1. The three categories of drugs most commonly abused are stimulants, depressants and _________.
   a. placebos  
   b. painkillers  
   c. uppers

2. Acupuncture is the relaxation of specific points on the body.
   □ True  ❌ False - Acupuncture is the stimulation of specific points on the body.

3. Any healthy person can become dehydrated on hot days, when you've been exercising hard or when you have a disease or condition like diarrhea, in which you can lose a lot of fluid very quickly
   ✔ True  □ False

4. To take medications properly you should:
   a. Always follow prescribed directions.
   b. Stop using prescribed medications as soon as you feel better.
   c. Never stop taking or change your medication doses without first discussing it with your doctor.
   d. Both a & c  
   e. None of the above

5. Research suggests that music can benefit heart disease patients by:
   a. reducing their blood pressure
   b. reducing their heart rate
   c. reducing their anxiety
   d. all of the above

6. Acupuncture is part of a family of procedures that originated in
   a. Japan  
   b. Malaysia  
   c. Hawaii  
   d. China

7. Which of the following is not a sign of dehydration for adults:
   a. Being thirsty  
   b. Having clear-colored urine  
   c. Urinating less often than usual  
   d. Having dark-colored urine

8. About 1 in 10 people have a disorder called tune deafness.
   □ True  ❌ False - About 1 in 50 people have a disorder called tune deafness.