

*Chapter 2*

001. Health is a characteristic of life that

- a) is reflected in the behavior of individuals
- b) affects the group only in humans
- c) both a and b
- d) none of the above

002. The evolution of healing is discussed in detail by

- a) Charles Darwin
- b) Edward S. Golub
- c) Horacio Fábrega
- d) Milton Erickson

003. Attempts at healing the sick by early humans

- a) were never conducted by close kin
- b) were intended to delay death
- c) did not pose a risk for the healer
- d) were temporary and focused on recovery

004. The classical medical traditions of antiquity

- a) were free of magical and religious overtones
- b) arose first in Greek civilization
- c) viewed disease as resulting entirely from natural causes
- d) remained influential for millennia

005. Chinese, Indian, and Greek medical traditions all emphasized the

- a) balanced flow of substances as essential to health
- b) centrality of heart-mind to happiness
- c) role of digestive-fire in neutralizing experience
- d) impact of black-bile excess on emotional disease

006. An understanding that disease could be spread by contact

- a) is a recent development resulting from science
- b) was understood in antiquity
- c) did not have an impact on health until the 20<sup>th</sup> century
- d) was precluded by the notion that disease was due to the imbalance of humors

007. Microscopic life forms such as bacteria were discovered in

- a) 1543
- b) 1628
- c) 1670
- d) 1883

008. The individual credited with recognizing that the body actively fought infection was

- a) Elie Metchnikoff
- b) Edward Jenner
- c) Louis Pasteur
- d) Shibaraburo Kitusata

009. As the 20<sup>th</sup> century approached and during its early decades major discoveries began

to show how life sustaining activities were regulated and

- a) Claude Bernard discovered hormones
- b) Walter H. Gaskell concluded that the involuntary system had antagonistic components
- c) Walter Cannon named the autonomic nervous system
- d) Ivan Pavlov proposed the *milieu interieur* to explain his finding that dogs could salivate to the sound of a bell

010. The idea that disease must be understood in holistic terms and treatment directed at

the whole person

- a) was not evident in antiquity
- b) blossomed after the germ theory of disease became established
- c) was clearly evident at the end of the 19<sup>th</sup> century
- d) had to wait for psychoneuroimmunology to gain recognition

011. Communication between the brain and the immune system was

- a) originally explored based on the work of Cannon
- b) actively sought by Ader based on his theory of psychoneuroimmunology
- c) gained acceptance after it was shown that brain cells resemble immune cells
- d) supported by the finding that immune suppression could be classically conditioned

012. Which of the following was an important contributor to the research which set the

stage for the emergence of psychoneuroimmunology

- a) Hans Selye
- b) George Solomon
- c) Aaron F. Rasmussen, Jr.
- d) all of the above

013. Human studies have failed to document that immune responses are affected by life

events and emotional states such as

- a) bereavement
- b) depression
- c) marital conflict
- d) none of the above

014. Hugo Besedovsky and Alejandra del Rey demonstrated that

- a) sympathetic nerve fibers innervate lymphoid tissue
- b) molecules released by immune cells activate the hypothalamic-pituitary-adrenal axis
- c) immune cells release pituitary peptides
- d) rabies vaccine caused brain inflammation