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# A determination of the harmfulness of certain health and safety misconceptions.

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BOSTON UNIVERSITY  
SCHOOL OF EDUCATION

Thesis

A DETERMINATION OF THE HARMFULNESS  
OF CERTAIN HEALTH AND SAFETY MISCONCEPTIONS

Submitted by

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(B.S. in Ed., Boston University, 1952)

In Partial Fulfillment of Requirements for  
the Degree of Master of Education

1953

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## CHAPTER I

### NATURE OF THE STUDY

Statement of the problem.-- The purpose of this study was: (1) to determine the degree of harmfulness of certain health and safety misconceptions; (2) to compare the ratings of certain health misconceptions made by psychiatrists with the ratings of the same misconceptions made by other health and medical experts, and (3) to compare the ratings of certain health and safety misconceptions made by the juries of experts in this study with the ratings of the same misconceptions made by juries of experts in a previous study.<sup>1/</sup>

Terms used.-- In this study health misconceptions and safety misconceptions are expressed in declarative sentences. Health misconceptions are expressed as statements that lack a scientific basis and are not in accord with current authoritative medical thought. Safety misconceptions are expressed as statements that lack a scientific basis and are not in accord with current authoritative thought in the field of safety.<sup>2/</sup>

Justification of the study.-- The ultimate aim of education is to

1/ Joseph G. Dzenowagis, A Determination of the Prevalence of Certain Harmful Health and Safety Misconceptions among Fifth and Sixth Grade School Children, Doctoral Dissertation in progress, Boston University, 1952.

2/ Ibid.

prepare the individual to live as full and useful a life as possible. It is the assumption of the investigator that subscription to harmful health and safety misconceptions by individuals is a hindrance to the attainment of the ultimate goal of education. Therefore, in order to determine certain areas of health and safety education that need development and reorganization, it is necessary to ascertain the harmfulness of health and safety misconceptions. Although much progress in this field has been made by Dzenowagis,<sup>1/</sup> further research and analysis is essential for verification and amplification of one phase of his study.

Scope of the study.-- This study was concerned with the validation and evaluation of 203 health misconceptions and 30 safety misconceptions by experts in fields of safety, pediatrics, surgery, general practice, psychiatry, and health education. These health and safety misconceptions were compiled and organized by Dzenowagis.<sup>2/</sup>

An overall analysis of the degree of harmfulness of each misconception was made on the basis of the responses of all the cooperating specialists.

The ratings of the health misconceptions made by five psychiatrists and twenty-one experts in health and medicine were compared.

Finally, the ratings of the health and safety misconceptions made by the experts cooperating in this study were compared with the ratings

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1/Ibid.

2/Ibid.

of the same misconceptions made by the experts cooperating in the study  
made by Dzenowagis.<sup>1/</sup>

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1/Ibid.

## CHAPTER II

### REVIEW OF LITERATURE

Introduction.-- A review of the literature did not reveal any study identical in purpose or method to the one proposed here. Therefore, the following presentation is limited to a few related studies.

Evaluation of certain popular science misconceptions.-- In 1938, Hancock<sup>1/</sup> conducted a study that had as its purpose the evaluation of certain popular science misconceptions according to their potentialities for affecting the behavior of individuals subscribing to them.

The method used in this study entailed the following steps of procedure:

1. Many misconceptions were collected from high school science pupils, science texts, previous studies, popular scientific books, periodicals, newspapers, and the radio. From these sources the investigator selected 292 misconceptions that seemed to be relatively common. They were then verified as misconceptions by reference to authoritative sources.
2. These 292 misconceptions were then submitted to a group of 53 experienced science teachers who had been selected on the basis

<sup>1/</sup>Cyril H. Hancock, An Evaluation of Certain Popular Science Misconceptions, Unpublished Master of Arts Thesis, Colorado State College of Education, Greeley, Colorado, 1938.

of certain criteria and who had indicated a willingness to help with the study. They were instructed to rate each item on a five-point scale according to the misconception's potentialities for affecting the behavior of the believer. Each item in the list was checked as (1) very important, (2) fairly important, (3) slightly important, (4) relatively unimportant, or (5) not important.

3. The total weighted value was then determined for each misconception.
4. The misconceptions were then arranged in order of their decreasing importance as indicated by the composite evaluation of the judges.

From this study the following results were obtained:

1. The misconceptions ranking highest in the evaluation were concerned with health.
2. The misconceptions rated the lowest in importance were of purely academic interest, bordering on superstitions, or concerned with natural history.
3. In the combined opinion of the judges, the misconceptions having the most influence on behavior were those related to health.
4. The misconceptions seemed to be carefully evaluated as was indicated by a comparison of the total weighted values of similar misconceptions.
5. The judges showed a marked agreement as to the relative importance

of the misconceptions. There was a closer agreement on the question of importance than there was on the question of unimportance.

It was recommended that relatively important misconceptions be used in the construction of a test to determine prevalence of these misconceptions among high school pupils.

Validation of health misconceptions in previous investigations.--

Studies by Salt,<sup>1/</sup> Sanchez,<sup>2/</sup> Rhoton,<sup>3/</sup> and Robb<sup>4/</sup> were conducted to determine the prevalence of certain health misconceptions among various groups of individuals. Validation or verification of certain statements as health misconceptions in these investigations was obtained by submitting them to medical and subject matter experts for evaluation or by reference to authoritative sources. No attempt was made to determine the degree of harmfulness of health misconceptions by any of these

1/E. Benton Salt, A Study of the Relative Prevalence of Certain Health Misconceptions and Superstitions as Subscribed to by Boys and Girls in Florida Public Schools, Unpublished Doctor's Dissertation, New York University, 1936.

2/Genevieve Sanchez, Commonly Held Superstitions Which May Affect Health Practices, Unpublished Master of Arts Thesis, Colorado State College of Education, Greeley, Colorado, 1937.

3/Paul Rhoton, Health Misconceptions of Prospective Teachers, Penn State Studies in Education, Number 5, The Nitany Printing and Publishing Company, Pennsylvania State College, 1932.

4/Mary Jane Robb, A Study of the Relative Prevalence of Unfounded Health Beliefs in a Particular Rural Area, Unpublished Master of Arts Thesis, Ohio Wesleyan University, 1939.



investigators.

It is evident that the determination of the degree of harmfulness of health and safety misconceptions is an area for needed research.

### CHAPTER III

#### PROCEDURE

Jury validation and evaluation of the health and safety misconceptions.— A special evaluation instrument <sup>1/</sup> was sent to medical specialists and subject-matter experts in the areas of health and safety. Three psychiatrists, <sup>2/</sup> two pediatricians, <sup>3/</sup> one surgeon, <sup>4/</sup> four general practicing physicians, <sup>5/</sup> and three health educators <sup>6/</sup> cooperated in the

#### 1/Appendix

2/Herbert Harris, M.D., Massachusetts Institute of Technology, Cambridge, Massachusetts.

Robert Nelson, M.D., Massachusetts Institute of Technology, Cambridge, Massachusetts.

Lewis Barbato, M.D., Chairman of Health Education, Arts and Sciences College, Denver, Colorado.

3/Daniel Thomas, M.D., Oak Ridge Hospital, Oak Ridge, Tennessee.

John Chesney, M.D., Knoxville, Tennessee.

4/Andrew Mason, M.D., Brockton, Massachusetts.

5/Samuel B. Sostek, M.D., Malden, Massachusetts.

Leo Blacklow, M.D., Belmont, Massachusetts.

Daniel D. Sokol, M.D., Charlestown, Massachusetts.

J. Roswell Gallagher, M.D., Chief, The Adolescent Unit, Children's Medical Center, Boston, Massachusetts.

6/George Houck, M.D., Director of Health Services, Stanford College, California.

William Lauritsen, Ph.D., Chairman, Department of Health, San Diego State College, California.

Clem W. Thompon, Ph.D., Assistant Professor of Education, Boston University, School of Education, Boston, Massachusetts.

health misconception validation and evaluation. Nine subject-matter specialists <sup>1/</sup> in the area of safety education cooperated in the validation and evaluation of the safety misconceptions.

Each jury member that cooperated in the validation and evaluation of the health misconceptions received the following:

1. A letter <sup>2/</sup> stating the nature of the study and asking their cooperation.
2. A list of 203 health <sup>3/</sup> misconceptions with the discrete numbers one to five after each misconception.
3. An instruction sheet <sup>4/</sup> for validating and evaluating the health misconceptions.

1/William Lauritsen, Ph.D., Chairman, Department of Health, San Diego State College, California.

Edith R. Doane, Director of Child Safety, Massachusetts Safety Council, Boston, Massachusetts.

George Houck, M.D., Director of Health Services, Stanford College, California.

Ross Merrick, Associate Professor of Education, State Teachers College, New Britain, Connecticut.

Ernest C. Kershaw, Teaching Fellow in Education, Boston University, School of Education, Boston, Massachusetts.

Sidney Rice, Teaching Fellow in Education, Boston University, School of Education, Boston, Massachusetts.

Wesley Staton, Ed.D., Associate Professor of Physical Education, University of Florida, Gainesville, Florida.

Edward Swenson, Instructor in Education, State Teachers College, Bridgewater, Massachusetts.

William Wolffer, Ed.D., Associate Professor of Education, State Teachers College, Keene, New Hampshire.

2/Appendix

3/Appendix

4/Appendix

The safety misconceptions were validated and evaluated by nine subject-matter experts in safety education. Each of these experts received the following:

1. A letter <sup>1/</sup> stating the nature of the study and asking their cooperation.
2. A list of 30 safety misconceptions <sup>2/</sup> with the discrete numbers one to five after each misconception.
3. An instruction sheet <sup>3/</sup> for validating and evaluating the safety misconceptions.

The instruction sheet for the validation and evaluation of the health and safety misconceptions contained the following:

1. Instructions for each jury member to rate the misconceptions that were completely false by checking one of the following:  
(1) not harmful, (2) slightly harmful, (3) moderately harmful, (4) very harmful, and (5) extremely harmful.
2. Instructions to the jury members to delete any statement that in their opinion was not completely false.
3. Instructions for the jury members to rate each statement only according to the degree of harm such a misconception would engender, and not according to prevalence or possibility of occurrence.

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1/Appendix

2/Appendix

3/Appendix

In the analysis and treatment of the data that were obtained from the jury validation and evaluation of the health and safety misconceptions it was necessary to:

1. Make a frequency distribution of the jury responses to each statement.
2. Determine the median of the frequency distribution of jury responses to each statement.
3. Arrange the health and safety misconceptions in the order of their decreasing harmfulness on the basis of their median ratings.

In addition, the median ratings of the combined responses to 203 health misconceptions made by 26 experts in health and medicine were determined. The experts that cooperated in the study by Dzenowagis <sup>1/</sup> were included. The ratings of the health misconceptions made by psychiatrists were compared with the ratings of the same misconceptions made by the other experts. The ratings of the health and safety misconceptions made by the experts in this study were compared with the ratings of the same misconceptions made by the experts used in the study by Dzenowagis. <sup>2/</sup>

Finally, all the health and safety misconceptions that were considered to be "not completely false" by one or more of the experts cooperating in this study and in the study by Dzenowagis <sup>3/</sup> were indicated.

1/Joseph G. Dzenowagis, op. cit.

2/Ibid.

3/Ibid.

CHAPTER IV  
ANALYSIS OF DATA

Introduction.-- The purpose of this study was: (1) to determine the degree of harmfulness of certain health and safety misconceptions; (2) to compare the ratings of 203 health misconceptions made by 5 psychiatrists and 21 specialists in the fields of health and medicine; and (3) to compare the ratings of the health and safety misconceptions made by the juries of experts cooperating in this study with other juries of experts who rated the same items in the study by Dzenowagis.<sup>1/</sup>

The data were analyzed to indicate:

1. The median ratings of 233 health and safety misconceptions made by experts in the areas of health, medicine, and safety education.
2. The health misconceptions that were considered to be "not completely false" by one or more of the experts cooperating in this study and in the study by Dzenowagis.<sup>2/</sup>
3. The safety misconceptions that were considered to be "not completely false" by one or more of the experts cooperating in this study and in the study by Dzenowagis.<sup>3/</sup>

1/Joseph G. Dzenowagis, op. cit.

2/Ibid.

3/Ibid.

4. The extent of agreement or disagreement between 5 psychiatrists and 21 experts in the fields of health and medicine concerning the degree of harmfulness of 203 health misconceptions.
5. The extent of agreement or disagreement between the juries of experts cooperating in this study and in the study by Dzenowagis <sup>1/</sup> concerning the degree of harmfulness of 203 health misconceptions and 30 safety misconceptions.

Ratings of 233 health and safety misconceptions.-- Table 1, which follows, shows the median ratings of 233 health and safety misconceptions made by the 13 experts in health and medicine and 9 experts in safety education. The median ratings are based only on the ratings of the experts who believed the misconceptions to be completely false.

Table 1. Median Ratings of Health and Safety Misconceptions

Health and Safety Misconceptions	Median Ratings
1. It is a good idea to make an unconscious person drink something.....	5
2. A person having a stomach ache should usually take a laxative.....	5
3. It is impossible to cure any cancer.....	5
4. It is all right to use sleeping pills without a doctor's advice.....	5

(continued on the next page)

1/Ibid.

Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
5. Most mental sicknesses cannot be helped by any treatment.....	5
6. It is best to go to doctors who advertise in the newspapers.....	5
7. Iodine is the best treatment for wounds caused by stepping on rusty nails.....	5
8. Tuberculosis is a shameful disease to have.....	5
9. Most people who have tuberculosis were born with it..	5
10. Throwing oil or gasoline on a slow fire is a wise thing to do.....	5
11. It is all right to point a gun at someone if you are sure that it is not loaded.....	5
12. Good doctors usually advertise.....	5
13. A good way to treat a burn is to put iodine on it....	5
14. You don't need to worry about having tuberculosis unless you are coughing a lot.....	5
15. Most people who get tuberculosis will die in a short time.....	5
16. A person who has recovered, after having tuberculosis, cannot get it again.....	5
17. Spring water that is clear and cold is always safe for drinking.....	5
18. If you have any disease or sickness you will always feel some pain.....	5
19. It is impossible to prevent any cancer.....	5

(continued on the next page)



Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
20. The eyes can be made stronger by looking at the sun..	5
21. Fat people can feel quite sure that they will never get tuberculosis.....	5
22. It is always safe to drink water which has just been taken from a well or spring.....	5
23. If you feel all right, you can be sure that you do not have tuberculosis.....	5
24. A person's future is determined by the star under which he is born.....	5
25. It is safe to cross the street without looking when the traffic light is red.....	5
26. If your clothing catches fire you should always run for water.....	5
27. Dynamite caps are always safe unless fastened to a fuse.....	5
28. Bicycle riders do not have to obey traffic lights....	5
29. Throwing a person into deep water is a good way to teach him to swim.....	5
30. Touching a light switch or light chain with wet hands is not dangerous.....	5
31. Oil, grease, and gas fires should be put out with plenty of water.....	5
32. The best place for shelter, during a thunderstorm, is under a tree.....	5
33. A bullet cannot go off unless it is fired by a gun...	5
34. Bicycle riders should ride on the left hand side of the road to be safe.....	5

(continued on the next page)

Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
35. It is safe to cross the street without looking when the traffic light is green.....	5
36. A person always comes to the top of the water three times before he drowns.....	5
37. You should be ashamed if anyone in your family is mentally ill.....	4
38. Whooping cough is never harmful.....	4
39. Most insane persons were born insane.....	4
40. Any food that does not smell or taste spoiled is safe to eat.....	4
41. Squeezing the pus out of boils and pimples with your fingers is good for your health.....	4
42. Unless someone in your family has tuberculosis there is no chance you will get it.....	4
43. Sickness is usually a punishment for being bad.....	4
44. When tuberculosis is getting started a person always has a pain in the chest.....	4
45. Teeth need care only when they ache.....	4
46. A person's health depends mostly on his luck.....	4
47. Every disease needs a drug or medicine for its cure..	4
48. Mental illness usually happens suddenly.....	4
49. Everyone should take a laxative once a week.....	4
50. All children with heart murmurs will surely have heart trouble later on in life.....	4
51. The best way to get a tan is by sleeping in the sun..	4

(continued on the next page)

Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
52. Any food that tastes good and smells good is safe to eat.....	4
53. The best way to remove pus from boils and pimples is with your fingers.....	4
54. Houseflies are harmless because they are unable to bite.....	4
55. A good way to take care of blisters is to pinch a hole in them.....	4
56. Smart children usually die at an early age.....	4
57. Most fat people are very healthy.....	4
58. The best doctors always promise to make people healthy.	4
59. It has been proved that most mental sickness is inherited.....	4
60. Unlucky people are sure to fail at the new things that they try to do.....	4
61. Cancer is catching.....	4
62. A great deal of exercise can never hurt anyone.....	4
63. Persons who open umbrellas indoors will bring themselves bad luck.....	4
64. If you break a mirror you will have seven years of bad luck.....	4
65. All health advertisements in papers and magazines are true.....	4
66. Measles is never harmful.....	4

