrives, arrives, arrive, arrive
D. None of the above
61. "Orthodox" food scientists tell us that we can eat white flour, white sugar, polished rice, etc., and "offset" the deficiencies in these by eating green vegetables and fruits. We are still left with a big problem, and that is of finding room in our stomachs and wallets to eat the necessary amounts of "offsetting" foods to make up the deficiencies. Even if our diet is half _____ and half natural, the excess in the natural foods will not be sufficient to compensate for the deficiencies of the _____ half. There can be no sensible defense of the _____ practice.
- A. Alive B. Denatured C. Cooked D. Bad
62. One of the causes of malnutrition is a "_____" cause, which is defined as a lack of fresh air, sunlight, too hot or too cold houses, and mental over-fatigue and physical over-fatigue. Physical over-fatigue is said to be due, usually, to too much hard play. The more than two million children employed in poorly ventilated, poorly lighted mills, factories, and sweat shops in this great land of "progress" and "prosperity," are not likely to play too hard. "_____" causes are insufficient sleep due either to excitement or improper food, or lack of rest or sleep. Add nagging, scolding, or whipping and slapping of children, over-clothing, too much handling (especially of infants), smoking by older members of the family in the house, drugs, serums, vaccines, surgical operations, etc. These are all "_____" causes that must be changed to eliminate malnutrition.
- A. Social B. Diet C. Food-induced D. Stressful

63. Relative to nutritive deficiencies, dieticians rarely give any attention to factors and influences, which might hinder the body's ability to utilize the elements from its _____, even though the _____ is perfect.
- A. Minerals B. Patient C. Food D. Body
64. _____ is the term misapplied to a lessened alkalinity of the body fluids. The fluids of the body are normally slightly alkaline. A lowering of the alkalinity of these fluids is more properly termed hypo-alkalinity.
- A. Hypo-acidosis B. Halitosis C. Acidosis D. Alkalosis
65. Rats fed cooked meat, grain, and tubers live about one year. Rats fed milk and cabbage, along with meat grain and tubers live three years. Food does determine _____.
- A. Longevity B. Health C. Ill Health D. Age
66. Since we supply acids and alkalis to our bodies through food, the matter of balance between acid foods and alkali, or base foods, is important. If an excessive amount of acid food is eaten, the blood is forced to draw upon its alkaline reserve, its "buffer salts," in order to maintain its normal alkalinity. When we have taken more acid into the body than we can "bind" without sacrificing some of the bases of the tissues, blood alkalinity falls below the normal level and we have _____.
- A. Acidosis B. Alkalosis C. Hypo-alkalinity D. A and C
67. All organic acids produced by the body, and all mineral acids deplete the _____ reserves of the body. The normal processes of life produce acids in the form of waste, and the body's bases are consumed in neutralizing them.
- A. Acid B. Neutral C. Protein D. Alkaline
68. Ragnar Berg stated: "All _____ food (vitamin, mineral pills, dry grasses and weeds, etc.) preparation are more or less unbalanced,

simply because the fundamental knowledge necessary for their manufacture is entirely lacking. (Man has yet to figure out Mother Nature's formula of living foods). Only living plants can give us all the factors necessary for the maintenance of health." He further says: "Physiologically, we have not the slightest idea how many, or in what proportion, mineral and vitamin substances are required by the human being."

A. Real B. Artificial C. Genuine D. Living

69. The _____-ash foods are fruits (except cranberries, prunes, and some plums); all green vegetables and mother's milk in infants, fats and oils are classed as neutral foods.

A. Acid B. Neutral C. Hypo-alkaline D. Alkaline

70. What is not _____ me, is _____ me. If we live by this rule it will easily be possible to cultivate proper attitudes toward a hygienic dietary practice.

A. Toward, by B. Loving, playing
C. Bothering, hurting D. For, against

71. In beginning to reform one's diet, what Dr. Jennings called a "_____ _____," is the sum total of an individual's unimpaired, unperturbed instincts and reflexes. The individual who is so fortunate to possess one, is in much less danger of violating physical law than one who does not.

