

BRITISH COLUMBIA TESTS.

HEALTH VI.-VII.

FORM A₁.

Write your name and the other information on the lines below, but do not start work until you are told to do so.

Name..... Age..... Grade.....

School..... Teacher.....

School District..... Date.....

The number of years and months that you have been at school.....

The number of school-days that you have missed because of illness during the past 365.....

(The teacher will be able to get this from the register if you do not know.)

Directions: Each of the questions which follow has five answers, only one of which is correct or the best choice. Read each question through to the end, and then decide which of the numbered choices is best. Put the number of that choice in the parentheses at the right.

Examples:

To which of the following should we go to have an operation? (1) A neighbour's house.
(2) First-aid station. (3) Hospital. (4) Opera house. (5) Sanatorium. (3)

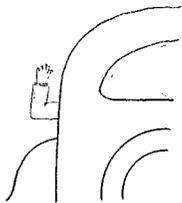
A 3 has been put in the parentheses because we go to a **Hospital** to have an operation, and **Hospital** is answer number 3.

When we need to have our teeth fixed we go to a: (1) Dentist. (2) Doctor. (3) Healer.
(4) Minister. (5) Oculist. (1)

In this example, a 1 has been put in the parentheses because **Dentist** is the most sensible answer, and **Dentist** is answer number 1.

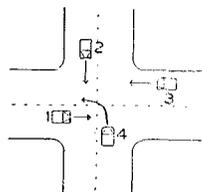
When every one else is ready, and the teacher has told you to start, go ahead and do as many questions as you can. Do not spend too much time over any one question. Go on to the next one and return to the ones you have missed, if you have time, later on.

1. Each person should know the causes of diseases so that he may: (1) Buy the right medicines. (2) Avoid diseases. (3) Avoid having to call a doctor. (4) Cure diseases he may catch. (5) Save money. _____ ()
2. Suppose that each time you ate a candy one of your teeth ached, but the pain soon disappeared. The best thing to do would be to: (1) Stop eating candy. (2) Visit a dentist. (3) Pull out the tooth. (4) Clean your teeth more frequently. (5) Buy a good toothache remedy and have it ready for the next attack. _____ ()
3. Headaches are most frequently a sign of: (1) Defective teeth. (2) Overexertion. (3) Poor habits of cleanliness. (4) Poor reading habits. (5) Stomach trouble. _____ ()
4. The yellowish-white matter in a pimple or boil is composed chiefly of: (1) Bacteria. (2) Blood serum. (3) Fatty tissue. (4) Hæmoglobin. (5) White blood corpuscles. _____ ()
5. Which of the following must be eaten every day if your diet is to be satisfactory? (1) Beef. (2) Cheese. (3) Eggs. (4) Potatoes. (5) Vegetables. _____ ()
6. Which of the following drinks is most likely to irritate the stomach? (1) Beer. (2) Cocoa. (3) Grape-juice. (4) Orange-juice. (5) Tomato-juice. _____ ()
7. Linen clothing is most suitable for: (1) February. (2) May. (3) July. (4) September. (5) December. _____ ()
8. Just before you go to bed you should: (1) Drink at least two glasses of water. (2) Eat some bread and butter to keep you from getting hungry. (3) Pick out a good book to read in bed. (4) Play some game which provides a lot of exercise. (5) Wash thoroughly and clean your teeth. _____ ()
9. Which of the following has the greatest germ-killing power when applied to an injury? (1) Alcohol. (2) Hydrogen peroxide. (3) Iodine. (4) Mercurochrome. (5) Sodium carbonate. _____ ()
10. Which of the following is the most common breeding-place for the house-fly? (1) Dark basements or closets. (2) Long grass or shrubbery. (3) Manure or garbage piles. (4) Pools or ponds. (5) Warm clay or sand. _____ ()
11. Vacation-time is a good time to: (1) Catch up in your studies. (2) Get away from every one else and be alone for a change. (3) Get plenty of exercise, change, and rest. (4) Go to plenty of movies. (5) Stay up late if you wish, and sleep in every morning. _____ ()
12. If a friend of yours has measles the best thing to do is to: (1) Go to his house and ask if there is any work that you can do there. (2) Send him a bag of candy. (3) Send him a friendly message by telephone or letter. (4) Sit up with him as often as possible to keep him company. (5) Make arrangements with your friends so that he will have one visitor each day. _____ ()
13. Vaccination is used to prevent: (1) Colds. (2) Diphtheria. (3) Measles. (4) Scarlet fever. (5) Smallpox. _____ ()
14. Which of the following causes the greatest number of automobile accidents? (1) Alcohol. (2) "Back-seat driving." (3) Poor brakes. (4) Poor eyesight. (5) Poor tires. _____ ()