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Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
67. The best way to get water out of your ears after swimming is to hold your nose and mouth closed and blow hard.....	4
68. Most illnesses are caused by constipation.....	4
69. All radio advertising about what is good or bad for your health is true.....	4
70. All advertising on television about what is good or bad for health is true.....	4
71. You should never eat when you are sick because you feed the disease.....	4
72. There are special laxatives that will help prevent or cure the common cold.....	4
73. People should use headache pills every time they have a cold.....	4
74. There are certain cough medicines that will cure and prevent the common cold.....	4
75. All laxatives are safe to use regularly.....	4
76. It is very hard for thin persons to keep from getting tuberculosis.....	4
77. Fresh raw milk is better food for your health than pasteurized milk.....	4
78. When you are swimming it is a good joke to call for help when you don't need it.....	4
79. Drinking raw milk fresh from the cow is a very healthy thing to do.....	4
80. There are some pills that people can take which will prevent the common cold.....	4

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Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
81. There are some pills that people can take which will cure the common cold.....	4
82. The first thing to do in treating a burn is to put cold water on it.....	4
83. Some persons have the ability to tell your fortune....	4
84. A fortuneteller can tell your future by looking at the lines in the palm of your hand.....	4
85. Looking into the sun can never hurt your eyes.....	4
86. When you are riding a bicycle you never have to use hand signals.....	4
87. People should walk on the right hand side if there are no sidewalks.....	4
88. It is safe to use toothpicks or matchsticks for removing wax from ears.....	4
89. The only good way to help a drowning person is to jump in the water to save him.....	4
90. Most accidents cannot be prevented.....	4
91. Mouth washes are sure to prevent or cure diseases of the mouth and throat.....	4
92. Pain near the heart is generally a sign of heart disease.....	4
93. All persons should use nose drops and mouth washes daily when they have a cold.....	4
94. All children with heart murmurs are sickly.....	4
95. All mad dogs foam at the mouth.....	4

(continued on the next page)

Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
96. It is usually safe to go in swimming alone if you know how to swim.....	4
97. It is safe to cross the street without looking when the traffic light is yellow and red.....	4
98. Baby teeth need very little care because they will soon fall out.....	4
99. All persons should take laxatives whenever they are constipated.....	4
100. It is always impossible for a person with cramps to swim.....	4
101. If you meet a dog that frightens you, it is always best to start running.....	4
102. People have accidents only when their "number is up".	4
103. It is generally a good idea to have a radio in your bathroom.....	4
104. Blowing your nose as hard as you can is not harmful..	4
105. A good safety rule for bicycle riders is: "Ride on the sidewalks as much as possible".....	4
106. Any person who feels all right is sure to be in good health.....	3
107. Only bad smelling odors can be harmful to your health.	3
108. Some houses are visited by ghosts.....	3
109. A good way to treat a black eye is to press the eye with a knife handle.....	3
110. You will have bad luck if a black cat crosses the path in front of you.....	3

(continued on the next page)

Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
111. Friday the Thirteenth is an unlucky day for most people.....	3
112. Taking vitamin pills will guarantee you good health..	3
113. You can be sure anything a scientist says about health is true.....	3
114. If your eyes do not hurt, you can be sure they are healthy.....	3
115. All persons would be healthier if they ate only raw food.....	3
116. The best medicines are the ones that taste the worst.	3
117. The first and best thing to do in caring for a cold is to take a laxative.....	3
118. Sugar diabetes is caused by eating too much sugar....	3
119. Adding certain bath powders to the bath is a health-ful way to lose weight.....	3
120. Any exercise is bad for persons who have heart trouble.....	3
121. All cosmetics are healthful to use.....	3
122. It is necessary to go to a doctor only when you feel sick.....	3
123. Wearing eyeglasses will always make a person's eyes weaker.....	3
124. A good health rule for all people to follow is: "Eat only the foods you like best".....	3
125. Persons can clean their blood by eating certain foods.	3

(continued on the next page)



Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
126. People who exercise a lot live longer than other people.....	3
127. Bad breath can be stopped for good by using special mouth washes.....	3
128. Anyone who keeps his skin clean will never have pimples.....	3
129. Pain in the left side of the chest is usually caused by heart disease.....	3
130. An exercise is not good unless it makes your muscles sore and stiff.....	3
131. If you are hungry most of the time, you can be sure you have a tapeworm.....	3
132. All medicines that have alcohol in them are harmful..	3
133. All sick people should drink bottled mineral water to bring back their health.....	3
134. Sunburns are harmless even when they are painful.....	3
135. It is possible to tell what is going to happen to people from their dreams.....	3
136. A good way to treat frostbite is to rub the frost-bitten part with snow.....	3
137. Any person who sees clearly can be sure he doesn't need glasses.....	3
138. Good health does not depend on what you eat.....	3
139. Hard exercise will often damage a healthy heart.....	3
140. All people with rosy complexions are very healthy....	3

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Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
141. Cotton should be the first thing put on a cut to stop the bleeding.....	3
142. Most dogs do not remember the people who were mean to them.....	3
143. Nose drops will cure a cold which is causing a stuffy nose.....	3
144. If a person wants to be strong and healthy, he should eat plenty of raw meat.....	3
145. A good way to help a person get rid of the hiccoughs is to frighten him.....	3
146. Skipping one or two meals a day is a healthy way to get thin.....	3
147. Eating little or no breakfast is a good health practice for all people.....	3
148. Most colds can be cured by taking vitamin pills.....	3
149. The only good way to lose weight is by exercising....	3
150. The use of skin lotions is a healthful way to make any skin beautiful.....	3
151. People who get cramps while swimming in deep water are sure to drown.....	3
152. Smoking is not harmful because many doctors and athletes smoke.....	3
153. Some people should drink very little water because it turns to fat in their bodies.....	3
154. All germs are harmful.....	3
155. Wearing eyeglasses will always make a person's eyes stronger.....	3

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Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
156. Wearing sunglasses will give your eyes complete protection from the sun.....	3
157. Persons who have pimples or boils usually have bad blood.....	3
158. A daily bowel movement is always necessary so a person can stay healthy.....	3
159. Everyone who has weak feet should wear arch supports to strengthen them.....	3
160. People can never change their food likes and dislikes.	3
161. People are born with their food likes and dislikes....	3
162. You can always tell if a dog is friendly by his looks.	3
163. The first thing to do when you get a deep cut is to wash it out with water.....	3
164. A good health rule to follow is: "Feed a cold and starve a fever!".....	3
165. Most persons who look thin are certain to be underweight and in poor health.....	3
166. The only good treatment for weak arches is to have arch supports placed in the shoes.....	3
167. Missing a bowel movement for one day is always a sign of constipation.....	3
168. People should protect themselves from catching cold by gargling with a mouth wash.....	3
169. Most colds can be prevented by taking vitamin pills...	3
170. Expensive food is always the best food to eat.....	3

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Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
171. When you walk or run it is best to point your toes out toward the side.....	3
172. Men with large muscles are always healthier than men with small muscles.....	3
173. A good way to help digest your food is to smoke a cigarette after you eat.....	3
174. Honey is a good food for sweetening a sour stomach...	3
175. A pain in the lower back is generally a sign of kidney disease.....	3
176. Drinking water with your meals is always bad for your health.....	3
177. Taking vitamin pills is the best way to get your necessary vitamins.....	3
178. Food that tastes good is usually bad for your health.	3
179. The vitamins in certain pills are better than the vitamins in natural food.....	3
180. Wanting to eat candy and sweets is always a sign that your body needs more sugar.....	3
181. Wearing bathing hats or ear plugs while swimming will give a person complete protection for his ears.....	3
182. An all vegetable diet is the natural and best diet...	3
183. A mouth wash is healthful because it helps kill germs in the mouth and throat.....	3
184. The best way to brush your teeth is sideways.....	3
185. Using a toothpick is the best way to get things from between your teeth.....	3

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Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
186. A pain in your right side usually means that you have appendicitis.....	3
187. Nighttime is the only time that one ever needs sleep or rest.....	3
188. Most persons need big muscles in order to be healthy.	3
189. Most colds cannot be prevented.....	3
190. A cold can usually be cured by eating raw onions.....	2
191. Sleeping on your left side is bad for your heart.....	2
192. All vegetables and fruits should be eaten raw.....	2
193. Swallowing the seeds of fruits generally causes appendicitis.....	2
194. Eating meat more than once a day is harmful to most persons.....	2
195. Some people are born lucky.....	2
196. There are no living germs in pasteurized milk.....	2
197. Persons can always prevent pimples by eating more raw foods.....	2
198. The use of skin creams and lotions will make any skin clear and healthy.....	2
199. Most fat people are happy and jolly.....	2
200. It is always good for your health to eat overripe fruits.....	2
201. Brushing your teeth every day is a sure way of stopping decay.....	2

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Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
202. Cheese is a bad food to eat because it is hard to digest.....	2
203. Bananas should be kept out of a good diet because they are hard to digest.....	2
204. Exercising regularly is a sure way to prevent disease.	2
205. Drinking large amounts of milk is always good for your health.....	2
206. Everyone who is on a diet is trying to lose weight....	2
207. The less you eat during hot weather the less you will feel the heat.....	2
208. Most persons need to take vitamin pills to improve their health.....	2
209. Bananas should be kept out of a good diet because they make people fat.....	2
210. The best way to treat a black eye is to put a piece of raw meat on it.....	2
211. Baldness is usually caused by wearing hats.....	2
212. Deep breathing exercises are healthful for everyone...	2
213. It is a good idea for all persons to take vitamin pills every day.....	2
214. Milk is pasteurized to make it easy to digest.....	2
215. Drinking milk while you are eating fish is a bad health practice.....	2
216. To go on a diet always means to eat less food.....	2
217. Persons should eat only when they feel hungry.....	2

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Table 1. (continued)

Health and Safety Misconceptions	Median Ratings
218. The use of tooth powders or pastes will always cure a person's bad breath.....	2
219. Persons who have bad breath usually have some disease or sickness.....	2
220. Eating fruits and vegetables at the same meal is a bad health practice.....	2
221. White bread that is enriched with vitamins is a better food than whole wheat bread.....	2
222. Eating two or more kinds of fruit during the same meal is a bad health practice.....	2
223. Cheese should be kept out of a good diet because it is constipating.....	2
224. It is a bad health habit to drink water while you exercise.....	2
225. The use of tooth powders and pastes is sure to make a person's gums firm.....	2
226. Eating between meals causes most children to have poor health.....	2
227. Going swimming right after a heavy meal makes most people get cramps.....	2
228. Most cases of baldness can be cured if treated early.	2
229. Potatoes are a fattening food.....	2
230. A good health rule to follow is: "Do not eat fruits that have been mixed with milk".....	2
231. For good health everyone needs to drink six glasses of water a day.....	2

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Table 1. (concluded)

Health and Safety Misconceptions	Median Ratings
232. Cutting or shaving a person's hair makes it grow faster and thicker.....	1
233. Fish is a food that is very good for the brain.....	1

The data in Table 1 indicate the following:

1. Thirty-six of the health and safety misconceptions have median ratings of five.
2. Sixty-nine of the health and safety misconceptions have median ratings of four.
3. Eighty-four of the health and safety misconceptions have median ratings of three.
4. Forty-two of the health and safety misconceptions have median ratings of two.
5. Two of the health and safety misconceptions have a median rating of one.

The health and safety misconceptions that were considered to be "not completely false" by one or more of the experts cooperating in this study and in the study by Dzenowagis.<sup>1/</sup> -- Table 2, which follows, presents the health misconceptions which were considered to be "not completely false" by one or more of the experts cooperating in this

<sup>1/</sup>Ibid.

study and in the study by Dzenowagis,<sup>1/</sup> and the incidence of this opinion among the jurors.

Table 2. Health Misconceptions Deleted as Being "Not Completely False" by One or More Experts

Health Misconceptions	Frequency of Mention	
	Sullivan's Jury	Dzenowagis' Jury
1. A pain in the lower back is generally a sign of kidney disease.....	2	1
2. You don't need to worry about tuberculosis unless you are coughing a lot.	2	0
3. Sleeping on your left side is bad for your heart.....	1	0
4. It is impossible to prevent any cancer.....	1	1
5. It is impossible to cure any cancer...	1	0
6. Pain in the left side of the chest is usually caused by heart disease.....	0	1
7. All germs are harmful.....	1	1
8. Most colds cannot be prevented.....	2	0
9. A mouth wash is healthful because it helps kill the germs in the mouth and throat.....	3	0
10. Persons who have bad breath usually have some disease or sickness.....	1	1
11. Wearing sunglasses will give your eyes complete protection from the sun.....	1	0

(concluded on the next page)

<sup>1/</sup>Ibid.



Table 2. (concluded)

Health Misconceptions	Frequency of Mention	
	Sullivan's Jury	Dzenowagis' Jury
12. It is a good idea for all persons to take vitamin pills every day.....	0	1
13. The less you eat during the hot weather the less you will feel the heat.....	0	2
14. For good health everyone needs to drink six glasses of water a day.....	0	2
15. Most persons need to take vitamin pills to improve their health.....	0	1
16. Good health does not depend on what you eat.....	1	0
17. Drinking large amounts of milk is always good for your health.....	0	1
18. Potatoes are a fattening food.....	3	2
19. Some people should drink very little water because it turns to fat in their bodies.....	0	1
20. The first thing to do when you get a deep cut is to wash it out with water..	0	3
21. People who exercise a lot live longer than other people.....	1	0
22. Deep breathing exercises are healthful for everyone.....	1	1
23. Hard exercise will often damage a healthy heart.....	0	1
24. Going swimming right after a heavy meal makes most people get cramps.....	2	2
25. It has been proved that most mental sickness is inherited.....	0	1
26. Some people are born lucky.....	1	0

The data in Table 2 indicate that 26 of the 203 health misconceptions were deleted as being "not completely false" by one or more of the 26 cooperating experts in health and medicine. Only one health misconception was deleted by as many as five experts.

Safety misconceptions which were considered to be "not completely false" by one or more of the cooperating experts in this study and in the study by Dzenowagis.<sup>1/</sup> — Table 3, which follows, presents the safety misconceptions which were considered to be "not completely false" by one or more of the members of the juries of experts cooperating in this study and in the study by Dzenowagis.<sup>2/</sup>

Table 3. Safety Misconceptions Deleted as Being "Not Completely False" by One or More Experts

Safety Misconceptions	Frequency of Mention	
	Sullivan's Jury	Dzenowagis' Jury
1. It is safe to cross the street without looking when the traffic light is yellow and red.....	1	0
2. A good safety rule for bicycle riders is: "Ride on the sidewalks as much as you can".....	1	0
3. People who get cramps while swimming in deep water are sure to drown.....	1	3

The data in Table 3 indicate that 3 of the 30 safety misconceptions

<sup>1/</sup>Ibid.

<sup>2/</sup>Ibid.

were deleted as being "not completely false" by one or more of the 16 experts in safety education cooperating in this study and in the study by Dzenowagis.<sup>1/</sup> Only one item was deleted by as many as four safety experts.

The extent of agreement or disagreement between 5 psychiatrists and 21 experts in the fields of health and medicine concerning the degree of harmfulness of 203 health misconceptions.-- Table 4, which follows, compares the extent of agreement or disagreement between 5 psychiatrists and 21 experts in the fields of health and medicine concerning the degree of harmfulness of 203 health misconceptions. This comparison is based on the median ratings of the psychiatrists and the median ratings of the specialists in health and medicine.

Table 4. Comparison of the Ratings of Health Misconceptions Made by the Psychiatrists and the Experts in Health and Medicine

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
1. It is a good idea to make an unconscious person drink something.....	5	5
2. A person having a stomach ache should usually take a laxative.....	5	5

(continued on the next page)

1/Ibid.

Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
3. It is impossible to cure any cancer.....	5	5
4. It is all right to use sleeping pills without a doctor's advice.....	5	5
5. Most mental sicknesses cannot be helped by any treatment.....	5	5
6. A good way to treat a burn is to put iodine on it.....	5	5
7. Tuberculosis is a shameful disease to have.....	5	5
8. You should be ashamed if anyone in your family is mentally ill.....	5	5
9. It is best to go to doctors who advertise in the newspapers.....	5	5
10. Iodine is the best treatment for wounds caused by stepping on rusty nails.....	5	5
11. Unless someone in your family has tuberculosis there is no chance you will get it.....	5	5
12. A person who has recovered, after having tuber- culosis, cannot get it again.....	5	5
13. The eyes can be made stronger by looking at the sun.....	5	4

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
14. Spring water that is clear and cold is always safe for drinking.....	5	4
15. If you have any disease or sickness you will always feel some pain.....	5	4
16. You don't have to worry about tuberculosis unless you are coughing a lot.....	5	4
17. It is always safe to drink water which has just been taken from a well or spring.....	5	4
18. Good doctors usually advertise.....	5	4
19. Most people who get tuberculosis will die in a short time.....	5	4
20. It is impossible to prevent any cancer.....	5	4
21. Squeezing the pus out of boils and pimples with your fingers is good for your health.....	5	4
22. Fat people can feel quite sure that they will never get tuberculosis.....	5	4
23. If you feel all right, you can be sure that you do not have tuberculosis.....	5	4
24. The best way to remove pus from boils and pimples is with your fingers.....	5	4

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
25. Mental illness usually happens suddenly.....	5	4
26. Sickness is usually a punishment for being bad.	5	4
27. Most insane persons were born insane.....	5	4
28. Whooping cough is never harmful.....	5	4
29. Any food that does not smell or taste spoiled is safe to eat.....	5	4
30. All radio advertising about what is good or bad for your health is true.....	5	4
31. All advertising on television about what is good or bad for your health is true.....	5	4
32. When tuberculosis is getting started a person always has a pain in the chest.....	5	4
33. Smart children usually die at an early age.....	5	4
34. All health advertisements in papers and magazines are true.....	5	4
35. Any food that smells and tastes good is safe to eat.....	5	4
36. The first thing to do in treating a burn is to put cold water on it.....	5	4

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
37. Most fat people are very health.....	5	4
38. The best way to get water out of your ears after swimming is to hold your nose and mouth closed and blow hard.....	5	4
39. A person's future is determined by the star under which he is born.....	5	3
40. Most people who have tuberculosis were born with it.....	5	3
41. Only bad smelling odors can be harmful to your health.....	5	3
42. Drinking raw milk fresh from the cow is a very healthy thing to do.....	5	3
43. Cancer is catching.....	5	3
44. All medicines that have alcohol in them are harmful.....	5	3
45. All persons would be healthier if they ate only raw food.....	5	3
46. The first thing to do when you get a deep cut is to wash it out with water.....	5	3
47. You should never eat when you are sick because you feed the disease.....	5	3

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
48. Looking into the sun can never hurt your eyes..	5	3
49. Sugar diabetes is caused by eating too much sugar.....	5	3
50. Persons can clean their blood by eating certain foods.....	5	3
51. If you break a mirror you will have seven years of bad luck.....	5	3
52. A good way to treat frostbite is to rub the frostbitten part with snow.....	5	3
53. All vegetables and fruits should be eaten raw..	5	3
54. It has been proved that most mental sickness is inherited.....	5	3
55. Unlucky people are sure to fail at the new things that they try to do.....	5	3
56. You can be sure anything a scientist says about health is true.....	5	3
57. Some people should drink very little water be- cause it turns to fat in their bodies.....	5	3
58. Persons who open umbrellas indoors will bring themselves bad luck.....	5	2

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
59. Some houses are visited by ghosts.....	5	2
60. You will have bad luck if a black cat crosses the path in front of you.....	5	2
61. Friday the Thirteenth is an unlucky day for most people.....	5	2
62. People are born with their food likes and dis- likes.....	5	2
63. Swallowing the seeds of fruits generally causes appendicitis.....	5	2
64. The best doctors always promise to make people healthy.....	4	4
65. All laxatives are safe to use regularly.....	4	4
66. Teeth need care only when they ache.....	4	4
67. All children with heart murmurs will surely have heart trouble later on in life.....	4	4
68. Houseflies are harmless because they are unable to bite.....	4	4
69. Fresh raw milk is a better food for your health than pasteurized milk.....	4	4

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
70. Everyone should take a laxative once a week.....	4	4
71. A great deal of exercise can never hurt anyone..	4	4
72. Every disease needs a drug or medicine for its cure.....	4	4
73. It is safe to use toothpicks or matchsticks for removing wax from ears.....	4	4
74. The best way to get a tan is by sleeping in the sun.....	4	4
75. Most illnesses are caused by constipation.....	4	4
76. There are certain cough medicines that will cure and prevent the common cold.....	4	4
77. Measles is never harmful.....	4	4
78. There are special laxatives that will help pre- vent or cure the common cold.....	4	4
79. All persons should take laxatives whenever they are constipated.....	4	4
80. Baby teeth need very little care because they will soon fall out.....	4	4
81. A good way to take care of blisters is to pinch a hole in them.....	4	4

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
82. Blowing your nose as hard as you can is not harmful.....	4	4
83. Food that tastes good is usually bad for your health.....	4	3
84. A person's health depends mostly on his luck...	4	3
85. A fortuneteller can tell your future by looking at the lines in the palm of your hand.....	4	3
86. Cotton should be the first thing put on a cut to stop the bleeding.....	4	3
87. There are some pills that people can take which will cure the common cold.....	4	3
88. Taking vitamin pills will guarantee you good health.....	4	3
89. It is necessary to go to a doctor only when you feel sick.....	4	3
90. Some persons have the ability to tell your fortune.....	4	3
91. Eating meat more than once a day is harmful to most persons.....	4	3
92. People should use headache pills every time they have a cold.....	4	3

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
93. An exercise is not good unless it makes your muscles sore and stiff.....	4	3
94. All children with heart murmurs are sickly....	4	3
95. All persons should use nose drops and mouth washes daily when they have a cold.....	4	3
96. It is very hard for thin persons to keep from getting tuberculosis.....	4	3
97. Any exercise is bad for persons who have heart trouble.....	4	3
98. People who exercise a lot live longer than other people.....	4	3
99. Wearing eyeglasses will always make a person's eyes weaker.....	4	3
100. Adding certain bath powders to the bath is a healthful way to lose weight.....	4	3
101. The best medicines are medicines that taste the worst.....	4	3
102. It is possible to tell what is going to happen to people from their dreams.....	4	3
103. Mouth washes are sure to prevent or cure diseases of the mouth and throat.....	4	3

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
104. All sick people should drink bottled mineral water to bring back their health.....	4	3
105. All cosmetics are healthful to use.....	4	3
106. Pain near the heart is generally a sign of heart disease.....	4	3
107. If you are hungry most of the time, you can be sure you have a tapeworm.....	4	3
108. Most fat people are happy and jolly.....	4	3
109. Eating little or no breakfast is a good health practice for all people.....	4	3
110. Skipping one or two meals a day is a healthy way to get thin.....	4	3
111. Pain in the left side of the chest is usually caused by heart disease.....	4	3
112. Wearing sunglasses will give your eyes complete protection from the sun.....	4	3
113. A good way to help digest your food is to smoke a cigarette after you eat.....	4	3
114. The vitamins in certain pills are better than the vitamins in natural food.....	4	3

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
115. Some people are born lucky.....	4	2
116. Bananas should be kept out of a good diet be- cause they are hard to digest.....	4	2
117. Hard exercise will often damage a healthy heart.....	3	3
118. Smoking is not harmful because many doctors and athletes smoke.....	3	3
119. Everyone who has weak feet should wear arch supports to strengthen them.....	3	3
120. Most colds can be prevented by taking vitamin pills.....	3	3
121. Men with large muscles are always healthier than men with small muscles.....	3	3
122. Nose drops will cure a cold which is causing a stuffy nose.....	3	3
123. Drinking water with your meals is always bad for your health.....	3	3
124. Most persons need big muscles in order to be healthy.....	3	3
125. The first and best thing to do in caring for a cold is to take a laxative.....	3	3

(continued on the next page)

Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
126. A good health rule for all persons to follow is: "Eat only the foods you like best".....	3	3
127. Missing a bowel movement for one day is always a sign of constipation.....	3	3
128. Taking vitamin pills is the best way to get your necessary vitamins.....	3	3
129. All germs are harmful.....	3	3
130. A good way to treat a black eye is to press the eye with a knife handle.....	3	3
131. If your eyes do not hurt, you can be sure they are healthy.....	3	3
132. Any person who feels all right is sure to be in good health.....	3	3
133. There are some pills that people can take which will prevent the common cold.....	3	3
134. The only good way to lose weight is by exercising.....	3	3
135. Most persons who look thin are certain to be underweight and in poor health.....	3	3
136. When you walk or run it is best to point your toes out toward the side.....	3	3

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
137. Sunburns are harmless even when they are painful.....	3	3
138. Expensive food is always the best food to eat..	3	3
139. The only good treatment for weak arches is to have arch supports placed in the shoes.....	3	3
140. Anyone who keeps his skin clean will never have pimples.....	3	3
141. An all vegetable diet is the natural and best diet.....	3	3
142. Wearing eyeglasses will always make a person's eyes stronger.....	3	3
143. All people with rosy complexions are very healthy.....	3	3
144. Bad breath can be stopped for good by using special mouth washes.....	3	3
145. Wanting to eat candy and sweets is always a sign that your body needs more sugar.....	3	3
146. Most colds can be cured by taking vitamin pills.	3	3
147. A good way to help a person to get rid of the hiccoughs is to frighten him.....	3	3

(continued on the next page)



Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
148. Good health does not depend on what you eat....	3	3
149. The best way to brush your teeth is sideways...	3	3
150. A pain in the lower back is generally a sign of kidney disease.....	3	3
151. A daily bowel movement is always necessary so a person can stay healthy.....	3	3
152. Persons having pimples or boils usually have bad blood.....	3	3
153. Cheese should be kept out of a good diet be- cause it is constipating.....	3	3
154. Most colds cannot be prevented.....	3	3
155. A good health rule to follow is: "Feed a cold and starve a fever".....	3	3
156. Cheese is a bad food to eat because it is hard to digest.....	3	3
157. The use of skin lotions is a healthful way to make any skin beautiful.....	3	3
158. Nighttime is the only time that one ever needs sleep or rest.....	3	3
159. To go on a diet always means to eat less food..	3	2

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
160. The best way to treat a black eye is to put a piece of raw meat on it.....	3	2
161. People can never change their food likes and dislikes.....	3	2
162. Drinking milk while you are eating fish is a bad health practice.....	3	2
163. Most cases of baldness can be cured if treated early.....	3	2
164. Exercising regularly is a sure way to prevent disease.....	3	2
165. People should protect themselves from catching cold by gargling with a mouth wash.....	3	2
166. Eating fruits and vegetables at the same meal is a bad health practice.....	3	2
167. The use of skin creams and lotions will make any skin clear and healthy.....	3	2
168. Persons can always prevent pimples by eating more raw foods.....	3	2
169. Honey is a good food for sweetening a sour stomach.....	3	2

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
170. Drinking large amounts of milk is always good for your health.....	3	2
171. Sleeping on your left side is bad for your heart.....	3	2
172. Eating two or more different kinds of fruit during the same meal is a bad health practice..	3	2
173. Bananas should be kept out of a good diet because they make people fat.....	3	2
174. Persons should eat only when they feel hungry..	3	2
175. Using a toothpick is the best way to get things from between your teeth.....	3	2
176. A mouth wash is healthful because it helps kill the germs in the mouth and throat.....	3	2
177. White bread that has been enriched with vitamins is a better food than whole wheat bread...	3	2
178. Potatoes are a fattening food.....	3	2
179. Persons having bad breath usually have some disease or sickness.....	3	2
180. Most persons need to take vitamin pills to improve their health.....	3	2

(continued on the next page)

Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
181. If a person wants to be strong and healthy, he should eat plenty of raw meat.....	2	4
182. Wearing bathing hats or ear plugs while swimming will give a person complete protection for his ears.....	2	3
183. It is always good for your health to eat over-ripe fruits.....	2	3
184. Any person who sees clearly can be sure he doesn't need glasses.....	2	3
185. A cold can usually be cured by eating raw onions.....	2	3
186. There are no living germs in pasteurized milk.	2	2
187. Milk is pasteurized to make it easy to digest.	2	2
188. Baldness is usually caused by wearing hats....	2	2
189. Fish is a food that is very good for the brain.	2	2
190. Deep breathing exercises are healthful for everyone.....	2	2
191. Brushing your teeth every day is a sure way of stopping decay.....	2	2

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Table 4. (continued)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
192. Everyone who is on a diet is trying to lose weight.....	2	2
193. A good health rule to follow is: "Do not eat fruits that have been mixed with milk".....	2	2
194. Eating between meals causes most children to have poor health.....	2	2
195. The use of tooth powders and pastes is sure to make a person's gums firm.....	2	2
196. The use of tooth powders or pastes will always cure a person's bad breath.....	2	2
197. A pain in your right side usually means that you have appendicitis.....	2	2
198. The less you eat during hot weather the less you will feel the heat.....	2	2
199. It is a bad health habit to drink water while you exercise.....	2	2
200. It is a good idea for all persons to take vitamin pills every day.....	2	2
201. Cutting or shaving a person's hair makes it grow faster and thicker.....	2	1

(concluded on the next page)

Table 4. (concluded)

Health Misconceptions	Median Ratings	
	Psychi- atrists	Health and Medical Experts
(1)	(2)	(3)
202. For good health everyone needs to drink six glasses of water a day.....	1	2
203. Going swimming right after a heavy meal makes most people get cramps.....	1	2

The data in Table 4 indicate the following:

1. Psychiatrists rated 6 health misconceptions 3 points higher than did the experts in health and medicine.
2. Psychiatrists rated 21 health misconceptions 2 points higher than did the experts in health and medicine.
3. Psychiatrists rated 87 health misconceptions 1 point higher than did the experts in health and medicine.
4. Eighty-eight health misconceptions received the same rating by the psychiatrists and the experts in health and medicine.
5. Health and medical experts rated 6 health misconceptions 1 point higher than did the psychiatrists.
6. Health and medical experts rated 1 health misconception 2 points higher than did the psychiatrists.

The extent of agreement or disagreement between the juries of ex-  
perts cooperating in this study and in the study by Dzenowagis <sup>1/</sup> con-

1/Ibid.

cerning the harmfulness of 233 health and safety misconceptions.—

Table 5, which follows, shows the extent of agreement or disagreement between the juries of experts cooperating in this study and the juries of experts who rated the same items in the study by Dzenowagis<sup>1/</sup> concerning the harmfulness of 233 health and safety misconceptions.

Table 5. Comparison of the Ratings of Health and Safety Misconceptions Made by Sullivan's Juries of Experts and Dzenowagis'<sup>2/</sup>Juries of Experts

Health and Safety Misconceptions	Median Ratings	
	Sullivan's Experts	Dzenowagis' Experts
(1)	(2)	(3)
1. It is a good idea to make an unconscious person drink something.....	5	5
2. A person having a stomach ache should usually take a laxative.....	5	5
3. It is impossible to cure any cancer....	5	5
4. It is all right to use sleeping pills without a doctor's advice.....	5	5
5. Most mental sicknesses cannot be helped by any treatment.....	5	5
6. It is best to go to doctors who advertise in the newspapers.....	5	5
7. Iodine is the best treatment for wounds caused by stepping on rusty nails.....	5	4
8. Tuberculosis is a shameful disease to have.....	5	5

(continued on the next page)

1/Ibid.

2/Ibid.

Table 5. (continued)

Health and Safety Misconceptions (1)	Median Ratings	
	Sullivan's Experts (2)	Dzenowagis' Experts (3)
9. Most people who have tuberculosis were born with it.....	5	3
10. Throwing oil or gasoline on a slow fire is a wise thing to do.....	5	5
11. It is all right to point a gun at someone if you are sure that it is not loaded.....	5	5
12. Good doctors usually advertise.....	5	3
13. A good way to treat a burn is to put iodine on it.....	5	5
14. You don't need to worry about having tuberculosis unless you are coughing a lot.....	5	4
15. Most people who get tuberculosis will die in a short time.....	5	4
16. A person who has recovered, after having tuberculosis, cannot get it again.....	5	5
17. Spring water that is clear and cold is always safe for drinking.....	5	4
18. If you have any disease or sickness you will always feel some pain.....	5	4
19. It is impossible to prevent any cancer..	5	4
20. The eyes can be made stronger by looking at the sun.....	5	5
21. Fat people can feel quite sure that they will never get tuberculosis.....	5	4

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Table 5. (continued)

Health and Safety Misconceptions	Median Ratings	
	Sullivan's Experts	Dzenowagis' Experts
(1)	(2)	(3)
22. It is always safe to drink water which has just been taken from a well or spring.....	5	4
23. If you feel all right, you can be sure that you do not have tuberculosis.....	5	4
24. A person's future is determined by the star under which he is born.....	5	3
25. It is safe to cross the street without looking when the traffic light is red.	5	5
26. If your clothing catches fire you should always run for water.....	5	5
27. Dynamite caps are always safe unless fastened to a fuse.....	5	5
28. Bicycle riders do not have to obey traffic lights.....	5	5
29. Throwing a person into deep water is a good way to teach him to swim.....	5	5
30. Touching a light switch or light chain with wet hands is not dangerous.....	5	5
31. Oil, grease, and gas fires should be put out with plenty of water.....	5	5
32. The best place for shelter, during a thunderstorm, is under a tree.....	5	4
33. A bullet cannot go off unless it is fired by a gun.....	5	5
34. Bicycle riders should ride on the left hand side of the road to be safe.....	5	5

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Table 5. (continued)

Health and Safety Misconceptions (1)	Median Ratings	
	Sullivan's Experts (2)	Dzenowagis' Experts (3)
35. It is safe to cross the street without looking when the traffic light is green.	5	5
36. A person always comes to the top of the water three times before he drowns.	5	5
37. You should be ashamed if anyone in your family is mentally ill.....	4	5
38. Whooping cough is never harmful.....	4	4
39. Most insane persons were born insane..	4	4
40. Any food that does not smell or taste spoiled is safe to eat.....	4	4
41. Squeezing the pus out of boils and pimples with your fingers is good for your health.....	4	4
42. Unless someone in your family has tuberculosis there is no chance you will get it.....	4	5
43. Sickness is usually a punishment for being bad.....	4	4
44. When tuberculosis is getting started a person always has a pain in the chest.....	4	4
45. Teeth need care only when they ache...	4	4
46. A person's health depends mostly on his luck.....	4	3
47. Every disease needs a drug or medicine for its cure.....	4	4

