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| 1 | Classical ideas | Which Ancient Greek individual came up with the 'Theory of the Four Humours'? | Hippocrates |
| 2 | | What were the four humours? | Yellow bile, black bile, blood, phlegm |
| 3 | | How was it believed the four humours caused illness? | Being unbalanced |
| 4 | | How many books did the Ancient Greek physician Galen write? | 350 |
| 5 | | How did Galen develop the Theory of the Four Humours? | Theory of Opposites |
| 6 | Causes of disease | Between which years was the medieval period? | 1250-1500 |
| 7 | | Which believed cause of disease was a bad air thought to be filled with harmful fumes? | Miasma |
| 8 | | What three things would physicians check in the urine when making a diagnosis? | Smell, colour, taste |
| 9 | | What two reasons did people think God would send illness for? | Punishment, test of faith |
| 10 | | In the Bible, which disease did God send as a punishment? | Leprosy |
| 11 | | Which institution wrote books, therefore controlling medieval medical education? | The Church |
| 12 | | Since the church believed that the body needed to be buried whole for the soul to go to heaven, what was banned? | Human dissection |
| 13 | Treatments for disease | What was the believed cause of disease that involved studying the alignment of planets and stars? | Astrology |
| 14 | | What were the three most common religious treatments? | Praying, fasting, pilgrimage |
| 15 | | What was the most common treatment to balance the humours? | Bloodletting |
| 16 | | What type of chart showed points in the body where bleeding was recommended for specific illnesses? | Phlebotomy chart |
| 17 | | What did enemas, emetics and laxatives do to balance the humours? | Purge the body |
| 18 | | Which common herbal remedy could contain up to 70 ingredients? | Theriaca |
| 19 | | Which herbal remedy was prescribed to improve digestion? | Aloe vera |
| 20 | | What was regularly prescribed to help dissolve blockages in the humours? | Bathing |
| 21 | Preventions | What was the sum of money people gave to the Church each month called? | Tithe |
| 22 | | What loose set of instructions advised people on healthy living? | Regimen Sanitatis |
| 23 | | It was important to medieval people to stay clean, in what two ways did they achieve this? | Bathing and washing hands regularly |
| 24 | | Which sweet herb was used to prevent miasma? | Lavender |
| 25 | | What was a large locket full of herbs to prevent miasma called? | Pomander |
| 26 | Medics and hospitals | Who often looked after the sick within their own communities? | Women |
| 27 | | What were university-trained doctors known as until the 17 th century? | Physicians |
| 28 | | Why did people not commonly see university-trained doctors? | They were rare and expensive |
| 29 | | What was an early chemist called that mixed herbal remedies? | An apothecary |
| 30 | | Who performed small surgeries, such as pulling teeth and bleeding patients? | Barber surgeons |
| 31 | | What did medieval hospitals focus on? | Care not cure |
| 32 | | Which institution ran most medieval hospitals? | The Church |
| 33 | | How many hospitals were there in England by 1500? | 1,100 |
| 34 | | Which types of patient were often turned away from medieval hospitals? | Infectious or terminally ill |
| 35 | The Black Death | In which year did the Black Death first arrive in England? | 1348 |
| 36 | | What proportion of the population is the Black Death estimated to have killed? | One-third |
| 37 | | How quickly did the Black Death usually kill its victims? | 3-5 days |
| 38 | | What was the main natural believed cause of the Black Death? | Miasma |
| 39 | | What were the three main pieces of advice given to people by priests during the Black Death? | Pray, go on a pilgrimage, self-flagellation |
| 40 | | During the Black Death, how many days did people new to an area have to stay away from everybody else for? | 40 days |

GCSE HISTORY – MEDIEVAL MEDICINE – FLUENCY SHEET



What were the key themes in the medieval period?



Believed causes of disease– Theory of the Four Humours, Religion (punishment from God/test of faith), miasma (bad air), astrology (alignment of stars and planets creating a disease on Earth)



Diagnosis– Colour, smell and taste of urine examined. Examination of the alignment of the planets and stars when ill and from birth. Using medical books of Hippocrates and Galen for what to do with different symptoms (treated each symptom differently).



Treatments– Religious treatments- prayers, pilgrimages, fasting, paying for a special mass to be said. Balancing the humours- bloodletting (cutting a vein, leeches, cupping), purging (emetic, laxative, enema). Phlebotomy charts used to show points in the body where bleeding was recommended for specific illnesses. Herbal remedies, including theriaca. Bathing- to dissolve blockages in the humours.