15. Which of the following is this driver about to do? (1) Turn left. (2) Turn right. (3) Pass. (4) Slow down. (5) Stop. _____ ()

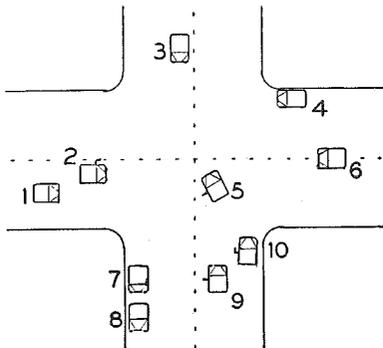
16. If a person has swallowed poison he should be given: (1) Alcohol. (2) An antidote. (3) An antiseptic. (4) An astringent. (5) Water. _____ ()
17. In which of the following places are you most likely to encounter carbon monoxide? (1) A basement. (2) A battlefield. (3) A garage. (4) A garbage dump. (5) A well. _____ ()



18. Which of the four cars approaching the intersection has the right of way? _____ ()

19. Bacteria increase in number very rapidly in: (1) Cold pasteurized milk. (2) Evaporated or dried foods. (3) Cold, damp places. (4) Warm, dark, moist places. (5) Warm sunny places. _____ ()
20. Human beings sometimes catch tuberculosis from: (1) Cats. (2) Cows. (3) Dogs. (4) Rabbits. (5) Rats. _____ ()
21. When the whole population is considered, which of the following diseases causes the greatest loss of time from school or work? (1) Appendicitis. (2) Common cold. (3) Diphtheria. (4) Measles. (5) Tuberculosis. _____ ()
22. Toxoid is used as a method of preventing: (1) Measles. (2) Typhoid. (3) Diphtheria. (4) Smallpox. (5) The common cold. _____ ()
23. Which of the following things in the blood-stream is used principally to combat disease germs? (1) Blood serum. (2) Hæmoglobin. (3) Protoplasm. (4) Red blood cells. (5) White blood corpuscles. _____ ()
24. Which of the following is most dangerous to health in Canada? (1) Beetle. (2) Dragon-fly. (3) House-fly. (4) Mosquito. (5) Spider. _____ ()
25. At a boys' camp several suggestions were made as to what they should do immediately after supper. Which of these suggestions is best? (1) Build a boat-house. (2) Go for a swim. (3) Hold a camp meeting and sing-song. (4) Play baseball. (5) Take "setting-up" exercises. _____ ()
- Which of these suggestions is the worst? _____ ()
26. Clothes which are dried outside are usually more germ-free than those dried in the basement because many of the germs are killed by: (1) Cold air. (2) Rain. (3) Sunshine. (4) Warm air. (5) Wind. _____ ()
27. One of the best ways to determine whether the clothing which you are buying is good is the: (1) Colour of the cloth. (2) Label on the waist or neck-band. (3) Price. (4) Way the seams are sewn. (5) Weight. _____ ()
28. Which of the following is the most suitable clothing for use in cold weather? (1) Clothing made from linen. (2) A heavy woollen sweater. (3) Several layers of cotton. (4) Several layers of thin wool. (5) Tightly-woven clothing that keeps the air from penetrating. _____ ()
29. One of the chief causes of decayed teeth is: (1) Biting hard and brittle objects. (2) Chewing too much gum. (3) Eating starchy foods. (4) Failure to brush the teeth well every evening. (5) Lack of the correct proportion of minerals and vitamins in the diet. _____ ()
30. If a person does not like raw tomatoes he should: (1) Avoid them for fear that they might make him sick. (2) Eat beets instead. (3) Eat nothing but tomatoes for a meal or two to acquire the taste. (4) Eat a small slice of tomato frequently until he learns to like the taste. (5) Starve himself until he is so hungry that he can eat anything. _____ ()
31. If a person always eats his meals at regular times he: (1) Will never be too fat or too thin. (2) Will not need to eat as much food. (3) Will have a better appetite for each meal. (4) Will not be late for school. (5) Will not get too hungry. _____ ()
32. In which of the following places does digestion begin? (1) Larger intestine. (2) Smaller intestine. (3) Mouth. (4) Stomach. (5) Throat. _____ ()
33. Which of the following foods is richest in fats? (1) Carrots. (2) Cheese. (3) Eggs. (4) Nuts. (5) Potatoes. _____ ()
34. Which of the following foods is richest in proteins? (1) Bread. (2) Eggs. (3) Milk. (4) Potatoes. (5) Spinach. _____ ()
35. Which of the following foods is best for the development of strong teeth? (1) Brown bread. (2) Cheese. (3) Meat. (4) Milk. (5) Potatoes. _____ ()

