

GOD'S HEALING WAY

Quiz Sheet

Part 2: "Simple Home Remedies"

Name:

Date:

Carefully read each question
and then write the letter of the correct answer in the blank.

1. ___ Simple Home Remedies are . . .
 - a. Old fashioned and out of date.
 - b. God's recommended way to treat disease.
 - c. Dangerous and not very useful.

2. ___ Which is not a Simple Remedy?
 - a. Contrast Bath
 - b. Charcoal
 - c. CAT scan

3. ___ The Contrast Bath uses ...
 - a. Hot and Cold water
 - b. Oil and Vinegar
 - c. Blankets and Pillows

4. ___ If the person has numbness in the feet, you should . . .
 - a. Use extremely hot water and ice.
 - b. Not use very hot or cold water.
 - c. Use only ice water.

5. ___ Heat . . .
 - a. Decreases blood flow.
 - b. Increases muscle spasm.
 - c. Increases blood flow.

- 6.____ A Hot foot bath is NOT useful for . . .
- a. Nosebleed or headaches.
 - b. Treating snake bite.
 - c. Colds and congestion.
- 7.____ Which statement is not true:
- a. Hot Fomentations should be applied to hemorrhage.
 - b. In fomentations, boney areas may need extra padding.
 - c. Special care must be taken not to burn a patient who is unconscious.
- 8.____ Which is true about Charcoal?
- a. It is dangerous in large doses.
 - b. It can be used internally and externally.
 - c. It is no help in diarrhea and vomiting.
- 9.____ Which is NOT true about Charcoal?
- a. It can be used to treat bee stings and snake bite.
 - b. It can be applied in a poultice.
 - c. It should never be used internally.
- 10.____ A Heating Compress . . .
- a. Is applied very hot.
 - b. Is kept on for 3 minutes only.
 - c. Is good for sore throat and chest congestion.
- 11.____ When giving hot fomentations . . .
- a. Use ice water for the fomentation.
 - b. Have a cold cloth for the forehead.
 - c. Keep a fan on the patient.
- 12.____ Which is NOT true about the Hot Foot bath . . .
- a. It is not very effective.
 - b. Can be given with the patient either sitting or lying down.
 - c. Use only mild heat in diabetics and those with loss of feeling in feet.
- 13.____ If any treatment causes sweating...

- a. There is nothing needs to be done about it.
 - b. Damp clothing should be changed and clean dry clothing put on.
 - c. A cold shower should be given.
14. ___ Which is NOT true?
- a. Charcoal poultice is good for stings and snake bites.
 - b. Charcoal is only good for bee stings.
 - c. Charcoal can be taken internally for 'stomach flu' or food poisoning.
15. ___ Which type of charcoal should not be used?
- a. Charcoal tablets and capsules.
 - b. Powdered charcoal.
 - c. Charcoal briquettes.
16. ___ Which is not true about Contrast baths?
- a. They create a pumping action moving blood in and out of an area.
 - b. They are good for painful joints.
 - c. They are extremely complicated to use.
17. ___ In dealing with an infected wound, what should not be done.
- a. Equipment that contacts the patient should be sterilized.
 - b. Re-use a fomentation on another patient.
 - c. Wear plastic or latex gloves when handling an infected area.
18. ___ In preparation for any treatment, which should NOT be done.
- a. Explain the treatment to the patient.
 - b. ALWAYS have prayer for God's blessing.
 - c. Have the room as cold as possible.
19. ___ Heating compresses. . .
- a. Can be left on all night.
 - b. Start out with very hot water.
 - c. Should be extra cold on weak patients.
20. ___ Which item will NOT be found in a medical missionary's kit?
- a. Towels and washcloths.

- b. Strong narcotics to relieve pain.
- c. Flannel fomentation clothes and pins.

Read each question carefully, and then write T (true) or F (false) on the line next to the question.

- 21. ___ Prayer is the most important element of the treatment.
- 22. ___ When removing a fomentation, the area should be rubbed with a hot washcloth.
- 23. ___ One must always take precautions to avoid burning a patient.
- 24. ___ Brief, hot applications increase local blood flow and relieve pain.
- 25. ___ Fomentations are no good for chest congestion.
- 26. ___ Cold compresses should be applied to forehead and neck during heating treatments.
- 27. ___ Drinks of water should be given the patient receiving heating treatments.
- 28. ___ It is OK to put charcoal directly onto an open wound.
- 29. ___ Cold water is poured over the feet following a hot foot bath.
- 30. ___ In snake bite cases a charcoal poultice should be applied to the snake.