

STATE OF WEST VIRGINIA
DEPARTMENT OF FREE SCHOOLS
ELEMENTARY DIPLOMA TEST

PHYSIOLOGY AND HYGIENE

April 10-11, 1930

Thursday, 10:45-12:00 A. M.

1. Why should the schoolroom be properly heated and ventilated? How?
2. (a) In what position should the body be kept when one is sitting or walking? Why?
(b) What food makes good bones?
3. Give three rules for the care of our eyes, and two rules for the care of our ears.
4. Why is it important to have a pure water supply in a community and in what ways may it be obtained?
5. Name three different kinds of accidents and tell the kind of first aid to be applied for each.
6. Classify the following foods under the heads of energy, heat, building or repairing, vitamins:—
eggs, oranges, lean meat, spinach, potatoes, rice, sugar, butter, tomatoes, celery.
7. What organs of the body does alcohol affect and how?
8. How can we make milk free from germs?
9. Name a good health project which was, or could have been, carried on in your school this year; tell one good effect of such a project upon all the pupils.
10. Write briefly on the topic, "The Health Duty of the Citizen to his Community."