36. Which of the following foods contains the greatest quantity of vitamins? (1) Bread. (2) Cheese. (3) Lean meat. (4) Potatoes. (5) Tomato-juice. _____ ()
37. Which of the following may happen if you blow your nose too violently? You may: (1) Break your ear-drum. (2) Cause adenoids. (3) Cause infection to spread to your ear. (4) Cause tonsillitis. (5) Injure your nose. _____ ()
38. Dental floss is a: (1) Coarse thread resembling catgut. (2) Non-abrasive tooth-powder. (3) Soft, fluffy material for polishing teeth. (4) Strong, fine thread to be pulled between the teeth. (5) Substance to be rubbed into the gums. _____ ()
39. When you are asleep, which of the following organs are obtaining the most complete rest? (1) Ears. (2) Heart. (3) Lungs. (4) Intestines. (5) Stomach. _____ ()
40. In most homes, the best location for the kitchen is on the: (1) North side. (2) North-east corner. (3) North-west corner. (4) South-east corner. (5) South-west corner. _____ ()



41. In the brackets, place the number of the car which is:

- (a.) About to make an incorrect turn. _____ ()
- (b.) Driven improperly. _____ ()
- (c.) Improperly parked. _____ ()

42. Suppose that your little three-year-old brother, whom you are taking care of, keeps fussing and teasing to get a pair of sharp scissors from you. The best thing to do would be to: (1) Give him some interesting but harmless object to play with. (2) Let him play with the scissors for a while. (3) Pay no attention to him. (4) Shut him up until he forgets what he wanted. (5) Tell him that he will be punished unless he stops teasing. _____ ()
43. A man aged forty who, when he was a boy, had been made lame in one leg by an attack of infantile paralysis, found that he had no friends. The most probable cause for this would be that: (1) He was jealous of ordinary people and therefore was unpleasant to them. They retaliated by avoiding him. (2) People do not enjoy the companionship of lame persons enough to become close friends. (3) People naturally dislike cripples or those who have other handicaps. (4) The infantile paralysis probably affected his brain and made him a disagreeable person. (5) You have to be able to engage in activities such as sports or dancing if you are to have friends. _____ ()
44. In which of the following would it be most dangerous for a man to smoke? (1) Coal-mine. (2) Dispensary. (3) Machine-shop. (4) Paper-mill. (5) Zinc-mine. _____ ()
45. Which of the following would a doctor probably apply to a burn? (1) Iodine. (2) Salt. (3) Soda. (4) Tannic or picric acid. (5) Water. _____ ()
46. Suppose that you decide to build a bonfire while out camping. Which of the following statements is not a good plan to follow? (1) Build a fire which is no larger than is necessary. (2) Have some one responsible for the fire at all times. (3) Scrape a circle down to rock or solid earth. (4) Smother the coals by covering with damp moss. (5) Stir the ashes while pouring on water. _____ ()
47. Which of the following temperatures is most suitable for a class-room in school? (1) 60° F. (2) 64° F. (3) 68° F. (4) 72° F. (5) 76° F. _____ ()
- Which of these temperatures is most suitable for the school gymnasium? _____ ()
48. Which of the following provides the best substitute for sunshine if you wish to have strong bones and teeth? (1) Eggs. (2) Exercise and fresh air. (3) Lean meat. (4) Oil from fish-livers. (5) Potatoes. _____ ()