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Table 5. (continued)

Health and Safety Misconceptions (1)	Median Ratings	
	Sullivan's Experts (2)	Dzenowagis' Experts (3)
48. Mental illness usually happens suddenly.	4	4
49. Everyone should take a laxative once a week.....	4	4
50. All children with heart murmurs will surely have heart trouble later on in life.....	4	4
51. The best way to get a tan is by sleeping in the sun.....	4	4
52. Any food that tastes good and smells good is safe to eat.....	4	3
53. The best way to remove pus from boils and pimples is with your fingers.....	4	4
54. Houseflies are harmless because they are unable to bite.....	4	4
55. A good way to take care of blisters is to pinch a hole in them.....	4	4
56. Smart children usually die at an early age.....	4	4
57. Most fat people are very healthy.....	4	4
58. The best doctors always promise to make people healthy.....	4	5
59. It has been proved that most mental sickness is inherited.....	4	4
60. Unlucky people are sure to fail at the new things that they try to do.....	4	3
61. Cancer is catching.....	4	3

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Table 5. (continued)

Health and Safety Misconceptions (1)	Median Ratings	
	Sullivan's Experts (2)	Dzenowagis' Experts (3)
62. A great deal of exercise can never hurt anyone.....	4	4
63. Persons who open umbrellas indoors will bring themselves bad luck.....	4	2
64. If you break a mirror you will have seven years of bad luck.....	4	3
65. All health advertisements in papers and magazines are true.....	4	4
66. Measles is never harmful.....	4	4
67. The best way to get water out of your ears after swimming is to hold your nose and mouth closed and blow hard....	4	4
68. Most illnesses are caused by constipation.....	4	4
69. All radio advertising about what is good or bad for your health is true....	4	4
70. All advertising on television about what is good or bad for health is true.	4	4
71. You should never eat when you are sick because you feed the disease.....	4	4
72. There are special laxatives that will help prevent or cure the common cold...	4	4
73. People should use headache pills every time they have a cold.....	4	3
74. There are certain cough medicines that will cure and prevent the common cold..	4	4

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Table 5. (continued)

Health and Safety Misconceptions (1)	Median Ratings	
	Sullivan's Experts (2)	Dzenowagis' Experts (3)
75. All laxatives are safe to use regularly.	4	5
76. It is very hard for thin persons to keep from getting tuberculosis.....	4	3
77. Fresh raw milk is better food for your health than pasteurized milk.....	4	4
78. When you are swimming it is a good joke to call for help when you don't need it.	4	5
79. Drinking raw milk fresh from the cow is a very healthy thing to do.....	4	4
80. There are some pills that people can take which will prevent the common cold.	4	3
81. There are some pills that people can take which will cure the common cold...	4	4
82. The first thing to do in treating a burn is to put cold water on it.....	4	4
83. Some persons have the ability to tell your fortune.....	4	3
84. A fortuneteller can tell your future by looking at the lines in the palm of your hand.....	4	3
85. Looking into the sun can never hurt your eyes.....	4	4
86. When you are riding a bicycle you never have to use hand signals.....	4	5
87. People should walk on the right hand side if there are no sidewalks.....	4	4

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Table 5. (continued)

Health and Safety Misconceptions	Median Ratings	
	Sullivan's Experts	Dzenowagis' Experts
(1)	(2)	(3)
88. It is safe to use toothpicks or matchsticks for removing wax from ears.....	4	4
89. The only good way to help a drowning person is to jump in the water to save him.....	4	5
90. Most accidents cannot be prevented.....	4	4
91. Mouth washes are sure to prevent or cure diseases of the mouth and throat..	4	3
92. Pain near the heart is generally a sign of heart disease.....	4	3
93. All persons should use nose drops and mouth washes daily when they have a cold.....	4	3
94. All children with heart murmurs are sickly.....	4	3
95. All mad dogs foam at the mouth.....	4	5
96. It is usually safe to go in swimming alone if you know how to swim.....	4	5
97. It is safe to cross the street without looking when the traffic light is yellow and red.....	4	5
98. Baby teeth need very little care because they will soon fall out.....	4	4
99. All persons should take laxatives whenever they are constipated.....	4	4
100. It is always impossible for a person with cramps to swim.....	4	4

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Table 5. (continued)

Health and Safety Misconceptions	Median Ratings	
	Sullivan's Experts	Dzenowagis' Experts
(1)	(2)	(3)
101. If you meet a dog that frightens you, it is always best to start running.....	4	5
102. People have accidents only when their "number is up".....	4	5
103. It is generally a good idea to have a radio in your bathroom.....	4	3
104. Blowing your nose as hard as you can is not harmful.....	4	4
105. A good safety rule for bicycle riders is: "Ride on the sidewalks as much as possible".....	4	4
106. Any person who feels all right is sure to be in good health.....	3	3
107. Only bad smelling odors can be harmful to your health.....	3	3
108. Some houses are visited by ghosts.....	3	2
109. A good way to treat a black eye is to press the eye with a knife handle.....	3	3
110. You will have bad luck if a black cat crosses the path in front of you.....	3	2
111. Friday the Thirteenth is an unlucky day for most people.....	3	2
112. Taking vitamin pills will guarantee you good health.....	3	3
113. You can be sure anything a scientist says about health is true.....	3	3

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Table 5. (continued)

Health and Safety Misconceptions (1)	Median Ratings	
	Sullivan's Experts (2)	Dzenowagis' Experts (3)
114. If your eyes do not hurt, you can be sure they are healthy.....	3	3
115. All persons would be healthier if they ate only raw food.....	3	4
116. The best medicines are the ones that taste the worst.....	3	3
117. The first and best thing to do in caring for a cold is to take a laxative.....	3	3
118. Sugar diabetes is caused by eating too much sugar.....	3	3
119. Adding certain bath powders to the bath is a healthful way to lose weight.....	3	3
120. Any exercise is bad for persons who have heart trouble.....	3	3
121. All cosmetics are healthful to use....	3	3
122. It is necessary to go to a doctor only when you feel sick.....	3	3
123. Wearing eyeglasses will always make a person's eyes weaker.....	3	3
124. A good health rule for all people to follow is: "Eat only the foods you like best".....	3	3
125. Persons can clean their blood by eating certain foods.....	3	4
126. People who exercise a lot live longer than other people.....	3	4

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Table 5. (continued)

Health and Safety Misconceptions	Median Ratings	
	Sullivan's Experts	Dzenowagis' Experts
(1)	(2)	(3)
127. Bad breath can be stopped for good by using special mouth washes.....	3	3
128. Anyone who keeps his skin clean will never have pimples.....	3	2
129. Pain in the left side of the chest is usually caused by heart disease.....	3	3
130. An exercise is not good unless it makes your muscles sore and stiff.....	3	4
131. If you are hungry most of the time, you can be sure you have a tapeworm...	3	3
132. All medicines that have alcohol in them are harmful.....	3	3
133. All sick people should drink bottled mineral water to bring back their health.....	3	3
134. Sunburns are harmless even when they are painful.....	3	3
135. It is possible to tell what is going to happen to people from their dreams.	3	4
136. A good way to treat frostbite is to rub the frostbitten part with snow....	3	4
137. Any person who sees clearly can be sure he doesn't need glasses.....	3	2
138. Good health does not depend on what you eat.....	3	3
139. Hard exercise will often damage a healthy heart.....	3	3

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Table 5. (continued)

Health and Safety Misconceptions (1)	Median Ratings	
	Sullivan's Experts (2)	Dzenowagis' Experts (3)
140. All people with rosy complexions are very healthy.....	3	4
141. Cotton should be the first thing put on a cut to stop the bleeding.....	3	3
142. Most dogs do not remember the people who were mean to them.....	3	2
143. Nose drops will cure a cold which is causing a stuffy nose.....	3	3
144. If a person wants to be strong and healthy, he should eat plenty of raw meat.....	3	3
145. A good way to help a person get rid of the hiccoughs is to frighten him.....	3	3
146. Skipping one or two meals a day is a healthy way to get thin.....	3	3
147. Eating little or no breakfast is a good health practice for all people...	3	4
148. Most colds can be cured by taking vitamin pills.....	3	3
149. The only good way to lose weight is by exercising.....	3	3
150. The use of skin lotions is a healthful way to make any skin beautiful.....	3	3
151. People who get cramps while swimming in deep water are sure to drown.....	3	4
152. Smoking is not harmful because many doctors and athletes smoke.....	3	3

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Table 5. (continued)

Health and Safety Misconceptions	Median Ratings	
	Sullivan's Experts	Dzenowagis' Experts
(1)	(2)	(3)
153. Some people should drink very little water because it turns to fat in their bodies.....	3	4
154. All germs are harmful.....	3	3
155. Wearing eyeglasses will always make a person's eyes stronger.....	3	3
156. Wearing sunglasses will give your eyes complete protection from the sun.....	3	3
157. Persons who have pimples or boils usually have bad blood.....	3	3
158. A daily bowel movement is always necessary so a person can stay healthy.	3	3
159. Everyone who has weak feet should wear arch supports to strengthen them.....	3	3
160. People can never change their food likes and dislikes.....	3	3
161. People are born with their food likes and dislikes.....	3	2
162. The first thing to do when you get a deep cut is to wash it out with water.	3	3
163. You can always tell if a dog is friendly by his looks.....	3	3
164. A good health rule to follow is: "Feed a cold and starve a fever".....	3	3
165. Most persons who look thin are certain to be underweight and in poor health..	3	3

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Table 5. (continued)

Health and Safety Misconceptions	Median Ratings	
	Sullivan's Experts	Dzenowagis' Experts
(1)	(2)	(3)
166. The only good treatment for weak arches is to have arch supports placed in the shoes.....	3	3
167. Missing a bowel movement for one day is always a sign of constipation.....	3	3
168. People should protect themselves from catching cold by gargling with a mouth wash.....	3	2
169. Most colds can be prevented by taking vitamin pills.....	3	2
170. Expensive food is always the best food to eat.....	3	3
171. When you walk or run it is best to point your toes out toward the side...	3	3
172. Men with large muscles are always healthier than men with small muscles.	3	2
173. A good way to help digest your food is to smoke a cigarette after you eat....	3	3
174. Honey is a good food for sweetening a sour stomach.....	3	2
175. A pain in the lower back is generally a sign of kidney disease.....	3	2
176. Drinking water with your meals is always bad for your health.....	3	3
177. Taking vitamin pills is the best way to get your necessary vitamins.....	3	3

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Table 5. (continued)

Health and Safety Misconceptions	Median Ratings	
	Sullivan's Experts	Dzenowagis' Experts
(1)	(2)	(3)
178. Food that tastes good is usually bad for your health.....	3	3
179. The vitamins in certain pills are better than the vitamins in natural food.....	3	3
180. Wanting to eat candy and sweets is always a sign that your body needs more sugar.....	3	3
181. Wearing bathing hats or ear plugs while swimming will give a person complete protection for his ears.....	3	3
182. An all vegetable diet is the natural and best diet.....	3	3
183. A mouth wash is healthful because it helps kill germs in the mouth and throat.....	3	2
184. The best way to brush your teeth is sideways.....	3	3
185. Using a toothpick is the best way to get things from between your teeth....	3	2
186. A pain in your right side usually means that you have appendicitis.....	3	2
187. Nighttime is the only time that one ever needs sleep or rest.....	3	3
188. Most persons need big muscles in order to be healthy.....	3	3
189. Most colds cannot be prevented.....	3	3
190. A cold can usually be cured by eating raw onions.....	2	3

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Table 5. (continued)

Health and Safety Misconceptions (1)	Median Ratings	
	Sullivan's Experts (2)	Dzenowagis' Experts (3)
191. Sleeping on your left side is bad for your heart.....	2	2
192. All vegetables and fruits should be eaten raw.....	2	3
193. Swallowing the seeds of fruits generally causes appendicitis.....	2	2
194. Eating meat more than once a day is harmful to most persons.....	2	4
195. Some people are born lucky.....	2	2
196. There are no living germs in pasteurized milk.....	2	2
197. Persons can always prevent pimples by eating more raw foods.....	2	2
198. The use of skin creams and lotions will make any skin clear and healthy.....	2	3
199. Most fat people are happy and jolly...	2	3
200. It is always good for your health to eat overripe fruits.....	2	3
201. Brushing your teeth every day is a sure way of stopping decay.....	2	3
202. Cheese is a bad food to eat because it is hard to digest.....	2	3
203. Bananas should be kept out of a good diet because they are hard to digest..	2	3
204. Exercising regularly is a sure way to prevent disease.....	2	3

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Table 5. (continued)

Health and Safety Misconceptions (1)	Median Ratings	
	Sullivan's Experts (2)	Dzenowagis' Experts (3)
205. Drinking large amounts of milk is always good for your health.....	2	2
206. Everyone who is on a diet is trying to lose weight.....	2	2
207. The less you eat during hot weather the less you will feel the heat.....	2	2
208. Most persons need to take vitamin pills to improve their health.....	2	2
209. Bananas should be kept out of a good diet because they make people fat.....	2	2
210. The best way to treat a black eye is to put a piece of raw meat on it.....	2	3
211. Baldness is usually caused by wearing hats.....	2	2
212. Deep breathing exercises are healthful for everyone.....	2	3
213. It is a good idea for all persons to take vitamin pills every day.....	2	2
214. Milk is pasteurized to make it easy to digest.....	2	2
215. Drinking milk while you are eating fish is a bad health practice.....	2	2
216. To go on a diet always means to eat less food.....	2	2
217. Persons should eat only when they feel hungry.....	2	2

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Table 5. (continued)

Health and Safety Misconceptions	Median Ratings	
	Sullivan's Experts	Dzenowagis' Experts
(1)	(2)	(3)
218. The use of toothpowders or pastes will always cure a person's bad breath.....	2	2
219. Persons who have bad breath usually have some disease or sickness.....	2	2
220. Eating fruits and vegetables at the same meal is a bad health practice....	2	3
221. White bread that is enriched with vitamins is a better food than whole wheat bread.....	2	2
222. Eating two or more kinds of fruit during the same meal is a bad health practice.....	2	2
223. Cheese should be kept out of a good diet because it is constipating.....	2	3
224. It is a bad health habit to drink water while you exercise.....	2	2
225. The use of tooth powders and pastes is sure to make a person's gums firm.....	2	3
226. Eating between meals causes most children to have poor health.....	2	3
227. Going swimming right after a heavy meal makes most people get cramps.....	2	2
228. Most cases of baldness can be cured if treated early.....	2	3
229. Potatoes are a fattening food.....	2	2
230. A good health rule to follow is: "Do not eat fruits that have been mixed with milk".....	2	2

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Table 5. (concluded)

Health and Safety Misconceptions (1)	Median Ratings	
	Sullivan's Experts (2)	Dzenowagis' Experts (3)
231. For good health everyone needs to drink six glasses of water a day.....	2	2
232. Cutting or shaving a person's hair makes it grow faster and thicker.....	1	2
233. Fish is a food that is very good for the brain.....	1	2

The data in Table 5 indicate the following:

1. Thirty-six misconceptions were considered extremely harmful by Sullivan's juries. Thirty-five misconceptions were considered extremely harmful by Dzenowagis' juries.
2. Sixty-nine misconceptions were considered very harmful by Sullivan's juries. Sixty-two misconceptions were considered very harmful by Dzenowagis' juries.
3. Eighty-four misconceptions were considered moderately harmful by Sullivan's juries. Ninety-three misconceptions were considered moderately harmful by Dzenowagis' juries.
4. Forty-two misconceptions were considered slightly harmful by Sullivan's juries. Forty-three misconceptions were considered slightly harmful by Dzenowagis' juries.
5. Two misconceptions were considered not harmful by Sullivan's juries. All of the misconceptions were considered harmful by Dzenowagis' juries.

## CHAPTER V

### SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

Purpose of the study.— The purpose of this study was: (1) to determine the degree of harmfulness of 203 health misconceptions and 30 safety misconceptions; (2) to compare the ratings of 203 health misconceptions made by 5 psychiatrists and the ratings of the same misconceptions made by 21 experts in the fields of health and medicine; and (3) to compare the ratings of 233 health and safety misconceptions made by the juries of experts in this study with the ratings of the same misconceptions made by juries of experts in a previous study.<sup>1/</sup>

Procedures used in the study.— Two hundred three health misconceptions were validated and evaluated by three psychiatrists, two pediatricians, one surgeon, four general practicing physicians, and three health educators. Thirty safety misconceptions were validated and evaluated by nine subject-matter experts in the area of safety education.

The data were analyzed to indicate: (1) the median rating of each misconception on the basis of the responses from the experts; (2) the health misconceptions that were deleted as being not completely false by one or more of the experts cooperating in this study and in the study by Dzenowagis;<sup>2/</sup> (3) the safety misconceptions that were deleted as being

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<sup>1/</sup>Joseph G. Dzenowagis, op. cit.