Surgery– Amputations, trepanning (drilling into the head), and cauterisation (burning the wound to stop the flow of blood). Low success rate due to problems of infection, blood loss and pain. Minor surgery such as teeth-pulling and bloodletting was carried out by barber-surgeons.



Preventions– Religious preventions: leading a sin-free life, regular prayers, confessions, tithes. Preventing miasma: sweet herbs such as lavender spread, carrying a posy (bunch of flowers), pomander (herbs inside a locket), swept floors, rushes on floor to soak up any mess, the wealthy would have a private bath, public baths or swimming in rivers, washing hands before and after every meal, some measures to keep towns clean. Humoral preventions: Not eating too much, regular purging. Regimen Sanitatis- instructions for healthy living



Medics– Physicians- university trained for 7-10 years, expensive because very rare. Would look at urine, faeces, blood, consult star charts and then come up with a course of treatment. Apothecaries- apprenticed with other apothecaries, mixed herbal remedies and had good knowledge of the healing power of herbs and plants. Barber-surgeons- performed small surgeries such as bloodletting or pulling teeth. Quacks- unqualified and dishonest person selling fake cures. Wise women- herbal remedies, spiritual remedies and charms.



Hospitals– By 1500 there were 1,100 hospitals- ranged in size from just a few beds to hundreds. About 30% of hospitals were owned and run by the Church, led by monks and nuns who lived in nearby monasteries. The rest were funded by an endowment but still often run by the Church. Setup to care for patient not to cure them. Good places to rest and recover- kept very clean and the bed linens and clothing changed regularly, however some patients would share beds. Infectious and terminally ill patients usually rejected. Lazar houses- special hospitals for those with leprosy.

What were the significant factors in the medieval period?



Individuals– Hippocrates and Galen’s natural theories continued to be popular during this period, however these ideas went unchallenged.



Institutions– After the fall of the Roman Empire, the Catholic Church became extremely powerful in Europe. They controlled education, and monks copied books out by hand, therefore controlling the spread of knowledge (including medical knowledge). Because the Church also controlled the universities, almost all physicians also supported Galen’s ideas and methods. The Church also collected tithes to support the poor and ran hospitals. Religious reasons for disease were widely believed (punishment from God and test of faith) and therefore many treatments and preventions were religious-based. The Church limited progress due to their control on medical education, promoting of Galen and their banning of dissections.



Science – Some rational thinking, mainly involving Hippocrates and Galen’s theories. Due to the banning of dissection no progress in anatomical understanding.



Technology– The printing press was invented during this period, however had limited impact until the renaissance. Lack of technology limited progress.



Social attitudes– People were deeply religious and didn’t question Church teachings.

The Black Death was a major epidemic of the bubonic and pneumonic plagues, which first arrived in England in 1348.

The disease was horrifying and could kill within 3-5 days. People therefore tried many ways to treat and prevent the disease. Treatments included bloodletting and purging, herbal remedies, bursting the buboes, and religious treatments. Preventions included quarantining new people to an area, carrying herbs, and religious preventions. Ultimately, they had no idea how to stop the disease, which was very scary for people at the time.

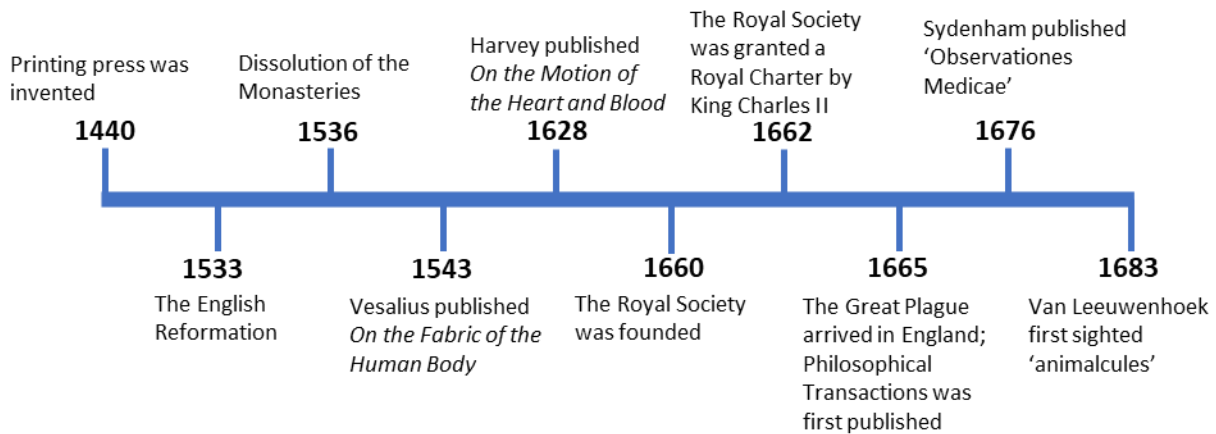
What does the Black Death reveal about medieval medicine?