A. Good metabolic disposition
B. Good physical disposition
C. Good physical conscience
D. Good psychological conscience

72. A _____ can be defined as the renovating and readjusting processes that must follow a reform in living, as accomplished by the tearing down and casting out of these non-ideal tissues. New and more ideal tissues take their places. The body is renewed. This process of readjustment is not always smooth, as aches and pain, loss of weight,

skin eruptions, etc., may result. These renovating _____ are seldom severe and are always followed by better health.

A. Anabolism (s) B. Fast (s) C. Crises D. Disease (s)

73. Dr. Shelton states: "From years of experience, the easiest way to make the transition from the old and unwholesome mode of eating to the new and hygienic mode of eating, is to first undergo a _____. Cleansing of the system, nervous, readjustment, repair of damages, and fading away of cultivated and abnormal longings and cravings, are much more rapid in the _____ than while eating."

A. Grape fast B. Orange fast
C. Grapefruit fast D. Fast

74. The juices of _____ and other vegetables added to a meal greatly increase the gastric secretion. Not only do they cause more gastric juice to be poured out, but the enzymic content of the juice is markedly raised, hence, the wisdom of feeding an abundance of green vegetables with protein foods. _____ juice completely neutralizes and counteracts the inhibiting effects of fat upon gastric secretion and motility and, as before stated, even small amounts of some fats slow down gastric secretion.

A. Kale B. Cabbage C. Broccoli D. Cauliflower

75. A _____ established appetite which is in reality nothing but a _____ longing of enervated nerves for their accustomed stimulus, which they receive by means of food, is not satisfied when the body has received sufficient food to meet its needs, but is satisfied only when the nervous system has received enough stimulation to bring it up to its ordinances tone. When this stage has been reached, it is all but impossible to avoid overeating. He is now a food addict and his appetite is a despotic, even painful master. He has a powerful and painful craving or longing of an outraged and diseased nervous system, not for food, but for the accustomed _____ stimulant.

A. Morbid B. Good C. Excellent D. Superior

76. Heart diseases, arteriosclerosis, diabetes, Bright's disease, cancer, etc. These are the endings of those who live by "_____ of three squares plus and go by their appetites.
- A. The Belly's Gospel B. The Devil's Cook
C. One's Jaded Appetite D. One's Gluttonous Appetite
77. _____ stated: "A drunkard may reach old age, but a glutton, never."
- A. Graham B. Jennings C. Shelton D. Trall
78. _____ should be eaten in their natural state of uncooked, unsalted, and unseasoned condition and eaten whole. It is not wise, save in certain exceptional circumstances, to extract and take only their juices. Fresh _____ are superior to dried _____. Canned _____ are practically valueless and often are only confections (sugar).
- A. Fruits B. Meats C. Nuts D. None of the above
79. Exclude table salt, pepper, condiments, cloves, spices and dressings, from your diet. They are one and all _____. They pervert the sense of taste, retard digestion and induce overeating. _____ condiments are potent factors in producing cancer of the stomach.
- A. Unhealthy B. Irritating C. Distasteful D. None of the above
80. Eggs and flesh have a tendency to putrefy in the intestine. Flesh is a fruitful source of _____ contamination. Alimentary allergy is almost wholly a reaction against foods of animal origin.
- A. Toxic B. Liver C. Parasitic D. Protein
81. Women whose _____ for something sour during pregnancy, and who insist on satisfying this _____ with pickles, vinegar, etc., rob their body of calcium instead of supplying this needed element. Those who satisfy their _____ for sweets by eating candy, sugar, etc., instead of eating dates, figs, raisins, bananas, etc., are thereby assisting in the calcium depletion of their body. White sugar, is a calcium thief.