<sup>2/</sup>Ibid.

not completely false by one or more of the experts cooperating in this study and in the study by Dzenowagis; <sup>1/</sup> (4) the extent of agreement or disagreement between 5 psychiatrists and 21 experts in health and medicine concerning the degree of harmfulness of 203 health misconceptions; and (5) the extent of agreement or disagreement between the experts cooperating in this study and Dzenowagis' study <sup>2/</sup> concerning the degree of harmfulness of 233 health and safety misconceptions.

Findings of the investigation.— The experts who cooperated in this study rated 233 health and safety misconceptions as follows:

1. Thirty-six misconceptions--extremely harmful
2. Sixty-nine misconceptions--very harmful
3. Eighty-four misconceptions--moderately harmful
4. Forty-two misconceptions--slightly harmful
5. Two misconceptions--not harmful.

One or more of the health and medical experts cooperating in this study and Dzenowagis' study <sup>3/</sup> deleted 26 health misconceptions as being "not completely false." The misconception that was deleted the most times was: "Potatoes are a fattening food." Five of the twenty-six health and medical experts deleted it as being "not completely false."

One or more of the safety experts cooperating in this study and Dzenowagis' study <sup>4/</sup> deleted three safety misconceptions as being "not

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1/Ibid.

2/Ibid.

3/Ibid.

4/Ibid.

completely false." The misconception that was deleted the most times was: "People who get cramps while swimming in deep water are sure to drown." Four of the sixteen safety experts deleted it as being "not completely false."

The comparison of the ratings of 203 health misconceptions made by 5 psychiatrists with the ratings of the same misconceptions made by 21 experts in health and medicine revealed the following:

1. Sixty-three health misconceptions were considered extremely harmful by the psychiatrists. Twelve health misconceptions were considered extremely harmful by the health and medical experts.
2. Fifty-three health misconceptions were considered very harmful by the psychiatrists. Forty-six health misconceptions were considered very harmful by the health and medical experts.
3. Sixty-four health misconceptions were considered moderately harmful by the psychiatrists. Ninety-seven health misconceptions were considered moderately harmful by the health and medical experts.
4. Twenty-one health misconceptions were considered slightly harmful by the psychiatrists. Forty-seven health misconceptions were considered slightly harmful by the health and medical experts.
5. Two health misconceptions were considered not harmful by the psychiatrists. One health misconception was considered not

harmful by the health and medical experts.

The psychiatrists rated the following health misconceptions 3 points higher than did the health and medical experts:

1. Swallowing the seeds of fruits generally causes appendicitis.
2. People are born with their food likes and dislikes.
3. Persons who open umbrellas indoors will bring themselves bad luck.
4. Friday the Thirteenth is an unlucky day for most people.
5. You will have bad luck if a black cat crosses the path in front of you.
6. Some houses are visited by ghosts.

The comparison of the ratings of 233 health and safety misconceptions made by the experts cooperating in this study and the ratings of the same misconceptions made by the experts cooperating in the study by Dzenowagis <sup>1/</sup> revealed the following:

1. Thirty-six misconceptions were considered extremely harmful by the experts cooperating in this study. Thirty-five misconceptions were considered extremely harmful by the experts cooperating in the study by Dzenowagis. <sup>2/</sup>
2. Sixty-nine misconceptions were considered very harmful by the experts cooperating in this study. Sixty-two misconceptions were considered very harmful by the experts cooperating in the

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1/Ibid.

2/Ibid.

study by Dzenowagis.<sup>1/</sup>

3. Eighty-four misconceptions were considered moderately harmful by the experts cooperating in this study. Ninety-three misconceptions were considered moderately harmful by the experts cooperating in the study by Dzenowagis.<sup>2/</sup>
4. Forty-two misconceptions were considered slightly harmful by the experts cooperating in this study. Forty-three misconceptions were considered slightly harmful by the experts cooperating in the study by Dzenowagis.<sup>3/</sup>
5. Two misconceptions were considered not harmful by the experts cooperating in this study. All the misconceptions were considered harmful by the experts cooperating in the study by Dzenowagis.<sup>4/</sup>

Conclusions.--- The following conclusions are based on the findings of this investigation:

1. Two hundred thirty-one of the two hundred thirty-three health and safety misconceptions were considered harmful by the experts cooperating in this study.
2. Psychiatrists consider most of the health misconceptions used in this study to be more harmful than do the other health and

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1/Ibid.

2/Ibid.

3/Ibid.

4/Ibid.

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medical experts.

3. The findings of this investigation lend support to the evaluation of the health and safety misconceptions made by the health, medical, and safety experts in the study by Dzenowagis.<sup>1/</sup>

Recommendations.-- On the basis of the results of this investigation the writer recommends:

1. That the health and safety misconceptions used in this study be evaluated by other experts in the fields of health, medicine, and safety.
2. That the health misconceptions used in this study be evaluated by various groups of medical specialists to determine the extent to which specialists agree or disagree concerning the degree of harm that these health misconceptions might engender.

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1/Ibid.

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## APPENDIX

COPY OF LETTER SENT TO  
HEALTH EXPERTS

Dear Sir:

I am writing a thesis that is concerned with the harmfulness of certain health misconceptions. Enclosed with this letter you will find a list of such misconceptions and instructions for rating them according to their degree of harmfulness.

My advisor has suggested you as a member of a jury of experts to cooperate in this evaluation. For the purposes of this study health misconceptions are expressed as statements that lack a scientific basis and are not in accord with current authoritative medical thought. Each misconception is to be rated on a five point scale according to its degree of harmfulness. In order to cooperate fully in this evaluation it is necessary for you to follow carefully the detailed instructions for rating the misconceptions.

Your work in this study will be acknowledged, and upon the completion of the investigation you will be furnished with a copy of the final results.

For your convenience a self-addressed envelope is enclosed for the return of the material. Thank you for any assistance you may give me in this matter.

Sincerely yours,

## INSTRUCTIONS FOR RATING ITEMS

- A. An individual as a result of subscribing to misconceptions about health can handicap his own health and welfare and possibly the health and welfare of others. The following is a list of harmful effects that may result from health misconceptions. Please read the list carefully in order that you may accurately rate the items on the attached form.

1. Prevents the acquisition of true concepts
2. Causes unnecessary worry and anxiety
3. Wastes money
4. Wastes time
5. Delays the seeking of medical treatment
6. Serves as the basis of bad health practice
7. Promotes fads and quackery
8. Encourages self-medication
9. Causes the ingestion of harmful substances
10. Promotes hypochondriasis
11. Builds up a false sense of security
12. Promotes irrational fears
13. Causes humiliation and embarrassment
14. Impedes scientific and social progress
15. Develops food aversions and fears
16. Promotes indiscriminate use of drugs and medicines
17. May be fatal if used as the basis for action.

- B. Rate every statement on the attached form that you think is completely false according to the following five point scale:

1	2	3	4	5
not	slightly	moderately	very	extremely
harmful	harmful	harmful	harmful	harmful

- C. Delete any statement that in your opinion is not completely false by drawing a line through it.
- D. Remember that you are to rate a statement only according to the degree of harm which such a misconception would engender, and not according to prevalence or possibility of occurrence.
- E. Please check to see that all the statements have been evaluated.

CARE AND PREVENTION OF DISEASE

1. A pain in the lower back is generally a sign of kidney disease. 12345
2. You don't need to worry about having tuberculosis unless you are coughing a lot. 12345
3. If you feel all right, you can be sure that you do not have tuberculosis. 12345
4. When tuberculosis is getting started a person always has a pain in the chest. 12345
5. Most people who have tuberculosis were born with it. 12345
6. A person who has recovered, after having tuberculosis, cannot get it again. 12345
7. Fat people can feel quite sure that they will never get tuberculosis. 12345
8. It is very hard for thin persons to keep from getting tuberculosis. 12345
9. Iodine is the best treatment for wounds caused by stepping on rusty nails. 12345
10. Mouth washes are sure to prevent or cure diseases of the mouth and throat. 12345
11. Sleeping on your left side is bad for your heart. 12345
12. It is impossible to prevent any cancer. 12345
13. It is impossible to cure any cancer. 12345
14. The best doctors always promise to make people healthy. 12345
15. Most illnesses are caused by constipation. 12345
16. Pain near the heart is generally a sign of heart disease. 12345
17. Swallowing the seeds of fruits generally causes appendicitis. 12345
18. Pain in the left side of the chest is usually caused by heart disease. 12345
19. Measles is never harmful. 12345
20. Whooping cough is never harmful. 12345
21. It is best to go to doctors who advertise in the newspapers. 12345
22. All germs are harmful. 12345
23. Good doctors usually advertise. 12345
24. Houseflies are harmless because they are unable to bite. 12345
25. Unless someone in your family has tuberculosis there is no chance you will get it. 12345
26. Most people who get tuberculosis will die in a short time. 12345
27. A cold can usually be cured by eating raw onions. 12345
28. Smoking is not harmful because many doctors and athletes smoke. 12345
29. Most colds cannot be prevented. 12345

30. Most colds can be prevented by taking vitamin pills. 12345
31. Cancer is catching. 12345
32. Most colds can be cured by taking vitamin pills. 12345
33. If your eyes do not hurt, you can be sure they are healthy. 12345
34. Any person who sees clearly can be sure he doesn't need glasses. 12345
35. If you have any disease or sickness you will always feel some pain. 12345
36. Spring water that is clear and cold is always safe for drinking. 12345
37. Only bad smelling odors can be harmful to your health. 12345

#### PERSONAL HYGIENE

1. Looking into the sun can never hurt your eyes. 12345
2. A person having a stomach ache should usually take a laxative. 12345
3. Baby teeth need very little care because they will soon fall out. 12345
4. A mouth wash is healthful because it helps kill germs in the mouth and throat. 12345
5. Persons who have bad breath usually have some disease or sickness. 12345
6. Persons who have pimples or boils usually have bad blood. 12345
7. Teeth need care only when they ache. 12345
8. Brushing your teeth every day is a sure way of stopping decay. 12345
9. A pain in your right side usually means that you have appendicitis. 12345
10. Any person who feels all right is sure to be in good health. 12345
11. Sunburns are harmless even when they are painful. 12345
12. It is safe to use toothpicks or matchsticks for removing wax from ears. 12345
13. Blowing your nose as hard as you can is not harmful. 12345
14. Nighttime is the only time that one ever needs sleep or rest. 12345
15. It is necessary to go to a doctor only when you feel sick. 12345
16. The use of tooth powders and pastes is sure to make a person's gums firm. 12345
17. The best way to brush your teeth is sideways. 12345
18. Cutting or shaving a person's hair makes it grow faster and thicker. 12345
19. A daily bowel movement is always necessary so a person can stay healthy. 12345
20. Missing a bowel movement for one day is always a sign of constipation. 12345
21. Baldness is usually caused by wearing hats. 12345

22. Most cases of baldness can be cured if treated early. 12345
23. Wearing eyeglasses will always make a person's eyes weaker. 12345
24. The use of skin creams and lotions will make any skin clear and healthy. 12345
25. All people with rosy complexions are very healthy. 12345
26. The best way to get a tan is by sleeping in the sun. 12345
27. Squeezing the pus out of boils and pimples with your fingers is good for your health. 12345
28. Wearing sunglasses will give your eyes complete protection from the sun. 12345
29. Everyone who has weak feet should wear arch supports to strengthen them. 12345
30. Wearing eyeglasses will always make a person's eyes stronger. 12345
31. The best way to remove pus from boils and pimples is with your fingers. 12345
32. Using a toothpick is the best way to get things from between your teeth. 12345
33. The use of tooth powders or pastes will always cure a person's bad breath. 12345
34. The eyes can be made stronger by looking at the sun. 12345
35. The only good treatment for weak arches is to have arch supports placed in the shoes. 12345
36. Wearing bathing hats or ear plugs while swimming will give a person complete protection for his ears. 12345

#### NUTRITION

1. Everyone who is on a diet is trying to lose weight. 12345
2. A good health rule to follow is: "Feed a cold and starve a fever." 12345
3. There are no living germs in pasteurized milk. 12345
4. Fish is a food that is very good for the brain. 12345
5. Eating between meals causes most children to have poor health. 12345
6. A good health rule to follow is: "Do not eat fruits that have been mixed with milk." 12345
7. If a person wants to be strong and healthy, he should eat plenty of raw meat. 12345
8. If you are hungry most of the time, you can be sure you have a tapeworm. 12345
9. Persons can always prevent pimples by eating more raw foods. 12345
10. Milk is pasteurized to make it easy to digest. 12345
11. Eating little or no breakfast is a good health practice for all people. 12345
12. A good way to help digest your food is to smoke a cigarette after you eat. 12345

13. Drinking milk while you are eating fish is a bad health practice. 12345
14. Eating two or more different kinds of fruit during the same meal is a bad health practice. 12345
15. Eating fruits and vegetables at the same meal is a bad health practice. 12345
16. It is a good idea for all persons to take vitamin pills every day. 12345
17. Drinking raw milk fresh from the cow is a very healthy thing to do. 12345
18. Persons should eat only when they feel hungry. 12345
19. Sugar diabetes is caused by eating too much sugar. 12345
20. The less you eat during the hot weather the less you will feel the heat. 12345
21. It is always good for your health to eat overripe fruits. 12345
22. For good health everyone needs to drink six glasses of water a day. 12345
23. Fresh raw milk is a better food for your health than pasteurized milk. 12345
24. People are born with their food likes and dislikes. 12345
25. It is always safe to drink water which has just been taken from a well or spring. 12345
26. People can never change their food likes and dislikes. 12345
27. A good health rule for all persons to follow is: "Eat only the foods you like best." 12345
28. Most persons need to take vitamin pills to improve their health. 12345
29. To go on a diet always means to eat less food. 12345
30. An all vegetable diet is the natural and best diet. 12345
31. Good health does not depend on what you eat. 12345
32. All persons would be healthier if they ate only raw foods. 12345
33. Bananas should be kept out of a good diet because they are hard to digest. 12345
34. Cheese is a bad food to eat because it is hard to digest. 12345
35. You should never eat when you are sick because you feed the disease. 12345
36. Wanting to eat candy and sweets is always a sign that your body needs more sugar. 12345
37. Persons can clean their blood by eating certain foods. 12345
38. Bananas should be kept out of a good diet because they make people fat. 12345
39. Eating meat more than once a day is harmful to most persons. 12345
40. Most persons who look thin are certain to be underweight and in poor health. 12345
41. Honey is a good food for sweetening a sour stomach. 12345



42. Drinking large amounts of milk is always good for your health. 12345
43. Any food that smells and tastes good is safe to eat. 12345
44. Any food that does not smell or taste spoiled is safe to eat. 12345
45. Skipping one or two meals a day is a healthy way to get thin. 12345
46. Potatoes are a fattening food. 12345
47. Some people should drink very little water because it turns to fat in their bodies. 12345
48. Drinking water with your meals is always bad for your health. 12345
49. Cheese should be kept out of a good diet because it is constipating. 12345
50. All vegetables and fruits should be eaten raw. 12345
51. White bread that is enriched with vitamins is a better food than whole wheat bread. 12345
52. Food that tastes good is usually bad for your health. 12345
53. Most fat people are very healthy. 12345
54. Expensive food is always the best food to eat. 12345

#### DRUGS AND PATENT MEDICINES

1. There are certain cough medicines that will cure and prevent the common cold. 12345
2. All persons should use nose drops and mouth washes daily when they have a cold. 12345
3. All medicines that have alcohol in them are harmful. 12345
4. Taking vitamin pills is the best way to get your necessary vitamins. 12345
5. The vitamins in certain pills are better than the vitamins in natural food. 12345
6. All advertising on television about what is good or bad for health is true. 12345
7. All radio advertising about what is good or bad for your health is true. 12345
8. People should use headache pills every time they have a cold. 12345
9. It is all right to use sleeping pills without a doctor's advice. 12345
10. The best medicines are the medicines that taste the worst. 12345
11. All cosmetics are healthful to use. 12345
12. All persons should take laxatives whenever they are constipated. 12345
13. All laxatives are safe to use regularly. 12345
14. Taking vitamin pills will guarantee you good health. 12345
15. There are special laxatives that will help prevent or cure the common cold. 12345



16. All sick people should drink bottled mineral water to bring back their health. 12345
17. Adding certain bath powders to the bath is a healthful way to lose weight. 12345
18. Nose drops will cure a cold which is causing a stuffy nose. 12345
19. Bad breath can be stopped for good by using special mouth washes. 12345
20. The use of skin lotions is a healthful way to make any skin beautiful. 12345
21. All health advertisements in papers and magazines are true. 12345
22. People should protect themselves from catching cold by gargling with a mouth wash. 12345
23. The first and best thing to do in caring for a cold is to take a laxative. 12345
24. There are some pills that people can take which will cure the common cold. 12345
25. There are some pills that people can take which will prevent the common cold. 12345
26. Every disease needs a drug or medicine for its cure. 12345
27. Everyone should take a laxative once a week. 12345