Medieval people had no idea that the disease was caused by bacteria that grows in the stomach of fleas, which would have lived on rats and then transferred to humans once the rat had died. They thought it was caused by punishment from God, an alignment of the planets, and miasma.

It is estimated that one-third of the English population died as a result of the Black Death.

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| 1 | Causes of disease | Between which years was the Renaissance period? | 1500-1700 |
| 2 | | Which event in 1533 reduced the influence of the Church? | The English Reformation |
| 3 | | Which movement promoted a return to classical thinking and extending human knowledge and understanding of the world? | Humanism |
| 4 | | Which cause of disease did physicians no longer believe in, but the public did? | Theory of the Four Humours |
| 5 | | Who created microscopes allowing the first sighting of bacteria? | Antony Van Leeuwenhoek |
| 6 | | What was bacteria referred to as after the first sighting of it? | Animalcules |
| 7 | | What was Thomas Sydenham's nickname? | 'The English Hippocrates' |
| 8 | | What two things did Sydenham suggest was important when diagnosing? | Closely observing the symptoms, treating the disease causing them |
| 9 | | Which two diseases did Sydenham identify were separate diseases? | Measles and scarlet fever |
| 10 | | Which textbook did Sydenham publish, which became the standard medical textbook for two centuries? | Observationes Medicae |
| 11 | | Which 1440 invention enabled information to be spread accurately and quickly? | The printing press |
| 12 | | In which year was the Royal Society formed? | 1660 |
| 13 | | Why was it important that in 1662 King Charles II gave the Royal Society a royal charter? | It gave them credibility |
| 14 | | What was the name of the scientific journal that the Royal Society published? | Philosophical Transactions |
| 15 | Treatments | Which new renaissance treatment believed a disease could be moved onto something else? | Transference |
| 16 | | During the Renaissance, where did many new herbs come from? | New World / the Americas |
| 17 | | The growth of alchemy, led by Paracelsus, led to which type of treatments? | Chemical cures |
| 18 | | Why did people take small doses of antimony? | To sweat |
| 19 | Preventions | Which disease had spread through bathhouses, making bathing less popular? | Syphilis |
| 20 | | What happened to homeowners that didn't clean the street outside their home? | They were fined |
| 21 | | Which punishment did minor criminals have to do to prevent miasma? | Removing sewage/cleaning streets |
| 22 | Medics and hospitals | What did surgeons and apothecaries need to practice their trade? | A licence |
| 23 | | What were apothecaries organised into during their training? | A guild system |
| 24 | | What did trainee physicians have more access to? | Medical textbooks |
| 25 | | What were individual copies of pictures of the anatomy called? | Fugitive sheets |
| 26 | | Which 1536 event led to the closure of many hospitals? | Dissolution of the Monasteries |
| 27 | | Which new type of hospital catered only for people suffering from plague? | Plague houses |
| 28 | Anatomy | How many errors did Vesalius find in Galen's work on anatomy? | Around 300 |
| 29 | | In which year did Andreas Vesalius publish his book 'On the Fabric of the Human Body'? | 1543 |
| 30 | | Why had Vesalius been able to carry out a large number of human dissections? | He was able to use the bodies of executed criminals |
| 31 | | What did Vesalius discover about the jawbone? | It was 1 bone, not 2 |
| 32 | | Who disproved Galen's work on the circulatory system? | William Harvey |
| 33 | | Which piece of technology inspired research on the heart? | Mechanical water pumps |
| 34 | | Why did better anatomical understanding have limited impact? | Didn't affect causes or treatments |
| 35 | The Great Plague | In which year did the Great Plague arrive in England? | 1665 |
| 36 | | How many people in London did the Great Plague kill? | 100,000 |
| 37 | | What did those who believed in transference suggest to treat the plague? | Strapping a chicken to the buboes |
| 38 | | Why did physicians wear masks full of herbs during the Great Plague? | To ward off the miasma |
| 39 | | Which type of 'doctor' took advantage by selling fake cures? | Quack doctor |
| 40 | | Which three animals did the government order killed to prevent the spread? | Cats, dogs, and pigeons |

GCSE HISTORY – RENAISSANCE MEDICINE – FLUENCY SHEET



What were the key themes in the Renaissance period?