49. Which of the following breakfasts is best for you? (1) An orange, cereal, egg, toast, glass of milk. (2) Cereal, egg, toast, cocoa. (3) Grapefruit, cereal, pancakes, sausages. (4) Glass of milk, toasted buns, syrup. (5) Tomato-juice, cereal, egg, toast. _____ ()
50. If you owned a pup which showed signs of becoming crooked-legged and rickety you should give it: (1) Cod-liver oil and sunshine. (2) Dog-biscuits. (3) More exercise. (4) More water. (5) Worm medicine. _____ ()
51. Which of the following is destroyed to the greatest extent when milk is boiled? (1) Butterfat. (2) Milk sugar. (3) Minerals. (4) Proteins. (5) Vitamins. _____ ()
52. When people smoke heavily they: (1) Cause their hair to fall out. (2) Cause their teeth to decay. (3) Make themselves too fat. (4) Overstimulate their hearts. (5) Reduce their blood-pressure. _____ ()
53. The chief cause of the uncomfortable feeling you get in a crowded, unventilated room is the increase in: (1) Carbon dioxide. (2) Heat and humidity. (3) Nitrogen and carbon monoxide. (4) Oxygen and moisture. (5) The number of germs in the air. _____ ()
54. The muscle which is most important in the action of breathing is the: (1) Diaphragm muscle. (2) Heart muscle. (3) Lung muscle. (4) Rib muscle. (5) Throat muscle. _____ ()
55. Certain orientals, who had little money and ate almost nothing but white rice, frequently had a disease called beriberi. This probably was caused by: (1) Exposure to infection. (2) Lack of proteins. (3) Lack of vitamins. (4) Too much starch in their diets. (5) Unhealthful living conditions. _____ ()
56. One of the chief ways by which the number of cases of tuberculosis has been reduced is by: (1) Chlorinating the water-supply. (2) Developing medicines which cure tuberculosis. (3) Quarantining each case in a sanatorium. (4) Pasteurizing milk. (5) Vaccination. _____ ()
57. Water which is drunk while you are eating: (1) Breaks up the food and allows your stomach to empty more rapidly. (2) Chills your mouth and is apt to crack the enamel on your teeth. (3) Fills your stomach and keeps you from eating enough. (4) Makes you less likely to chew food thoroughly and decreases the digestion carried on by saliva. (5) Softens the food and makes it more digestible. _____ ()
58. Some foods like crusts, toast, celery, rusk, etc., are crisp and hard. These should be eaten because they: (1) are not too rich or highly flavoured. (2) exercise the gums and teeth. Or they should not be eaten because they: (3) are apt to crack the enamel on the teeth. (4) are apt to scratch the delicate lining of the throat or stomach. (5) are difficult to digest and noisy when eaten in public. _____ ()

Directions: In the remaining questions there are several items on the right, and each one is to be matched with the number of the corresponding one on the left. First, read the top item at the right, and try to find the one on the left which corresponds with it.

Example:

- | | | |
|---|--------------------|-------|
| (1) Contains the most sugar. | Butter. _____ | (3) |
| (2) Kept in the mouth a long time, but not swallowed. | Candy. _____ | (1) |
| (3) Obtained from milk. | Ice-cream. _____ | (3) |
| (4) Very harmful when swallowed. | Chewing-gum. _____ | () |
| | Poison. _____ | () |

In the example, we look at the word **Butter**; then we read down the left column until we find the one which corresponds best. The third item, "Obtained from milk" is best, so we put a 3 in the first parentheses.

Then we hunt for an item which corresponds to **Candy**. The first one is best, so 1 is put in the parentheses after **candy**.

Now we find one which corresponds to **Ice-cream**. It turns out to be the third item on the left, the same as for **Butter**, so another 3 is put in the parentheses.

Find the numbers of the ones which correspond to **Chewing-gum** and **Poison**, for practice, and go right ahead to do the rest of the questions which follow.

59. Match each of the following foods with the type of food to which it is most closely related:

- | | |
|-----------------------|------------------------|
| (1) Building foods. | Bran. () |
| (2) Fuel foods. | Cheese. () |
| (3) Protective foods. | Lean meat. () |
| (4) Regulating foods. | Orange-juice. () |
| | Starch. () |
| | Water. () |

60. There are certain precautions which will help people to avoid catching disease. Match each of the following diseases with the chief precaution which helps people to avoid it:

- | | |
|--|-----------------------|
| (1) Avoiding being bitten by mosquitoes. | Common cold. () |
| (2) Avoiding drinking water which is not certain to be pure. | Malaria. () |
| (3) Avoiding people who cough or sneeze. | Rickets. () |
| (4) Drinking plenty of milk. | Ringworm. () |
| (5) Keeping the hands and face clean. | Typhoid. () |

61. Match each of the following statements with the process to which it best applies:

- | | |
|-------------------|--|
| (1) Absorption. | Body temperature is regulated. () |
| (2) Digestion. | Food is changed so that it can be used by the cells. () |
| (3) Elimination. | A valuable substance is added to the blood-stream and a waste product is removed. () |
| (4) Perspiration. | |
| (5) Respiration. | The body gets rid of harmful or useless substances. () |

62. Match each of the following scientists with the discovery for which he was chiefly responsible:

- | | |
|--|-----------------------|
| (1) Prevention of rabies or hydrophobia. | Jenner. () |
| (2) Prevention of scarlet fever. | Leeuwenhoek. () |
| (3) Prevention of yellow fever. | Pasteur. () |
| (4) The microscope. | Walter Reed. () |
| (5) Vaccination. | |

63. Match each of the following bones with the corresponding part of the body:

- | | |
|----------------|-------------------|
| (1) Forearm. | Femur. () |
| (2) Hip-bone. | Humerus. () |
| (3) Lower leg. | Pelvis. () |
| (4) Thigh. | Radius. () |
| (5) Upper arm. | Tibia. () |
| | Ulna. () |