#### FIRST AID

1. It is a good idea to make an unconscious person drink something. 12345
2. A good way to help a person get rid of the hiccoughs is to frighten him. 12345
3. A good way to treat frostbite is to rub the frostbitten part with snow. 12345
4. The best way to treat a black eye is to put a piece of raw meat on it. 12345
5. The first thing to do when you get a deep cut is to wash it out with water. 12345
6. Cotton should be the first thing put on a cut to stop the bleeding. 12345
7. The best way to get water out of your ears after swimming is to hold your nose and mouth closed and blow hard. 12345
8. The first thing to do in treating a burn is to put cold water on it. 12345
9. A good way to treat a burn is to put iodine on it. 12345
10. A good way to take care of blisters is to pinch a hole in them. 12345
11. A good way to treat a black eye is to press the eye with a knife handle. 12345

#### EXERCISE

1. An exercise is not good unless it makes your muscles sore and stiff. 12345
2. People who exercise a lot live longer than other people. 12345
3. Any exercise is bad for persons who have heart trouble. 12345
4. When you walk or run it is best to point your toes out toward the side. 12345

5. Deep breathing exercises are healthful for everyone. 12345
6. Men with large muscles are always healthier than men with small muscles. 12345
7. Hard exercise will often damage a healthy heart. 12345
8. A great deal of exercise can never hurt anyone. 12345
9. It is a bad health habit to drink water while you exercise. 12345
10. Exercising regularly is a sure way to prevent disease. 12345
11. The only good way to lose weight is by exercising. 12345
12. Most persons need big muscles in order to be healthy. 12345
13. Going swimming right after a heavy meal makes most people get cramps. 12345

#### MENTAL HYGIENE

1. You can be sure anything a scientist says about health is true. 12345
2. Sickness is usually punishment for being bad. 12345
3. Smart children usually die at an early age. 12345
4. Most mental sicknesses cannot be helped by any treatment. 12345
5. It is possible to tell what is going to happen to people from their dreams. 12345
6. A fortuneteller can tell your future by looking at the lines in palm of your hand. 12345
7. Some persons have the ability to tell your fortune. 12345
8. It has been proved that most mental sickness is inherited. 12345
9. You should be ashamed if anyone in your family is mentally ill. 12345
10. A person's future is determined by the star under which he is born. 12345
11. Tuberculosis is a shameful disease to have. 12345
12. Mental illness usually happens suddenly. 12345
13. Unlucky people are sure to fail at the new things that they try to do. 12345
14. If you break a mirror you will have seven years of bad luck. 12345
15. Persons who open umbrellas indoors will bring themselves bad luck. 12345
16. Friday the Thirteenth is an unlucky day for most people. 12345
17. Some people are born lucky. 12345
18. You will have bad luck if a black cat crosses the path in front of you. 12345
19. Some houses are visited by ghosts. 12345

20. Most insane persons were born insane. 12345
21. Most fat people are happy and jolly. 12345
22. All children with heart murmurs are sickly. 12345
23. Anyone who keeps his skin clean will never have pimples. 12345
24. All children with heart murmurs will surely have heart trouble later on in life. 12345
25. A person's health depends mostly on his luck. 12345

COPY OF LETTER SENT TO  
SAFETY EXPERTS

Dear Sir:

I am writing a thesis that is concerned with the harmfulness of certain safety misconceptions. Enclosed with this letter you will find a list of such misconceptions and instructions for rating them according to their degree of harmfulness.

My advisor has suggested you as a member of a jury of experts to cooperate in this evaluation. For the purpose of this study safety misconceptions are expressed as statements that lack a scientific basis and are not in accord with current authoritative thought in the field of safety. Each misconception is to be rated on a five point scale according to its degree of harmfulness.

In order to cooperate fully in this evaluation it is necessary that you follow carefully the detailed instructions for rating the misconceptions. Your work in this study will be acknowledged and upon completion of the investigation you will be supplied with a copy of the final results.

For your convenience a self-addressed envelope is included for the return of the material. Thank you for any help you may give me in this matter.

Sincerely yours,

## INSTRUCTIONS FOR RATING ITEMS

A. An individual as a result of subscribing to misconceptions about safety can handicap his own health and welfare and possibly the health and welfare of others. The following is a list of harmful effects that may result from safety misconceptions. Please read the list carefully in order that you may accurately rate the items on the attached form.

1. May foster undesirable attitudes
2. May be injurious if used as the basis for action
3. May be fatal if used as the basis for action.

B. Rate every statement on the attached form that you think is completely false according to the following five point scale:

1	2	3	4	5
not	slightly	moderately	very	extremely
harmful	harmful	harmful	harmful	harmful

C. Delete any statement that in your opinion is not completely false by drawing a line through it.

D. Remember that you are to rate a statement only according to the degree of harm which such a misconception would engender, and not according to prevalence or possibility of occurrence.

E. Please check to see that all the statements have been evaluated.

SAFETY

1. It is generally a good idea to have a radio in your bathroom. 12345
2. It is all right to point a gun at someone if you are sure that it is not loaded. 12345
3. Most accidents cannot be prevented. 12345
4. People should walk on the right hand side of the road if there are no sidewalks. 12345
5. If your clothing catches fire, you should always run for water. 12345
6. A good safety rule for bicycle riders is: "Ride on the sidewalks as much as possible." 12345
7. Bicycle riders should ride on the left hand side of the road to be safe. 12345
8. When you are riding a bicycle you never have to use hand signals. 12345
9. When you are swimming, it is a good joke to call for help when you don't need it. 12345
10. It is usually safe to go in swimming alone if you know how to swim. 12345
11. Throwing a person into deep water is a good way to teach him to swim. 12345
12. Throwing oil or gasoline on a slow fire is a wise thing to do. 12345
13. Touching a light switch or light chain with wet hands is not dangerous. 12345
14. A bullet cannot go off unless it is fired by a gun. 12345
15. The only good way to help a drowning person is to jump in the water to save him. 12345
16. Oil, grease, and gas fires should be put out with plenty of water. 12345
17. The best place for shelter, during a thunderstorm, is under a tree. 12345
18. People have accidents only when their "number is up." 12345
19. People who get cramps while swimming in deep water are sure to drown. 12345
20. A person always comes up to the top of the water three times before he drowns. 12345
21. It is safe to cross the street without looking when the traffic light is yellow and red. 12345
22. It is safe to cross the street without looking when the traffic light is green. 12345
23. It is safe to cross the street without looking when the traffic light is red. 12345
24. Dynamite caps are always safe unless fastened to a fuse.

- |   |       |
|---|-------|
| 25. All mad dogs foam at the mouth.   | 12345 |
| 26. If you meet a dog that frightens you, it is always best to start running. | 12345 |
| 27. You can always tell if a dog is friendly by his looks.                    | 12345 |
| 28. Most dogs do not remember the people who were mean to them.               | 12345 |
| 29. It is always impossible for a person with cramps to swim.                 | 12345 |
| 30. Bicycle riders do not have to obey traffic lights.                        | 12345 |

Table 1A. Validation and Evaluation of Health and Safety Misconceptions by Sullivan's Juries

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1. It is a good idea to make an unconscious person drink something.	0	0	0	0	0	13	5
2. A person having a stomach ache should usually take a laxative.....	0	0	0	1	0	12	5
3. It is impossible to cure any cancer.....	1	0	0	1	0	11	5
4. It is all right to use sleeping pills without a doctor's advice.....	0	0	0	0	3	10	5
5. Most mental sicknesses cannot be helped by any treatment.....	0	0	0	0	3	10	5
6. It is best to go to doctors who advertise in the newspapers.....	0	0	0	0	3	10	5
7. Iodine is the best treatment for wounds caused by stepping on rusty nails.....	0	0	0	2	2	9	5
8. Tuberculosis is a shameful disease to have.....	0	0	0	2	2	9	5
9. Most people who have tuberculosis were born with it.....	0	0	0	2	2	9	5

(continued on the next page)



Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
10. Throwing oil or gaso- line on a slow fire is a wise thing to do.	0	0	0	0	0	9	5
11. It is all right to point a gun at some- one if you are sure that it is not loaded.	0	0	0	0	0	9	5
12. Good doctors usually advertise.....	0	0	0	0	5	8	5
13. A good way to treat a burn is to put iodine on it.....	0	0	0	1	4	8	5
14. You don't need to worry about having tuberculosis unless you are coughing a lot.....	0	0	2	0	3	8	5
15. Most people who get tuberculosis will die in a short time.....	0	0	1	2	2	8	5
16. A person who has re- covered, after having tuberculosis, cannot get it again.....	0	0	1	2	2	8	5
17. Spring water that is clear and cold is al- ways safe for drink- ing.....	0	1	0	2	2	8	5

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
18. If you have any dis- ease or sickness you will always feel some pain.....	0	0	1	3	1	8	5
19. It is impossible to prevent any cancer....	1	0	1	2	1	8	5
20. The eyes can be made stronger by looking at the sun.....	0	1	0	1	4	7	5
21. Fat people can feel quite sure that they will never get tuber- culosis.....	0	0	0	3	3	7	5
22. It is always safe to drink water which has just been taken from a well or spring.....	0	1	2	0	3	7	5
23. If you feel all right, you can be sure that you do not have tu- berculosis.....	0	0	1	3	2	7	5
24. A person's future is determined by the star under which he is born.....	0	0	3	1	2	7	5
25. It is safe to cross the street without looking when the traf- fic light is red.....	0	0	0	0	2	7	5

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
26. If your clothing catches fire you should always run for water.....	0	0	0	0	2	7	5
27. Dynamite caps are always safe unless fastened to a fuse...	0	0	0	1	1	7	5
28. Bicycle riders do not have to obey traffic lights.....	0	0	0	1	1	7	5
29. Throwing a person into deep water is a good way to teach him to swim.....	0	0	1	0	1	7	5
30. Touching a light switch or light chain with wet hands is not dangerous.....	0	0	0	0	3	6	5
31. Oil, grease, and gas fires should be put out with plenty of water.....	0	0	0	0	3	6	5
32. The best place for shelter, during a thunderstorm, is under a tree.....	0	0	0	1	2	6	5
33. A bullet cannot go off unless it is fired by a gun.....	0	0	1	0	2	6	5

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
34. Bicycle riders should ride on the left hand side of the road to be safe.....	0	1	0	0	2	6	5
35. It is safe to cross the street without looking when the traffic light is green....	0	0	0	1	3	5	5
36. A person always comes to the top of the water three times before he drowns.....	0	0	0	3	1	5	5
37. You should be ashamed if anyone in your family is mentally ill..	0	0	0	1	6	6	4
38. Whooping cough is never harmful.....	0	0	0	1	6	6	4
39. Most insane persons were born insane.....	0	0	0	3	4	6	4
40. Any food that does not smell or taste spoiled is safe to eat.....	0	1	0	2	4	6	4
41. Squeezing the pus out of boils and pimples with your fingers is good for your health.	0	0	1	2	4	6	4

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
42. Unless someone in your family has tuberculosis there is no chance you will get it.	0	0	2	1	4	6	4
43. Sickness is usually a punishment for being bad.....	0	0	3	0	4	6	4
44. When tuberculosis is getting started a person always has a pain in the chest.....	0	0	1	3	3	6	4
45. Teeth need care only when they ache.....	0	0	1	3	3	6	4
46. A person's health depends mostly on his luck.....	0	0	3	1	3	6	4
47. Every disease needs a drug or medicine for its cure.....	0	0	0	5	2	6	4
48. Mental illness usually happens suddenly.....	0	0	3	2	2	6	4
49. Everyone should take a laxative once a week..	0	0	0	0	8	5	4
50. All children with heart murmurs will surely have heart trouble later on in life.....	0	0	0	2	6	5	4

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
51. The best way to get a tan is by sleeping in the sun.....	0	1	0	1	6	5	4
52. Any food that tastes good and smells good is safe to eat.....	0	1	0	1	6	5	4
53. The best way to remove pus from boils and pimples is with your fingers.....	0	0	1	3	4	5	4
54. Houseflies are harmless because they are unable to bite.....	0	0	2	2	4	5	4
55. A good way to take care of blisters is to pinch a hole in them..	0	1	1	2	4	5	4
56. Smart children usually die at an early age...	0	0	1	4	3	5	4
57. Most fat people are very healthy.....	0	0	2	3	3	5	4
58. The best doctors always promise to make people healthy.....	0	1	2	2	3	5	4
59. It has been proved that most mental sickness is inherited.....	0	0	0	6	2	5	4

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
60. Unlucky people are sure to fail at the new things that they try to do.....	0	0	1	5	2	5	4
61. Cancer is catching...	0	0	2	4	2	5	4
62. A great deal of exercise can never hurt anyone.....	0	0	2	4	2	5	4
63. Persons who open umbrellas indoors will bring themselves bad luck.....	0	2	3	1	2	5	4
64. If you break a mirror you will have seven years of bad luck....	0	2	3	1	2	5	4
65. All health advertisements in papers and magazines are true...	0	0	0	2	7	4	4
66. Measles is never harmful.....	0	0	1	2	6	4	4
67. The best way to get water out of your ears after swimming is to hold your nose and mouth closed and blow hard.....	0	0	1	2	6	4	4
68. Most illnesses are caused by constipation.	0	0	1	2	6	4	4

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
69. All radio advertising about what is good or bad for your health is true.....	0	0	0	4	5	4	4
70. All advertising on television about what is good or bad for health is true.....	0	0	0	4	5	4	4
71. You should never eat when you are sick because you feed the disease.....	0	0	1	3	5	4	4
72. There are special laxatives that will help prevent or cure the common cold.....	0	0	1	3	5	4	4
73. People should use headache pills every time they have a cold.	0	0	1	3	5	4	4
74. There are certain cough medicines that will cure and prevent the common cold.....	0	0	2	2	5	4	4
75. All laxatives are safe to use regularly.	0	0	1	4	4	4	4
76. It is very hard for thin persons to keep from getting tuberculosis.....	0	0	1	4	4	4	4

(continued on the next page)



Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
77. Fresh raw milk is better food for your health than pasteurized milk.....	0	0	2	3	4	4	4
78. When you are swimming it is a good joke to call for help when you don't need it....	0	0	0	2	4	4	4
79. Drinking raw milk fresh from the cow is a very healthy thing to do.....	0	0	4	1	4	4	4
80. There are some pills that people can take which will prevent the common cold.....	0	0	1	5	3	4	4
81. There are some pills that people can take which will cure the common cold.....	0	0	1	5	3	4	4
82. The first thing to do in treating a burn is to put cold water on it.....	0	1	1	4	3	4	4
83. Some persons have the ability to tell your fortune.....	0	0	3	3	3	4	4

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
84. A fortuneteller can tell your future by looking at the lines in the palm of your hand.....	0	0	3	3	3	4	4
85. Looking into the sun can never hurt your eyes.....	0	1	2	3	3	4	4
86. When you are riding a bicycle you never have to use hand signals..	0	0	0	2	3	4	4
87. People should walk on the right hand side if there are no sidewalks.	0	0	1	2	2	4	4
88. It is safe to use toothpicks or matchsticks for removing wax from ears.....	0	2	0	1	7	3	4
89. The only good way to help a drowning person is to jump in the water to save him....	0	0	0	1	5	3	4
90. Most accidents cannot be prevented.....	0	0	0	1	5	3	4
91. Mouth washes are sure to prevent or cure diseases of the mouth and throat.....	0	0	0	6	4	3	4

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
92. Pain near the heart is generally a sign of heart disease.....	0	0	1	5	4	3	4
93. All persons should use nose drops and mouth washes daily when they have a cold.	0	0	1	5	4	3	4
94. All children with heart murmurs are sickly.....	0	0	3	3	4	3	4
95. All mad dogs foam at the mouth.....	0	0	0	2	4	3	4
96. It is usually safe to go in swimming alone if you know how to swim.....	0	0	0	2	4	3	4
97. It is safe to cross the street without looking when the traffic light is yellow and red.....	1	0	0	1	4	3	4
98. Baby teeth need very little care because they will soon fall out.....	0	0	1	2	8	2	4
99. All persons should take laxatives whenever they are constipated.....	0	0	1	4	6	2	4

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
100. It is always impos- sible for a person with cramps to swim.	0	0	0	3	4	2	4
101. If you meet a dog that frightens you, it is always best to start running.....	0	0	0	4	3	2	4
102. People have accidents only when their "num- ber is up".....	0	0	0	4	3	2	4
103. It is generally a good idea to have a radio in your bath- room.....	0	0	2	2	3	2	4
104. Blowing your nose as hard as you can is not harmful.....	0	2	1	2	7	1	4
105. A good safety rule for bicycle riders is: "Ride on the side- walks as much as possible.....	1	0	0	3	5	0	4
106. Any person who feels all right is sure to be in good health...	0	0	3	4	1	5	3
107. Only bad smelling odors can be harmful to your health.....	0	1	2	4	1	5	3

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
108. Some houses are visited by ghosts....	0	0	5	2	1	5	3
109. A good way to treat a black eye is to press the eye with a knife handle.....	0	1	4	2	1	5	3
110. You will have bad luck if a black cat crosses the path in front of you.....	0	2	3	2	1	5	3
111. Friday the Thirteenth is an unlucky day for most people.....	0	2	3	2	1	5	3
112. Taking vitamin pills will guarantee you good health.....	0	0	3	4	2	4	3
113. You can be sure anything a scientist says about health is true.	0	0	0	8	1	4	3
114. If your eyes do not hurt, you can be sure they are healthy.....	0	0	3	5	1	4	3
115. All persons would be healthier if they ate only raw food.....	0	1	2	5	1	4	3
116. The best medicines are the ones that taste the worst.....	0	1	3	5	0	4	3