- A. Craving (s) B. Lack (s) C. Disdain (s) D. All of the above
82. Civilized mothers' inability to nurse their babies is due to two or three generations existing on a _____ diet. Defective nutrition may even lead to degeneration of the mammary glands with resulting changes in the composition of the milk.
- A. Cereal B. Vegetable C. Meat D. Denatured
83. If the mother's diet does not contain sufficient _____, the fetus will draw upon her blood and tissues for its supply. Many anemic women improve during pregnancy, but if the mother's diet is lacking in _____, there is a tendency to anemia during the latter months of pregnancy. Good, healthy sources of _____ are sorrel, lettuce, black salsify, and spinach, but all green vegetables are well supplied with this element. Fruits and nuts are lower in _____ than vegetables, but contain sufficient amounts to meet the needs of the mother and baby. Asparagus, artichokes, and kale are high in _____ content.
- A. Calcium B. Iodine C. Iron D. B-12
84. A shortage of intelligence of the baby may be alleviated when it is recognized that the physical and chemical surroundings of the _____ prior to birth, may hopelessly condition that _____ into idiocy after birth; that the expectant mother probably does require Hygienic food and health care for the developing embryo in order to produce children of high intelligence; that the vicious food conditions, the sanitation and hygiene, the brutality of many homes, appear to be the conditioners of morosity and border line dullness, and rapidly developing intelligence must be stimulated on all levels incessantly, if it is to come to full development. Supplying the _____ birth with superior nutrition prior to birth will give the child the best chance at superior intelligence.
- A. Growing fetus B. Germ plasm
C. Fetus plasm D. None of the above

85. The _____ glands manifest great energy in extracting the needed materials, whether fats, proteins, sugars, minerals or vitamins, from the tissues of the mother and the mother's source of milk does not "dry up," so long as the mother's organism can yield up the requisite materials for its production.
- A. Thyroid B. Female C. Mammary D. Ovarial
86. McCollum stated: "There is good reason to believe that the common practice of _____ the diet to too great an extent to bread, meat, sugar, potatoes, beans, peas and cereals, (before birth and during the nursing period), is probably responsible for the failure of many mothers to produce milk of satisfactory quantity and quality for the nutrition of their infants."
- A. Confining B. Allowing C. Expanding D. Furthering
87. Sugar can hurt the _____ only by entering the stomach and blood and perverting metabolism. Free sugar (commercial sugar) possesses a strong affinity for calcium. When eaten in considerable quantities, it leaches the tissues, including the _____, of their calcium. Dr. Howe states that, "only when general derangement follows sugar feeding do carries occur." Starches, sugars, including candies, and syrups must be eliminated from the diet in treating _____ and gum disease such as pyorrhea.
- A. Bones B. Teeth C. Tissues D. Structures
88. Dr. Howe states: "The deficiencies which manifest themselves in the _____ apparatus of the child are generally, in part at least, results for deficiencies in the diet of the mother before the child is born and inappropriate feeding of the infant.
- A. Dental B. Bone C. Structures D. Mouth
89. Mrs. Mellanby, of England, declares, "The more _____ that are eaten, other things being equal, the worse formed are the teeth. I think these apply to all _____ and to all _____ foods, but particularly apply to all denatured _____. The present diet of civilized peoples is largely acid-forming, and the excess of the acid radicals in our diet

makes a great demand on the alkaline bases of our bodies. _____ can be truly called 'the staff of death.' " They are responsible for many early and later.

- A. Dead food B. Cereals
- C. Bone foods D. Life diseases calcium foods

90. So long as we forget that teeth are related to the other parts of the body, we cannot hope to find the cause of tooth decay, and we shall continue to fail in our efforts to preserve teeth. _____ of the teeth is merely part of the health of the whole body. Health of the teeth is part of the health of the whole body.

- A. Disease
- B. Part
- C. Wholeness
- D. All of the above

91. The _____ diet is as near protein-starch-fat free as can be fed, in order to enable the body to use up and throw off its surplus of these elements. It is also rich in organic salts and organic acids, thus supplying to the body an abundance of alkalinizing elements, so that "acidosis" is overcome, and the accumulated toxins in the body are prepared for elimination and thrown out.

- A. Vegetarian B. Lacto-Ova Vegetarian C. Eliminating D. Fast

92. _____ fruit diets are often distressing to patients with hyper-acidity. They are also often hard on nervous patients, making them irritable and preventing them from good sleep. In rare cases, the acids seem to get into the lymph unchanged and cause skin eruption. In cases of this kind, other diets are preferable.

