**Medicine Quiz – Part 1:**

**Greek, Roman, Anglo-Saxon and Medieval Medicine!**

1. Who came up with the Theory of the Four Humours? Hippocrates
2. In which ancient country was this theory created? Greece
3. Which Greek doctor improved on the Theory of the Four Humours in Roman times? Galen
4. What concept did he introduce that developed the theory? Balancing / Theory of Opposites
5. What were the 4 humours?
   1. Black bile
   2. Yellow bile
   3. Blood
   4. Phlegm
6. Suggest one way in which the humours might be treated. Bleeding/purging/cool or spicy foods
7. Name another thing that Romans believed caused illness. Bad air/marshes
8. Aside from the 4 humours, how else might you be treated for illness in Roman times?

Supernaturally by the Gods Salus or Asclepius – at the Asclepeion.

1. Which group of people in particular led the Romans to focus on their public health? Soldiers
2. Describe 3 aspects of the Roman public health system.

Aqueducts, pipes, baths, public toilets, drinking water fountains, brick sewage systems.

1. What 2 key things allowed the Romans to develop such strong public health systems?

Slave labour, administrative systems, money and centralised government.

1. Who would benefit from hospital care in Roman times? Army
2. What caused the Roman public health system to fall into decline? Fall of the Roman Empire
3. What did the Anglo-Saxon government focus on instead of public health?
   1. War
   2. Trade
4. Did the Theory of the Four Humours change during the Anglo-Saxon period? If yes, how?

Yes: much of the detailed theory was lost, but the basic concept remained.

1. Name 2 key individuals from the Anglo-Saxon times, based in the Middle East.
   1. Ibn Sina
   2. Al-Razi
2. What was the most influential institution in medieval life? The Church
3. How did this impact on the understanding of causes and treatments of disease? Give 3 examples.

God caused disease, prayer, fasting, flagellants, monastery hospitals, continuation of 4 humours and the works of Galen and Hippocrates, herbal remedies, no questioning of traditional ways – e.g. through scientific experimentation or dissection of human bodies.

1. What other supernatural ideas did people have regarding illness? Witches, the devil, bad spirits
2. What is the name for a religious journey to prove your faith to God, sometimes taken to avoid illness through dedication to God? Pilgrimage
3. What was the name of the idea regarding bad air causing illness developed in the early middle ages? Miasma
4. What kind of home-made ‘medicine’ was popular in the Middle Ages? Herbal remedies
5. Who ran hospitals in the Middle Ages? Monks and nuns
6. Who would not be allowed hospital care? Give 2 examples.
   1. Pregnant women
   2. People with contagious illnesses
7. How did public health improve by the later Middle Ages? Give 3 examples.

Public toilets, clearing rubbish by using raker teams, some water systems provided by charity, some stone-lined cesspits, laws against public urination, littering and butchering animals on the street.

1. What were established from the 12th century that allowed for more rigorous medical training? Universities
2. What 2 kinds of charts were popular for diagnosing illness in the later Middle Ages?
   1. Urine
   2. Zodiac
3. Name 3 sensible bits of advice that people were given by physicians to stay generally healthy.
   1. Lighter meals
   2. Gentle exercise
   3. Fresh air
4. What major disease hit England in 1348? The Black Death
5. Name 4 beliefs of causes and 2 examples of responses to this disease.
   1. Astrological – stars and planets
   2. Supernatural – God and religion
   3. Miasma – bad air
   4. Logical – animals such as cats and dogs
   5. Religious – flagellants, prayer, fasting, becoming more religious or losing faith.
   6. Logical – killing cats and dogs NOT locking people in – this was the Great Plague of 1665