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1  Not Harm- ful	2  Slight- ly Harm- ful	3  Moder- ately Harm- ful	4  Very Harm- ful	5  Ex- treme- ly Harm- ful	Me- dian
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
117. The first and best thing to do in caring for a cold is to take a laxative.....	0	0	1	6	3	3	3
118. Sugar diabetes is caused by eating too much sugar.....	0	1	2	4	3	3	3
119. Adding certain bath powders to the bath is a healthful way to lose weight.....	0	0	4	3	3	3	3
120. Any exercise is bad for persons who have heart trouble.....	0	0	2	6	2	3	3
121. All cosmetics are healthful to use.....	0	0	2	6	2	3	3
122. It is necessary to go to a doctor only when you feel sick.....	0	1	1	6	2	3	3
123. Wearing eyeglasses will always make a person's eyes weaker.	0	0	4	4	2	3	3
124. A good health rule for all people to follow is: "Eat only the foods you like best".	0	1	1	7	1	3	3
125. Persons can clean their blood by eating certain foods.....	0	0	4	5	1	3	3

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Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
126. People who exercise a lot live longer than other people...	1	0	4	4	1	3	3
127. Bad breath can be stopped for good by using special mouth washes.....	0	0	4	6	0	3	3
128. Anyone who keeps his skin clean will never have pimples.....	0	1	3	6	0	3	3
129. Pain in the left side of the chest is usually caused by heart disease.....	0	0	1	6	4	2	3
130. An exercise is not good unless it makes your muscles sore and stiff.....	0	0	2	5	4	2	3
131. If you are hungry most of the time, you can be sure you have a tapeworm.....	0	0	2	5	4	2	3
132. All medicines that have alcohol in them are harmful.....	0	1	4	2	4	2	3

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Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
133. All sick people should drink bottled mineral water to bring back their health.....	0	1	2	5	3	2	3
134. Sunburns are harmless even when they are painful.....	0	0	3	6	2	2	3
135. It is possible to tell what is going to happen to people from their dreams...	0	0	3	6	2	2	3
136. A good way to treat frostbite is to rub the frostbitten part with snow.....	0	3	1	5	2	2	3
137. Any person who sees clearly can be sure he doesn't need glasses.....	0	1	4	4	2	2	3
138. Good health does not depend on what you eat.....	1	2	3	3	2	2	3
139. Hard exercise will often damage a healthy heart.....	0	0	4	6	1	2	3
140. All people with rosy complexions are very healthy.....	0	1	3	6	1	2	3

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Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
141. Cotton should be the first thing put on a cut to stop the bleeding.....	0	2	3	5	1	2	3
142. Most dogs do not remember the people who were mean to them.....	0	0	3	3	1	2	3
143. Nose drops will cure a cold which is causing a stuffy nose.....	0	0	3	8	0	2	3
144. If a person wants to be strong and healthy he should eat plenty of raw meat.....	0	4	2	1	5	1	3
145. A good way to help a person get rid of the hiccoughs is to frighten him.....	0	0	3	5	4	1	3
146. Skipping one or two meals a day is a healthy way to get thin.....	0	1	2	5	4	1	3
147. Eating little or no breakfast is a good health practice for all people.....	0	2	1	5	4	1	3

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
148. Most colds can be cured by taking vitamin pills.....	0	0	3	6	3	1	3
149. The only good way to lose weight is by exercising.....	0	1	2	6	3	1	3
150. The use of skin lotions is a healthful way to make any skin beautiful.....	0	0	4	5	3	1	3
151. People who get cramps while swimming in deep water are sure to drown.....	1	0	0	4	3	1	3
152. Smoking is not harmful because many doctors and athletes smoke.....	0	1	3	6	2	1	3
153. Some people should drink very little water because it turns to fat in their bodies.....	0	1	3	6	2	1	3
154. All germs are harmful.....	1	0	3	6	2	1	3
155. Wearing eyeglasses will always make a person's eyes stronger.....	0	2	2	6	2	1	3

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Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
156. Wearing sunglasses will give your eyes complete protection from the sun.....	1	2	1	6	2	1	3
157. Persons who have pimples or boils usually have bad blood.....	0	0	5	5	2	1	3
158. A daily bowel movement is always necessary so a person can stay healthy.....	0	1	4	5	2	1	3
159. Everyone who has weak feet should wear arch supports to strengthen them..	0	1	4	5	2	1	3
160. People can never change their food likes and dislikes..	0	1	5	4	2	1	3
161. People are born with their food likes and dislikes.....	0	2	4	4	2	1	3
162. The first thing to do when you get a deep cut is to wash it out with water...	0	3	3	4	2	1	3
163. You can always tell if a dog is friendly by his looks.....	0	0	3	3	2	1	3

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Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
164. A good health rule to follow is: "Feed a cold and starve a fever".....	0	0	1	10	1	1	3
165. Most persons who look thin are certain to be underweight and in poor health..	0	0	1	10	1	1	3
166. The only good treatment for weak arches is to have arch supports placed in the shoes.....	0	1	0	10	1	1	3
167. Missing a bowel movement for one day is always a sign of constipation.....	0	1	2	8	1	1	3
168. People should protect themselves from catching cold by gargling with a mouth wash.....	0	0	4	7	1	1	3
169. Most colds can be prevented by taking vitamin pills.....	0	1	3	7	1	1	3
170. Expensive food is always the best food to eat.....	0	1	3	7	1	1	3

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Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
171. When you walk or run it is best to point your toes out toward the side.....	0	1	4	6	1	1	3
172. Men with large muscles are always healthier than men with small muscles..	0	2	3	6	1	1	3
173. A good way to help digest your food is to smoke a cigarette after you eat.....	0	4	1	6	1	1	3
174. Honey is a good food for sweetening a sour stomach.....	0	2	4	5	1	1	3
175. A pain in the lower back is generally a sign of kidney disease.....	2	1	3	5	1	1	3
176. Drinking water with your meals is always bad for your health.	0	0	4	8	0	1	3
177. Taking vitamin pills is the best way to get your necessary vitamins.....	0	1	3	8	0	1	3
178. Food that tastes good is usually bad for your health.....	0	0	5	7	0	1	3

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Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
179. The vitamins in cer- tain pills are better than the vitamins in natural food.....	0	2	3	7	0	1	3
180. Wanting to eat candy and sweets is always a sign that your body needs more sugar.....	0	1	1	5	6	0	3
181. Wearing bathing hats or ear plugs while swimming will give a person complete pro- tection for his ears.	0	1	4	5	3	0	3
182. An all vegetable diet is the natural and best diet.....	0	0	2	9	2	0	3
183. A mouth wash is healthful because it helps kill germs in the mouth and throat.	3	2	2	4	2	0	3
184. The best way to brush your teeth is side- ways.....	0	2	3	7	1	0	3
185. Using a toothpick is the best way to get things from between your teeth.....	0	1	5	6	1	0	3

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1 Not Harm- ful	2 Slight- ly Harm- ful	3 Moder- ately Harm- ful	4 Very Harm- ful	5 Ex- treme- ly Harm- ful	Me- dian
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
186. A pain in your right side usually means that you have appendicitis.....	0	3	3	6	1	0	3
187. Nighttime is the only time that one ever needs sleep or rest.	0	1	5	7	0	0	3
188. Most persons need big muscles in order to be healthy.....	0	2	4	7	0	0	3
189. Most colds cannot be prevented.....	2	2	3	6	0	0	3
190. A cold can usually be cured by eating raw onions.....	0	0	7	1	2	3	2
191. Sleeping on your left side is bad for your heart.....	1	3	4	1	1	3	2
192. All vegetables and fruits should be eaten raw.....	0	2	6	2	0	3	2
193. Swallowing the seeds of fruits generally causes appendicitis.	0	2	5	2	2	2	2
194. Eating meat more than once a day is harmful to most persons.	0	2	5	3	1	2	2

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Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
195. Some people are born lucky.....	1	3	4	2	1	2	2
196. There are no living germs in pasteurized milk.....	0	5	3	2	1	2	2
197. Persons can always prevent pimples by eating more raw foods.....	0	1	6	4	0	2	2
198. The use of skin creams and lotions will make any skin clear and healthy....	0	1	6	4	0	2	2
199. Most fat people are happy and jolly.....	0	1	7	2	2	1	2
200. It is always good for your health to eat overripe fruits.	0	1	9	0	2	1	2
201. Brushing your teeth every day is a sure way of stopping decay.....	0	1	7	3	1	1	2
202. Cheese is a bad food to eat because it is hard to digest.....	0	2	6	3	1	1	2
203. Bananas should be kept out of a good diet because they are hard to digest..	0	3	6	2	1	1	2

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Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
204. Exercising regularly is a sure way to prevent disease.....	0	1	6	5	0	1	2
205. Drinking large amounts of milk is always good for your health.....	0	2	5	5	0	1	2
206. Everyone who is on a diet is trying to lose weight.....	0	3	4	5	0	1	2
207. The less you eat during hot weather the less you will feel the heat.....	0	2	6	4	0	1	2
208. Most persons need to take vitamin pills to improve their health.....	0	2	7	3	0	1	2
209. Bananas should be kept out of a good diet because they make people fat.....	0	2	7	3	0	1	2
210. The best way to treat a black eye is to put a piece of raw meat on it.....	0	3	7	2	0	1	2
211. Baldness is usually caused by wearing hats.....	0	4	6	2	0	1	2

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
212. Deep breathing exer- cises are healthful for everyone.....	1	4	5	2	0	1	2
213. It is a good idea for all persons to take vitamin pills every day.....	0	3	8	1	0	1	2
214. Milk is pasteurized to make it easy to digest.....	0	5	6	1	0	1	2
215. Drinking milk while you are eating fish is a bad health practice.....	0	6	5	1	0	1	2
216. To go on a diet al- ways means to eat less food.....	0	2	5	5	1	0	2
217. Persons should eat only when they feel hungry.....	0	3	4	5	1	0	2
218. The use of tooth pow- ders or pastes will always cure a per- son's bad breath.....	0	2	6	4	1	0	2
219. Persons who have bad breath usually have some disease or sick- ness.....	1	3	5	3	1	0	2

(continued on the next page)

Table 1A. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
220. Eating fruits and vegetables at the same meal is a bad health practice.....	0	2	8	2	1	0	2
221. White bread that is enriched with vitamins is a better food than whole wheat bread.....	0	4	6	2	1	0	2
222. Eating two or more kinds of fruit during the same meal is a bad health practice.	0	4	6	2	1	0	2
223. Cheese should be kept out of a good diet because it is constipating.....	0	2	5	6	0	0	2
224. It is a bad health habit to drink water while you exercise...	0	1	7	5	0	0	2
225. The use of toothpowders and pastes is sure to make a person's gums firm.....	0	2	7	4	0	0	2
226. Eating between meals causes most children to have poor health.	0	3	6	4	0	0	2

(continued on the next page)

Table 1A. (concluded)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
227. Going swimming right after a heavy meal makes most people get cramps.....	2	3	4	4	0	0	2
228. Most cases of baldness can be cured if treated early.....	0	5	5	3	0	0	2
229. Potatoes are a fattening food..	3	4	3	3	0	0	2
230. A good health rule to follow is: "Do not eat fruits that have been mixed with milk!".....	0	3	8	2	0	0	2
231. For good health everyone needs to drink six glasses of water a day.....	0	5	6	2	0	0	2
232. Cutting or shaving a person's hair makes it grow faster and thicker.....	0	8	5	0	0	0	1
233. Fish is a food that is very good for the brain.....	0	7	3	2	0	1	1

Table 1B. Validation and Evaluation of Health and Safety Misconceptions by Sullivan's and Dzenowagis' Juries

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1. It is a good idea to make an unconscious person drink something.	0	0	0	0	2	24	5
2. A person having a stomach ache should usually take a laxative.....	0	0	0	3	1	22	5
3. It is impossible to cure any cancer.....	1	0	0	2	3	20	5
4. It is all right to use sleeping pills without a doctor's advice.....	0	0	0	0	7	19	5
5. Most mental sicknesses cannot be helped by any treatment.....	0	0	0	1	6	19	5
6. It is best to go to doctors who advertise in the newspapers.....	0	1	0	4	4	17	5
7. Iodine is the best treatment for wounds caused by stepping on rusty nails.....	0	0	0	3	8	15	5
8. Tuberculosis is a shameful disease to have.....	0	0	1	4	5	16	5
9. Throwing oil or gasoline on a slow fire is a wise thing to do.....	0	0	0	0	0	16	5

(continued on the next page)

Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
10. It is all right to point a gun at someone if you are sure that it is not loaded.	0	0	0	0	1	15	5
11. A good way to treat a burn is to put iodine on it.....	0	0	0	4	4	18	5
12. A person who has recovered, after having tuberculosis, cannot get it again.....	0	0	2	4	5	15	5
13. If you have any disease or sickness you will always feel some pain.....	0	0	1	6	5	14	5
14. It is impossible to prevent any cancer...	2	0	4	4	3	13	5
15. The eyes can be made stronger by looking at the sun.....	0	1	0	4	7	14	5
16. It is safe to cross the street without looking when the traffic light is red.....	0	0	0	0	3	13	5
17. If your clothing catches fire you should always run for water.....	0	0	0	0	2	14	5

(continued on the next page)

Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
18. Dynamite caps are al- ways safe unless fastened to a fuse....	0	0	0	1	4	11	5
19. Bicycle riders do not have to obey traffic lights.....	0	0	0	1	2	13	5
20. Throwing a person into deep water is a good way to teach him to swim.....	0	0	1	0	1	14	5
21. Touching a light switch or light chain with wet hands is not dangerous.....	0	0	0	1	3	12	5
22. Oil, grease, and gas fires should be put out with plenty of water.....	0	0	0	0	5	11	5
23. The best place for shelter, during a thunderstorm, is under a tree.....	0	0	0	1	6	9	5
24. A bullet cannot go off unless it is fired by a gun.....	0	0	1	0	4	11	5
25. Bicycle riders should ride on the left hand side of the road to be safe.....	0	1	0	0	5	10	5

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
26. It is safe to cross the street without looking when the traffic light is green...	0	0	0	1	4	11	5
27. A person always comes to the top of the water three times before he drowns.....	0	0	0	4	1	11	5
28. You should be ashamed if anyone in your family is mentally ill.....	0	0	0	2	8	16	5
29. All mad dogs foam at the mouth.....	0	0	0	2	5	9	5
30. It is safe to cross the street without looking when the traffic light is yellow and red.....	1	0	0	2	4	9	5
31. Good doctors usually advertise.....	0	1	1	5	6	13	4.5
32. You don't need to worry about having tuberculosis unless you are coughing a lot.	0	0	2	2	9	13	4.5
33. Most people who get tuberculosis will die in a short time.....	0	1	3	5	4	13	4.5

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
34. Spring water that is clear and cold is always safe for drinking.....	0	2	0	4	7	13	4.5
35. It is always safe to drink water which has just been taken from a well or spring.....	0	1	2	1	9	13	4.5
36. Unless someone in your family has tuberculosis there is no chance you will get it.....	0	0	3	1	9	13	4.5
37. The only good way to help a drowning person is to jump in the water to save him.....	0	0	0	1	7	8	4.5
38. It is usually safe to go in swimming alone if you know how to swim.....	0	0	0	2	6	8	4.5
39. Most people who have tuberculosis were born with it.....	0	3	3	6	3	11	4
40. Fat people can feel quite sure that they will never get tuberculosis.....	0	0	1	8	6	11	4

(continued on the next page)

Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
41. If you feel all right, you can be sure that you do not have tuberculosis....	0	1	3	5	5	12	4
42. A person's future is determined by the star under which he is born.....	0	0	6	6	2	12	4
43. Whooping cough is never harmful.....	0	0	0	1	15	10	4
44. Most insane persons were born insane.....	0	0	1	7	7	11	4
45. Any food that does not smell or taste spoiled is safe to eat.....	0	2	0	7	8	9	4
46. Squeezing the pus out of boils and pimples with your fingers is good for your health.	0	0	1	4	9	12	4
47. Sickness is usually a punishment for being bad.....	0	1	4	2	7	12	4
48. When tuberculosis is getting started a person always has a pain in the chest.....	0	0	3	6	8	9	4

(continued on the next page)

Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
49. Teeth need care only when they ache.....	0	0	1	8	7	10	4
50. A person's health depends mostly on his luck.....	0	0	8	4	4	10	4
51. Every disease needs a drug or medicine for its cure.....	0	0	1	7	8	10	4
52. Mental illness usually happens suddenly.	0	0	5	2	9	10	4
53. Everyone should take a laxative once a week.....	0	0	1	2	14	9	4
54. All children with heart murmurs will surely have heart trouble later on in life.....	0	0	2	5	10	9	4
55. The best way to get a tan is by sleeping in the sun.....	0	1	1	2	15	7	4
56. Any food that tastes good and smells good is safe to eat.....	0	1	1	7	8	9	4
57. The best way to remove pus from boils and pimples is with your fingers.....	0	0	1	5	9	11	4