- A. Sub-Acid B. Acid C. Sweet D. Honey

93. The _____ diet consists of living for several weeks at a time on nothing but grapes, swallowing the seeds and skins. Dr. Shelton claims much success with this diet. It is not a specific for cancer.

- A. Grape B. Banana C. Orange D. Date

94. The term "_____" as commonly employed, means gluttonous indulgence in unhealthful dishes. When those who thus eat become bloated, masses of disease or attenuated wrecks of prematurely worn-out bodies, they are said to be victims of "_____." The term implies that it is vulgar to eat plain, wholesome foods, and stay well.
- A. Living high B. Low living C. High living D. None of the above
95. The _____ diet, or the diet of maintenance is rich in minerals, vitamins, carbohydrates, but poor in proteins, for the healthy adult individual.
- A. Mono B. Curative C. building D. Mature
96. Patients should not be fed according to any arbitrary standards, such as that they need and must have 3,000 calories each day, or that they need and must have so many ounces of protein a day, but according to their abilities to _____ the food consumed.
- A. Excrete B. Eat C. Catabolize D. Utilize
97. In relationship to "specific foods for specific disease," Dr. Harry Finkel comments: "It is to be hoped that future doctors will learn the medicinal value of each particular food and prescribe it in the same manner he does drugs. 'Apricots for nausea,' 'obesity and constipation,' 'beets for kidneys and bladder,' 'cucumbers to purify to blood,' 'pineapple for soar throats,' 'leeks for coughs, colds and insomnia,' 'spinach and beet tops for anemia,' 'olive oil for gall stones,' 'lemons and grapes for cancer,' 'celery and fish for nervous troubles, etc.' " This is a system of _____.
- A. Allopathic medicine B. Homeopathic medicine
C. Naturopathic medicine D. Hydropathic medicine
98. It is folly to attempt to remedy nutritive failures resulting from any or all unnatural conditions, by feeding concentrated vitamins and minerals. The body's ability to absorb and utilize these substances is not increased by having them forced upon it in concentrated form or in increased amounts. These substances are not _____ in the absence

of proteins, carbohydrates, and fats. The only rational plan produced that permits health to return is the return of healthy, normal digestion, absorption, and assimilation.

A. Available B. Used C. Colloidal D. Crystallized

99. A milk diet produces constipation in about _____ of those who employ it, and diarrhea in perhaps _____. It causes gas, abdominal distention, and discomfort. It causes nausea in many, bowel impaction and catarrh, increased blood pressure, taxes the heart, liver, stomach, kidneys, intestine, lungs and glands of the body. Most patients gain weight rapidly on it. It completely wrecks many patients.

A. 70%, 20% B. 80%, 10% C. 85%, 15% D. 70%, 10%

100. Over-emphasizing particular food _____ such as proteins, vitamins, or minerals, is a mistake. Ideal nutrition is possible only when adequate quantities and due proportions of all food _____ are present in the diet. This does not mean that all _____ must be present in each meal to be thought of as "balanced meals." What is needed is a "balanced diet." Vitamins and other food _____ work best in co-operation.

A. Neglect (s) B. Problem (s) C. Non-factor (s) D. Factor (s)

101. The Lancet Publication stated: "Children's _____ are less likely to decay on raw milk than pasteurized.

A. Bones B. Mouth C. Teeth D. Blood

102. Diets do relieve symptoms, and at the same time, make the patient worse such as when diabetics are fed diets that help to keep the urine sugar free. They reduce blood sugar, but they also are so deficient that they lay the foundation for _____ troubles, which are almost as serious as the diabetes. Their diets have no tissue _____ health value.