Believed causes of disease– Miasma now the main believed cause- bad air causes disease. Only in times of epidemics were supernatural causes believed (religion and astrology). Theory of the Four Humours was no longer believed by physicians but was still believed by the public. Early ideas of chemicals going wrong inside the body.



Diagnosis– Closely observed the symptoms and treated the disease causing them (rather than treating each symptom differently). Detailed records encouraged to describe symptoms- all developments of Sydenham.



Treatments– Balancing humours- bleeding, purging, sweating continued. Herbal remedies- often chosen because of their colour or shape. New plants appeared from the New World. Sydenham popularised the use of cinchona bark for malaria. Transference- an illness could be transferred onto something else (rubbing an onion on a wart). Chemical cures- antimony promoted sweating.



Surgery– Improved knowledge of anatomy due to challenges to Galen started by Vesalius- improved accuracy of surgery. Harvey discovered the circulation of blood and the role of the heart. New wounds on the battlefield meant more surgery was necessary. Continued low success rate due to problems of infection, blood loss and pain.



Preventions– Preventing miasma: homeowners fined for not cleaning the street outside their homes, projects set up to drain swamps and bogs, rubbing oneself down with linen and changing clothes regularly. Bathing became less fashionable due to belief it spread syphilis- Henry VIII closed all bathhouses. Practising moderation in all things- avoiding exhaustion, rich and fatty foods, too much strong alcohol. Regimen Sanitatis



Medics– Improved education of surgeons- new wounds on the battlefield. Both surgeons and apothecaries had to possess licences to be able to practice their trade- guild system. Apothecaries developed through discovery of the New World and iatrochemistry. New subjects in medical curriculum at university such as iatrochemistry and anatomy, but most learning still from books. More challenging of old knowledge and investigation. Dissection now legal but difficult to get fresh corpses. More access to medical textbooks due to printing press and fugitive sheets.



Hospitals– Number of hospitals dramatically decreased due to 1536 Dissolution of the Monasteries. Hospitals now out of church control. Physicians often visited hospitals to observe the symptoms and prescribe treatments. Same caring routines also in place. Increase in hospitals specialising in one particular disease- plague houses.

What were the significant factors in the renaissance period?



Individuals– Vesalius: challenged Galen’s studies, promoted human dissection, found around 300 mistakes in Galen’s work, advanced understanding of the anatomy, inspired other anatomists. Harvey: proved blood was pumped around the body by the heart, proved that veins had valves, questioned the usefulness of bloodletting, suggested that blood was not a fuel, inspired further circulation discoveries. Sydenham: promoted closely observing the symptoms and treating the whole disease causing them, categorised similar diseases, found the difference between scarlet fever and measles, wrote a textbook which became the standard medical textbook for two centuries.



Institutions– The crown supported groups such as the Royal Society. The government introduced preventative measures during the Great Plague. The Church had lost influence due to the English Reformation- no longer had control over medical training and there were fewer hospitals due to the Dissolution of the Monasteries.



Science – Dissections were considered more acceptable, but bodies were hard to find. Advances were made in anatomical knowledge through better scientific methods. Medical chemistry grew out of alchemy to look for chemical cures (unsuccessfully).



Technology– New mechanical water pumps inspired Harvey’s discoveries of circulation. More powerful microscopes were invented allowing for closer viewing of ‘animalcules’, printing presses became more common allowing for information to spread more widely, faster and cheaper.



Social attitudes– Rise of humanism meant that science was accepted more, and research and investigation was encouraged. Decline of religion being responsible for all aspects of life but people still stayed very religious.

Causes: Some new theories had been put forward, but almost everyone still believed that the Great Plague was caused by at least one of astrology, punishment from God (despite reduced influence from the Church), miasma, or other people.

Prevention: The plague still panicked people, so they would try everything in an attempt to prevent it. Charles II made a list of actions to try to stop the spread of the plague, and mass events were banned. Stricter quarantine measures came into place, as well as methods to ward off miasma. The government also enforced the killing of animals and mass fires to ward off miasma.

What does the Great Plague reveal about medical progress?

Treatments: There had been advances in herbal remedies, and understanding of similar diseases meant that some people tried to catch syphilis in the belief they then wouldn’t get the plague. Prayer and bloodletting showed there was still a reliance on causes of disease believed in the medieval period. New methods like transference were also used. Quack doctors took advantage of the situation to make fake remedies to get rich.

Happened in 1665. Killed about 100,000 people in in London (about a fifth of the city’s population).