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Niddah

General

1. The niddah state commences when blood leaves the womb_____.
 - a. only if it is due to the monthly menstrual cycle
 - b. for any reason, including spotting and giving birth

2. Even a minute amount of blood coming from the womb causes the niddah state.
 - a. true
 - b. false

3. Blood from the womb causes the niddah state, even if it is dry.
 - a. true
 - b. false

Niddah Before Marriage

4. All the prohibitions of niddah including affectionate touching and yichud apply to an unmarried woman who has begun menstruating.
 - a. true
 - b. false

5. There is no minimum age for a woman to become a niddah.
 - a. true
 - b. false

6. The scriptural punishment of excision, kores, associated with niddah is applicable_____.
 - a. only after marriage
 - b. even before marriage

Sensations Associated with Menstruation – *Hargasha*

7. The niddah state, as scripturally defined, is intrinsically connected to a physical sensation, hargasha.
 - a. true
 - b. false

8. Which is considered a menstrual sensation, hargasha?
 - a. nausea/stomach aches
 - b. the womb expelling blood/blood flowing into the vagina

Niddah

9. When a wife feels the sensation of the uterus opening she_____.
- a. immediately enters a state of niddah
 - b. is to check within about two minutes

The Outcome of the Examination

10. Following a physical sensation, hargasha, the wife performed an internal examination. If an impure color is discovered she becomes niddah when it's at least the size of a_____.
- a. dime
 - b. dot (miniscule)
11. Following a physical sensation, hargasha, the wife performed an internal examination. If the examination reveals nothing more than the body's natural moisture the wife remains pure.
- a. true
 - b. false
12. A wife who felt a menstrual sensation, hargasha, and didn't check remains pure.
- a. true
 - b. false

Study Guide: *Family Purity* by Rabbi Jacobs

13. Following a menstrual sensation, hargasha, a wife performed an internal examination, and found a white colored liquid. The outcome is that she_____.
 - a. is rendered niddah
 - b remains pure

14. The wife is in doubt whether she has had a sensation, hargasha, or not. She did not check. In such a case, she_____.
 - a. enters the niddah state
 - b. does not enter the niddah state

15. A pregnant, nursing or post-menopausal wife who felt a hargasha checked and found nothing becomes niddah.
 - a. true
 - b. false

***Niddah* Through Examination**

16. A wife found blood during an internal examination with a clean white cloth. Is this date recorded for the purpose of reckoning the next menstruation, (vestos)?
 - a. yes
 - b. no

Gynecological Issues

17. The advice is given to have internal gynecological examinations performed when the wife is_____.
 - a. not in a niddah state
 - b. in the niddah state

18. A gynecological examination involving penetration of the uterus_____causes the niddah state.
 - a. does not
 - b. does

19. The insertion or removal of an I.U.D._____the niddah state.
 - a. renders
 - b. does not render

20. A gynecological examination using the fingers_____the niddah state.
 - a. renders
 - b. does not render

21. Examining the vagina, not reaching the uterus, at all,_____the niddah state.
 - a. renders
 - b. does not render

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Stains

Background

1. The niddah state caused by finding a stain is_____in origin.
 - a. scriptural
 - b. rabbinic

2. The steps leading to purification from niddah caused by staining are_____to those related to actual menstruation.
 - a. less stringent in comparison
 - b. identical

General

3. By definition, a stain, kesem, implies it was not accompanied with the sensation (hargasha) usually associated with menstruation.
 - a. true
 - b. false

4. Blood found on an examination cloth_____categorized as a stain, kesem.
 - a. is
 - b. is not

5. A wife, finding a stain, kesem, should immediately check to see if menstruation did indeed begin.
 - a. true
 - b. false

6. A clean internal examination performed immediately after discovering a stain, kesem, does not nullify the stain.
 - a. true
 - b. false

7. Can a stain sometimes be attributed to an outside [of the body] source?
 - a. yes
 - b. no

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8. Staining can render a woman niddah regardless of whether she is post-menopausal, pregnant, or nursing.
- a. true
 - b. false

Location

9. A stain, of an impure color, discovered on the wife's clothing or body, renders her niddah regardless of its exact location.
- a. true
 - b. false
10. Blood discovered on the tops of feet can bring about the niddah state?
- a. true
 - b. false
11. Blood found on the outside of the thighs can bring about the niddah state?
- a. true
 - b. false
12. Stains almost always render a wife niddah, therefore it is superfluous to ask a Rabbi concerning each incident.
- a. true
 - b. false

Size

13. A stain, kesem, smaller than _____ does not result in the woman's becoming impure.
 - a. a pea
 - b. a dime

14. Unconnected stains found on the body are considered _____ in reaching the minimum surface area of a kesem.
 - a. individually
 - b. collectively

15. A stain, kesem, smaller than the minimum size _____.
 - a. can only be attributed to a cut or scrape on the body
 - b. can be attributed to coming from a squashed insect

16. Unconnected stains, found on the underwear, each smaller than the minimum size considered to be a kesem, nevertheless renders the woman niddah, if their combined surface area is larger than the minimum size of a kesem.
 - a. true.
 - b. false

17. A thick stain whose surface area is less than the minimum size is reckoned as though it were spread out.
 - a. true
 - b. false

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18. The minimum size of a stain, kesem, is_____.
- a. 11/16 inch (17 mm.)
 - b. one inch (25 mm.)
19. The minimum size of a stain applies to a black one, as well.
- a. true
 - b. false

Shape/Color

20. Stains are always indicative of menstrual bleeding, regardless of their color.
- a. true
 - b. false
21. Stains of these colors cause the niddah state:_____.
- a. black/red
 - b. yellow/green
22. The following color is questionable_____.
- a. yellow
 - b. pink
23. The shape of stains determines if they are pure or impure.
- a. true
 - b. false