A. Kidney, regenerating	B. Heart, regenerating
C. Lung, regenerating	D. Metabolic regenerating

103. Commercial dried fruits are coated or bleached with sulphurous acid. This acid disturbs metabolism, _____ the blood corpuscles and other cells, and overworks the kidneys.
- A. Destroys B. Coagulates C. De-aminizes D. Caramelizes
104. Modern-day diets around the world are predominantly _____-forming which is disease-producing, since the base elements needed for health are depleting not only the normal bases of a sufficiently supplied diet, but also the reserves, leaving the body bankrupt in bases of a sufficiently supplied diet, and of base-forming elements needed to balance the excess produced from the denatured diet most people eat.
- A. Disease B. Acid C. Alkaline D. Alkalizing
105. The prolonged suckling time of the child is chiefly due to the _____ of soft food and animal milk.
- A. Neglect B. Lack of want C. Thought D. Want
106. Excessive milk production and overfeeding a high-protein diet to cows produces disease in the cow, greatly impairs her milk, and the excess proteins in this milk is bad when fed to a (n) _____.
- A. Calf B. Cow C. Goat D. Baby
107. Dr. Shelton stated: "The natural nursing period I have observed is from _____ to _____ years, depending on whether the child is born in the tropics or in the far north.
- A. Three, five B. Four, five
C. Four, six D. Five, six
108. Milo Hastings declared: "Primitive woman's natural period for nursing their child was usually three or four years, and since the mother rarely conceived during the lactation period, she would, under normal circumstances, bear _____ or _____ children in her lifetime.
- A. Six, seven B. Five, six
C. Four, five D. Three, four

109. Cow's milk forms a large, hard curd that is difficult for the infant to digest, whereas human milk forms soft, flocculent masses which are easy to digest. These different, physical and chemical characteristics of the milk of the two mothers are designed to meet the different requirements of the young of the two species, and the two milks are not, therefore, "_____." "The cow is not the best mother of the human infant, and when she adopted our children, she did them injury," says Dr. Shelton.
- A. Compatible B. Interchangeable C. The Same D. Incompatible
110. Relative to pasteurization, Dr. Kellogg stated: "Most germs present are lactic acid bacilli, the protective bacteria, and not so-called typhoid germs, or not so-called tubercular germs, etc. Pasteurization kills the _____ germs.
- A. Right B. Potential C. Wrong D. None of the above
111. Children fed on pasteurized milk have _____ resistance to "infections," than those fed on raw milk.
- A. More B. Less C. Average D. None of the above
112. The most important differences between human milk and the milk of cows and goats are _____ rather than quantitative. Cow's milk contains too much casein and insufficient albumen for the human infant. It is also deficient in milk sugar (needed for the brain). The amino-acid content of its proteins is different. Cow's milk lacks good quantity of tryptophan, of which mother's milk has an abundance of, and which is needed for a calming effect and for restful sleep that is extremely important for the child. Mother's milk is peculiarly adapted to the needs of the child. Human milk is not adequate for the needs of a calf's growth. The needs of every species are according to its own kind.
- A. Heavier B. Lighter C. Qualitative D. Alimientive
113. In the process of pasteurization, the milk is heated to _____ degrees F., and maintained at this temperature for a half-hour, or longer. The process is intended to destroy bacteria that are said to cause disease.

Lactic acid-bacilli are natural, protecting bacteria in milk against pathogenic bacteria. The destruction of these friendly bacteria permits the milk to rot instead of to sour.

- A. 145° B. 155° C. 165° D. 210°

114. There is great and physiological reduction of the bone-nourishing salts of the milk in pasteurization. Its calcium, magnesium, and carbon-phosphate are broken up into its constituent salts, and at least three of these—calcium-phosphate, magnesium-phosphate, and calcium-carbonate, are practically _____ and their usefulness almost destroyed. Pasteurization renders the mineral salts of the milk _____ and non-absorbable.

- A. Soluble B. Non-existent C. Non-useful D. Insoluble

115. Mother's milk glands secrete approximately _____ to _____ pints of milk a day, between the third and sixth month of lactation. This amount gradually increases up to the end of one year. If the mother's diet is rich in phosphates, or in lecithin, the milk will possess large amounts of these constituents. Her milk is greatly affected and could be drastically reduced not only in quantity, but in quality if the mother consumes tobacco, coffee, tea, alcohol, a bad, denatured food diet, etc. These should be avoided, especially when gestating and lactating.

- A. 1, 2 B. $2\frac{1}{4}$, 3 C. 4, 5 D.
6, 7

116. Professor H.C. Sherman states: "It is not improbable that the free use of green vegetables with their high calcium, and the vitamin content of the food of the Chinese mother, may be a factor in her ability to nurse her children through such a _____ period."