(continued on the next page)

Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
58. Houseflies are harm- less because they are unable to bite.....	0	0	2	6	9	9	4
59. A good way to take care of blisters is to pinch a hole in them.....	0	2	2	5	11	6	4
60. Smart children usu- ally die at an early age.....	0	0	4	5	7	10	4
61. Most fat people are very healthy.....	0	0	4	7	6	9	4
62. The best doctors al- ways promise to make people healthy.....	0	2	4	4	4	12	4
63. It has been proved that most mental sick- ness is inherited....	1	0	2	9	6	8	4
64. A great deal of exer- cise can never hurt anyone.....	0	0	2	7	9	8	4
65. All health advertise- ments in papers and magazines are true...	0	0	1	7	10	8	4
66. Measles is never harmful.....	0	0	2	9	8	7	4

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
67. The best way to get water out of your ears after swimming is to hold your nose and mouth closed and blow hard.....	0	0	2	6	10	8	4
68. Most illnesses are caused by constipation.....	0	1	4	4	9	8	4
69. All radio advertising about what is good or bad for your health is true.....	0	0	0	8	9	9	4
70. All advertising on television about what is good or bad for health is true.....	0	0	0	8	9	9	4
71. You should never eat when you are sick because you feed the disease.....	0	0	2	6	9	9	4
72. There are special laxatives that will help prevent or cure the common cold.....	0	0	3	7	9	7	4
73. People should use headache pills every time they have a cold.	0	0	2	9	9	6	4

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
74. There are certain cough medicines that will cure and prevent the common cold.....	0	0	2	7	9	8	4
75. All laxatives are safe to use regularly.	0	0	1	5	9	11	4
76. Fresh raw milk is better food for your health than pasteurized milk.....	0	0	2	8	6	10	4
77. When you are swimming it is a good joke to call for help when you don't need it.....	0	0	0	3	6	8	4
78. Drinking raw milk fresh from the cow is a very healthy thing to do.....	0	0	4	6	7	9	4
79. There are some pills that people can take which will cure the common cold.....	0	0	4	8	5	9	4
80. The first thing to do in treating a burn is to put cold water on it.....	0	1	1	10	6	8	4
81. Looking into the sun can never hurt your eyes.....	0	1	4	6	6	9	4

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
82. People should walk on the right hand side if there are no sidewalks.	0	0	1	4	4	7	4
83. It is safe to use toothpicks or matchsticks for removing wax from ears.....	0	2	0	3	13	8	4
84. Most accidents cannot be prevented.....	0	0	0	3	7	6	4
85. Baby teeth need very little care because they will soon fall out.....	0	0	2	6	12	6	4
86. All persons should take laxatives whenever they are constipated.....	0	0	2	6	12	6	4
87. It is always impossible for a person with cramps to swim.....	0	0	0	4	9	3	4
88. If you meet a dog that frightens you, it is always best to start running.....	0	0	0	5	5	6	4
89. People have accidents only when their "number is up".....	0	0	0	5	5	6	4

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
90. Blowing your nose as hard as you can is not harmful.....	0	3	1	4	16	2	4
91. A good safety rule for bicycle riders is: "Ride on the sidewalks as much as possible".....	1	0	0	6	8	1	4
92. An exercise is not good unless it makes your muscles sore and stiff.....	0	0	4	8	9	5	4
93. A good way to treat frostbite is to rub the frostbitten part with snow.....	0	3	1	8	6	8	4
94. All people with rosy complexions are very healthy.....	0	1	4	7	10	4	4
95. Eating little or no breakfast is a good health practice for all people.....	0	2	2	8	10	4	4
96. People who get cramps while swimming in deep water are sure to drown.....	4	0	0	4	6	2	4

(continued on the next page)



Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
97. When you are riding a bicycle you never have to use hand signals.....	0	0	2	2	6	8	4
98. Unlucky people are sure to fail at the new things that they try to do.....	0	0	5	8	6	7	3.5
99. A fortuneteller can tell your future by looking at the lines in the palm of your hand.....	0	0	6	7	5	8	3.5
100. All children with heart murmurs are sickly.....	0	1	4	8	7	6	3.5
101. Cancer is catching.....	0	1	6	7	3	9	3
102. Persons who open umbrellas indoors will bring themselves bad luck.....	0	2	10	2	4	8	3
103. If you break a mirror you will have seven years of bad luck.....	0	2	8	4	4	8	3

(continued on the next page)

Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
104. It is very hard for thin persons to keep from getting tuberculosis.....	0	1	5	8	6	6	3
105. There are some pills that people can take which will prevent the common cold.....	0	0	4	10	5	7	3
106. Some persons have the ability to tell your fortune.....	0	0	7	7	5	7	3
107. Mouth washes are sure to prevent or cure diseases of the mouth and throat.....	0	1	2	12	6	5	3
108. Pain near the heart is generally a sign of heart disease....	0	1	4	11	7	3	3
109. All persons should use nose drops and mouth washes daily when they have a cold.....	0	0	3	11	7	5	3
110. It is generally a good idea to have a radio in your bathroom.....	0	0	5	4	4	3	3

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
111. Any person who feels all right is sure to be in good health...	0	0	9	8	4	5	3
112. Only bad smelling odors can be harmful to your health.....	0	1	3	10	3	9	3
113. Some houses are visited by ghosts...	0	0	12	3	2	9	3
114. A good way to treat a black eye is to press the eye with a knife handle.....	0	3	7	5	5	6	3
115. You will have bad luck if a black cat crosses the path in front of you.....	0	2	10	3	3	8	3
116. Taking vitamin pills will guarantee you good health.....	0	1	4	10	5	6	3
117. You can be sure anything a scientist says about health is true.....	0	0	3	12	4	7	3
118. If your eyes do not hurt, you can be sure they are healthy....	0	0	5	12	3	6	3

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
119. All persons would be healthier if they ate only raw food.....	0	1	5	8	2	10	3
120. The best medicines are the ones that taste the worst.....	0	1	8	8	3	6	3
121. The first and best thing to do in caring for a cold is to take a laxative.....	0	0	3	13	6	4	3
122. Sugar diabetes is caused by eating too much sugar.....	0	2	5	8	3	8	3
123. Adding certain bath powders to the bath is a healthful way to lose weight.....	0	1	9	6	5	5	3
124. Any exercise is bad for persons who have heart trouble.....	0	0	3	12	6	5	3
125. All cosmetics are healthful to use.....	0	0	7	9	6	4	3
126. It is necessary to go to a doctor only when you feel sick.....	0	2	2	13	3	6	3
127. Wearing eyeglasses will always make a person's eyes weaker.	0	1	5	10	5	5	3

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
128. A good health rule for all people to follow is: "Eat only the foods you like best".....	0	2	3	14	4	3	3
129. Persons can clean their blood by eating certain foods....	0	0	9	6	3	8	3
130. People who exercise a lot live longer than other people....	1	1	6	7	6	5	3
131. Bad breath can be stopped for good by using special mouth washes.....	0	0	10	9	1	6	3
132. Anyone who keeps his skin clean will never have pimples..	0	3	8	8	3	4	3
133. Pain in the left side of the chest is usually caused by heart disease.....	1	2	4	10	6	3	3
134. If you are hungry most of the time, you can be sure you have a tapeworm.....	0	1	5	11	5	4	3

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
135. All medicines that have alcohol in them are harmful.....	0	1	5	9	6	5	3
136. All sick people should drink bottled mineral water to bring back their health.....	0	1	6	9	6	4	3
137. Sunburns are harmless even when they are painful.....	0	0	6	11	7	2	3
138. It is possible to tell what is going to happen to people from their dreams...	0	0	6	8	7	5	3
139. Any person who sees clearly can be sure he doesn't need glasses.....	0	4	8	7	4	3	3
140. Good health does not depend on what you eat.....	1	3	5	8	5	4	3
141. Hard exercise will often damage a healthy heart.....	1	2	6	10	5	2	3
142. Cotton should be the first thing put on a cut to stop the bleeding.....	0	2	6	10	4	4	3

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
143. Most dogs do not re- member the people who were mean to them.....	0	0	7	4	2	3	3
144. Nose drops will cure a cold which is causing a stuffy nose.....	0	1	3	16	3	3	3
145. If a person wants to be strong and healthy he should eat plenty of raw meat.....	0	4	4	6	8	4	3
146. A good way to help a person get rid of the hiccoughs is to frighten him.....	0	1	8	10	5	2	3
147. Skipping one or two meals a day is a healthy way to get thin.....	0	2	2	12	7	3	3
148. Most colds can be cured by taking vita- min pills.....	0	3	6	9	6	2	3
149. The only good way to lose weight is by exercising.....	0	2	2	15	4	3	3

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
150. The use of skin lo- tions is a healthful way to make any skin beautiful.....	0	2	8	11	4	1	3
151. Smoking is not harm- ful because many doctors and athletes smoke.....	0	1	5	14	3	3	3
152. Some people should drink very little water because it turns to fat in their bodies.....	0	1	5	10	4	6	3
153. All germs are harm- ful.....	2	2	5	11	3	3	3
154. Wearing eyeglasses will always make a person's eyes stronger.....	0	3	7	9	5	2	3
155. Wearing sunglasses will give your eyes complete protection from the sun.....	1	2	5	11	5	2	3
156. Persons who have pimples or boils usu- ally have bad blood.	0	3	8	10	3	2	3

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
157. A daily bowel move- ment is always neces- sary so a person can stay healthy.....	0	4	6	11	4	1	3
158. Everyone who has weak feet should wear arch supports to strengthen them..	0	2	8	10	3	3	3
159. People can never change their food likes and dislikes..	0	1	11	9	3	2	3
160. The first thing to do when you get a deep cut is to wash it out with water...	3	5	4	6	5	3	3
161. You can always tell if a dog is friendly by his looks.....	0	0	4	6	5	1	3
162. A good health rule to follow is: "Feed a cold and starve a fever!".....	0	1	3	17	4	1	3
163. Most persons who look thin are certain to be underweight and in poor health.....	0	0	5	14	2	5	3

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
164. The only good treat- ment for weak arches is to have arch sup- ports placed in the shoes.....	0	2	2	16	5	1	3
165. Missing a bowel move- ment for one day is always a sign of constipation.....	0	3	4	15	2	2	3
166. People should protect themselves from catching cold by gargling with a mouth wash.....	0	1	11	10	2	2	3
167. Most colds can be prevented by taking vitamin pills.....	0	3	8	9	4	2	3
168. Expensive food is al- ways the best food to eat.....	0	2	5	13	2	4	3
169. When you walk or run it is best to point your toes out toward the side.....	0	2	6	11	4	3	3
170. Men with large muscles are always healthier than men with small muscles.....	0	2	10	8	4	2	3

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
171. A good way to help digest your food is to smoke a cigarette after you eat.....	0	6	3	11	4	2	3
172. A pain in the lower back is generally a sign of kidney disease.....	3	2	8	9	3	1	3
173. Drinking water with your meals is always bad for your health.	0	0	7	13	3	3	3
174. Taking vitamin pills is the best way to get your necessary vitamins.....	0	1	7	14	1	3	3
175. Food that tastes good is usually bad for your health.....	0	0	9	11	3	3	3
176. The vitamins in certain pills are better than the vitamins in natural food.	0	2	7	12	3	2	3
177. Wanting to eat candy and sweets is always a sign that your body needs more sugar.....	0	2	6	8	7	3	3

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
178. Wearing bathing hats or ear plugs while swimming will give a person complete protection for his ears.	0	4	6	10	5	1	3
179. An all vegetable diet is the natural and best diet.....	0	0	3	16	5	2	3
180. The best way to brush your teeth is sideways.....	0	4	7	10	4	1	3
181. Nighttime is the only time that one ever needs sleep or rest.....	0	1	9	14	2	0	3
182. Most persons need big muscles in order to be healthy.....	0	2	8	11	2	3	3
183. Most colds cannot be prevented.....	2	3	6	14	0	1	3
184. A cold can usually be cured by eating raw onions.....	0	3	9	5	3	6	3
185. All vegetables and fruits should be eaten raw.....	0	2	7	10	2	5	3

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
186. Eating meat more than once a day is harmful to most persons.....	0	2	8	6	3	7	3
187. Most fat people are happy and jolly.....	0	4	8	8	3	3	3
188. Brushing your teeth every day is a sure way of stopping decay.....	0	3	7	9	1	6	3
189. Cheese is a bad food to eat because it is hard to digest.....	0	2	10	8	4	2	3
190. Cheese should be kept out of a good diet because it is constipating.....	0	2	9	11	2	2	3
191. Friday the Thirteenth is an unlucky day for most people.....	0	2	11	2	3	8	2.5
192. People are born with their food likes and dislikes.....	0	5	8	6	4	3	2.5
193. Honey is a good food for sweetening a sour stomach.....	0	2	11	7	2	4	2.5
194. Using a toothpick is the best way to get things from between your teeth.....	0	3	10	12	1	0	2.5

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
195. The use of skin creams and lotions will make any skin clear and healthy...	0	1	12	10	1	2	2.5
196. Bananas should be kept out of a good diet because they are hard to digest..	0	3	10	7	4	2	2.5
197. Exercising regularly is a sure way to pre- vent disease.....	0	2	11	11	1	1	2.5
198. A mouth wash is healthful because it helps kill germs in the mouth and throat.	3	4	9	7	3	0	2
199. A pain in your right side usually means that you have appen- dicitis.....	0	9	5	10	2	0	2
200. Sleeping on your left side is bad for your heart.....	1	6	10	4	1	4	2
201. Swallowing the seeds of fruits generally causes appendicitis.	0	8	8	4	3	3	2
202. Some people are born lucky.....	1	5	10	3	3	4	2

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1 Not Harm- ful	2 Slight- ly Harm- ful	3 Moder- ately Harm- ful	4 Very Harm- ful	5 Ex- treme- ly Harm- ful	Me- dian
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
203. There are no living germs in pasteurized milk.....	0	8	7	4	3	4	2
204. Persons can always prevent pimples by eating more raw foods.....	0	4	11	5	3	3	2
205. It is always good for your health to eat overripe fruits.....	0	2	12	5	5	2	2
206. Drinking large amounts of milk is always good for your health.....	1	7	7	7	1	3	2
207. Everyone who is on a diet is trying to lose weight.....	0	4	10	9	1	2	2
208. The less you eat during hot weather the less you will feel the heat.....	2	3	11	7	1	2	2
209. Most persons need to take vitamin pills to improve their health.....	1	3	12	8	1	1	2
210. Bananas should be kept out of a good diet because they make people fat.....	0	2	14	7	1	2	2

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
211. The best way to treat a black eye is to put a piece of raw meat on it.....	0	6	9	6	3	2	2
212. Baldness is usually caused by wearing hats.....	0	8	12	4	0	2	2
213. Deep breathing exercises are healthful for everyone.....	2	7	8	6	2	1	2
214. It is a good idea for all persons to take vitamin pills every day.....	1	5	13	6	0	1	2
215. Milk is pasteurized to make it easy to digest.....	0	9	11	2	1	3	2
216. Drinking milk while you are eating fish is a bad health practice.....	0	7	13	3	0	3	2
217. To go on a diet always means to eat less food.....	0	3	11	8	3	1	2
218. Persons should eat only when they feel hungry.....	0	4	11	9	2	0	2

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Table 1B. (continued)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
219. The use of tooth- powders or pastes will always cure a person's bad breath.	0	3	15	5	2	1	2
220. Persons who have bad breath usually have some disease or sickness.....	2	5	12	6	1	0	2
221. Eating fruits and vegetables at the same meal is a bad health practice.....	0	3	12	7	1	3	2
222. White bread that is enriched with vita- mins is a better food than whole wheat bread.....	0	5	14	5	1	1	2
223. Eating two or more kinds of fruit during the same meal is a bad health practice.	0	6	12	5	2	1	2
224. It is a bad health habit to drink water while you exercise..	0	2	16	7	1	0	2
225. The use of toothpow- ders and pastes is sure to make a per- son's gums firm.....	0	5	10	8	3	0	2

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Table 1B. (concluded)

Health and Safety Misconceptions	Frequency of Mention						
	Not Com- plete- ly False	1	2	3	4	5	Me- dian
		Not Harm- ful	Slight- ly Harm- ful	Moder- ately Harm- ful	Very Harm- ful	Ex- treme- ly Harm- ful	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
226. Eating between meals causes most children to have poor health.....	0	4	11	8	3	0	2
227. Going swimming right after a heavy meal makes most people get cramps.....	4	6	7	8	1	0	2
228. Most cases of baldness can be cured if treated early.....	0	7	9	8	1	1	2
229. Potatoes are a fattening food...	5	6	10	5	0	0	2
230. A good health rule to follow is: "Do not eat fruits that have been mixed with milk".	0	6	15	3	2	0	2
231. For good health everyone needs to drink six glasses of water a day...	2	10	12	2	0	0	2
232. Fish is a food that is very good for the brain....	0	12	7	5	0	2	2
233. Cutting or shaving a person's hair makes it grow faster and thicker.....	0	13	11	1	0	1	1.5