- A. Long B. Short C. Completed D. Lactating

117. _____ impairs the function of the milk gland. Women who are overactive in any type of activity, or who are overworked in a factory, mill, store, or home, will fail to nurse their children. One of the most outstanding evils of the modern industrial system is its destructive effects upon womanhood and motherhood. The exploitation of women

in the industry robs babies of the care needed from their mothers, so essential to normal development.

A. Exercise B. Excessive Sleep C. Fatigue D. Inactivity

118. "Mothers who put their babies in nurseries while they go about their business are not _____ of children," says Dr. Shelton.

A. Deserving B. Considerate C. Bad Mothers D. Good Mothers

119. Babies with lip deformities, and premature babies that are too weak to nurse, are best fed their mother's milk *after* this has been expressed from her breasts. The milk should be forced from the breast by the use of the _____. The breasts should not be massaged.

A. Vacuum cleaner B. Breast pump C. Bottle pump D. Hands

120. Dr. _____ states: "It is a mistake to feed starchy food too soon to infants, before the end of their second year of life, for young children cannot take care of too much starch." Children under two or three years of age have trouble with converting starch into sugar. They should get their sugar from fruits; fresh fruits in summer, and the dry, sweet fruits in the winter.

A. Shelton B. Tilden C. Graham D. Howe

121. Dr. _____ well stated: "If mothers could be made to see the fearful price they pay for keeping their babies fat, they would hasten to learn a better plan of feeding. Children who are fat are more susceptible to disease influences than smaller and lighter children. The fat, chubby baby, everything else being equal, is always the one with tonsillitis, scarlet fever, chicken pox, measles, colds, and when older, rheumatism, arthritis, pneumonia, frequent colds, and forms of other common disease such as heart, lung, and cancer diseases.

A. Shelton B. Tilden C. Graham D. Howe

122. "A healthy baby," says Dr. Shelton, "will not wake up more than _____ or _____ times a day within twenty-four hours." He assumes an infant would not need to be fed any more times than when

awake. According to this plan, children are smaller, more active, a lot stronger, and more intelligent when fed this way. Shelton also says: "Children fed three times a day will not be constipated or have diarrhea, and will not have white curds in the discharges from the bowels"(Curd not digested from being overfed). Dr. Tilden felt compelled to compromise at times and allow _____ feedings a day.

- | | |
|----------------------|--------------------|
| A. Two, three, four | B. One, two, three |
| C. Three, four, five | D. Four, five, six |

123. Statistics show _____ breast-fed babies contract so-called "contagious diseases," whereas _____ bottle fed babies do.

- | | |
|----------------|---------------|
| A. Three, six | B. Two, five |
| C. Three, five | D. Three, ten |

124. Never compel a child to _____ when it desires no food. Nature knows best and we should listen. Every other animal does.

- | | | | |
|------------|---------|--------|------------|
| A. Be good | B. Sulk | C. Eat | D. Not eat |
|------------|---------|--------|------------|

125. Relative to cow's milk given to a baby, it should be given by diluting the milk _____ with water for up to three months, after which it may be increased to _____ milk and one-third water. Until the child is six months old, milk feeding should be four to six ounces. At six months, it may be increased to six ounces, and at nine months, eight ounces of feedings. Babies should never be given more than eight ounces.

- | | | | |
|-------------|-------------|-------------|-------------|
| A. 40%, 60% | B. 50%, 80% | C. 25%, 75% | D. 50%, 2/3 |
|-------------|-------------|-------------|-------------|

126. The best source of sugar for the infant is found in _____ juice, freshly squeezed. Give it to the infant just as you would milk. Do not dilute the juice. Small babies may have up to four ounces at a feeding; older babies, after six months, eight ounces. Never give bottled _____ juice. These should be soaked overnight, and the juice strained off before squeezing. Out of season, use unsulphured figs, dates that are soaked overnight, then, crush the juice, strained off. These sweet juices should not be given with the milk, but rather three or four after the milk feeding. (ANSWERS ON NEXT PAGE)

A. Grape B. Orange C. Grapefruit D. Cranberry

127. An approximate feeding schedule for babies should be _____ a.m. for milk; _____ a.m. for grape juice or other; _____ p.m. for milk; _____ p.m. for orange or tomato juice or grapefruit juice, or other; _____ p.m. for milk.

A. 6, 10, 2, 6, 10 B. 6, 10, 12, 6, 10
C. 6, 10, 12, 3, 6 D. 5, 9, 11, 2, 5

128. The search for diet cures is part of man's age-long quest for a savior, or some one to serve him in his "____," and not require him to give up his violations of nature. _____, due to long continued overeating, is a frequent cause of faulty nutrition.

A. Sins, eating good food B. Sins, indigestion
C. Sins, the food life D. Sins, good living

129. More valuable than food, or even climate, to the health-seeker is _____. He should go where he is sure that the fruits and vegetables of the region are rich in the health-giving, body-building minerals, rather than to a popular resort, where climate is the only appeal. The southwest offers to the health-seeker both, _____ and climate. Sunshine and an abundance of excellent, fresh fruits and vegetables are available year round. The Rio Grand Valley is fertilized from the mineral-laden waters of the Rio Grande River, as these bring the minerals from the mountains, from which they drain. This _____ may be the richest in the world.

A. Water B. Rain C. Seeds D. Soil

130. Man is made of the "_____" of the ground. What he is depends largely upon the kind of soil of which he is made. We get our soil after it has been prepared for us by the plant kingdom. The plant is limited in its preparation to the soil at hand, and its contents.

A. Gods B. Devils C. Sky D. Dust

131. Children quite naturally eat _____ meals.
- A. A Variety B. Monotrophic C. Mono-Diet D. Many
132. "The _____ soil culture," "clean culture," as Samson Morgan, of England, often called it, produces from _____ to _____ times as much soil per acre as does the old filth fertilizer, such as animal, bird, and human excrement, reinforced with nitrates and phosphates.
- A. New, six, eight B. Superior, six, eight
C. New, eight, ten D. New, three, six
133. Morse-Wyman-Hill stated: "There is no food which causes more disturbances of digestion in childhood than _____." As money is said to be the root of all evil, so _____ may be said to be the root of all disturbances of digestion in childhood. _____ is responsible for the decay of children's teeth. Candy, honey, etc., should never be given to children.
- A. Starch B. Fruits C. Sugar D. Salt
134. *Pfeiffer* found that plants grown in solutions devoid of _____, suffer from faulty nutrition. The absence of any one element from soil means that it will also be absent from the plant and therefore, absent from food.
- A. Food B. Iron C. Water D. Sun
135. Every physico-chemical process of the body is _____ with the others, and any failure in one spells a corresponding failure in the _____ process.
- A. Separate, unity B. Separate, symbiotic
C. Correlated, breakdown D. Correlated, correlated
136. Potato plants produce more leaves as the nitrogen supply is increased, but no more roots, and no more tubers. Under like conditions, tomato plants produce an abundance of leafs, but very little fruit. Excess nitrogen, as introduced by _____ fertilizers, unfits cabbage, spinach, lettuce, etc., not only in the production of an abundant,

healthy, insect-free crop, also in relationship to withstanding the rough handling from and to the market place.

A. Vegetable B. Compost C. Chemical D. Animal

137. _____ is not an inert mass. It is teeming with life and pulsating with change. Purification of the _____, as of sewage, is a biological rather than a physical and chemical process. Plants thrive in active, symbiosis with _____ bacteria.

A. Soil B. Air C. Spirit D. Flesh

138. A (n) _____ grass is produced in soil rich in nitrogen, but poor in minerals. Grasses, ordinarily rich in alkaline salts, acquire an _____ reaction, if grown in deficient soils.

A. Alkaline B. Acid C. Neutral D. Poor

139. Dr. _____ stated: "To remedy the present degenerative condition of agriculture, we should use mineral manure that supplies the soil in natura, those mineral substances which are wanting in it.

A. Shelton B. Weger C. Lahmann D. Tilden

140. Soil is disintegrated _____. From the _____ and from humus or properly decomposed compost comes the finest fertilizer for our soil.

A. Water B. Air C. Flesh D. Rock