

1. Understanding of Disease

1	The Four Humours	<ol style="list-style-type: none"> 1. Ancient Greek doctor Hippocrates came up with the idea that the body was made up of four liquids 2. These liquids were: blood, phlegm, black bile, yellow bile 3. These humours needed to be in balance for a person to be healthy 4. Ancient Roman doctor Galen made this idea more popular
2	God	<ol style="list-style-type: none"> 1. In the Middle Ages, people believed that God could send illnesses as a punishment for sin
3	Miasma	<ol style="list-style-type: none"> 1. It was also believed that 'bad air or bad smells could cause diseases
4	Astrology	<ol style="list-style-type: none"> 1. A common belief in the Middle Ages was that the heavens were connected to earth 2. People believed that the movement of stars and planets and the seasons were connected to the humours

Key People

1	Hippocrates	<ol style="list-style-type: none"> 1. Created the Hippocratic Oath – doctors swear to do no harm
2	Galen	<ol style="list-style-type: none"> 1. Used scientific theory to diagnose disease 2. Dissected animals, published his works.
3	John of Arderne	<ol style="list-style-type: none"> 1. Created the Guild of Surgeons within London.
4	John Bradmore	<ol style="list-style-type: none"> 1. Developed an instrument to remove arrows from wounds
5	Ibn Sina (Avicenna)	<ol style="list-style-type: none"> 1. Wrote an encyclopedia of medicine known as Canon of Medicine
6	Al Razi	<ol style="list-style-type: none"> 1. Wrote over 150 books. 2. Challenged some of Galen's ideas.

2. Treatments

1	What were treatments like in the Middle Ages?	<ol style="list-style-type: none"> 1. Treatments were linked to the beliefs about causes 2. Many treatments focused on making the four humours balanced e.g. blood letting and purging
2	Prayer as a treatment	<ol style="list-style-type: none"> 1. Another common form of treatment was prayer 2. It was believed that if God sent the disease as a punishment, you could ask for forgiveness as a cure
3	Where could people go to get treatments?	<ol style="list-style-type: none"> 1. Doctors – they were trained in university but were very expensive 2. Apothecary – these were people who sold medicines. They were also very expensive 3. Barber Surgeons – these were barbers who used their tools to do surgery and dentistry 4. Wise women – these were village healers who used spiritual and herbal treatments. 5. Monasteries – monks had some herbal knowledge but focused on care instead of cure. Their services were free
4	Diagnosing illness	<ol style="list-style-type: none"> 1. Medieval doctors believed in the ancient Greek method of observing patients and using their symptoms to produce a diagnosis. 2. They mainly concentrated on the pulse and examination of the urine.

Key word

Definition

Anatomy	The study of the human body
Barber Surgeon	Medieval barber who practiced surgery and dentistry
Blood letting	Medieval treatment of removing some blood from a patient by opening a vein or using leeches
Emetic	Substance that makes a patient vomit
Humours	4 liquids in the body that must be in balance for a person to be healthy
Miasma	Bad air/smells – it was believed up until the 19 th Century that this was the cause of disease
Monastery	A place where monks live and work
Purge	Making a patient be sick in order to balance their humours

Key dates

1	476	The beginning of the Middle Ages/Medieval Era
2	1025	Ibn Sina's Canon on Medicine compiled
3	1267	Hugh & Theodoric of Lucca published a book encouraging the formation of pus in wounds
4	1348	The Black Death arrived in England
5	1376	John of Arderne published Practica – his book on surgery
6	1403	John Bradmore develops the Bradmore screw

3. Surgery

1	Who performed surgery?	<ol style="list-style-type: none"> Most surgery was done by barber-surgeons There were also war surgeons, who treated people wounded on the battlefield Surgeons didn't go to university, but trained as apprentices
2	What problems were there with surgery?	<ol style="list-style-type: none"> Lack of knowledge – they didn't know enough about anatomy Pain – there was no effective pain relief so patients could die from shock Infection – wine, vinegar or honey were used to clean wounds but couldn't stop infection. Also the tools were not washed properly Bleeding – there was no effective way to stop bleeding
3	Some surgery techniques	<ol style="list-style-type: none"> Cauterization – this sealed a wound up Amputation was common, especially for battle injuries. Barber surgeons could also deal with dislocated limbs. Trepanation was used to treat a epilepsy and persistent headaches

Key factors in Middle Ages

1	Religion – the Christian church	<ol style="list-style-type: none"> They held back medicine by promoting the idea that God caused illness They promoted Galen's ideas because he believed in God Dissections were banned
2	Religion – the Islamic Empire	<ol style="list-style-type: none"> The Islamic world promoted scientific discovery They also preserved and translated the works of Hippocrates and Galen The Crusades allowed Western doctors to learn from the Islamic ideas in the East
3	War	<ol style="list-style-type: none"> War was common and provided surgeons a chance to practice and develop their surgery techniques

4. Public Health

1	What was a medieval city like?	<ol style="list-style-type: none"> Towns and cities were dirty and over crowded Many had open sewers that would overflow Most human waste was collected in cesspits emptied by gong famers
2	Why were monasteries cleaner?	<ol style="list-style-type: none"> Monasteries were usually in the countryside away from diseases Monks had a religious duty to be clean Monasteries were usually near rivers which allowed them to have clean water and drainage

5. The Black Death

1	What was the Black Death?	<ol style="list-style-type: none"> It was an epidemic between 1348 and 1350. It caused swellings, called buboes, in the armpit and groin and was spread by fleas which carry the bacteria
2	What caused it?	<ol style="list-style-type: none"> Poor disposal of rubbish in towns encouraged rats. Trade increased which meant diseases could spread more widely. People had poor diets, meaning their immune systems were weak.
4	What cures did people try?	<ol style="list-style-type: none"> Drinking mercury Self-flagellation Popping buboes Praying Avoiding sin Moving to the countryside
5	What was the government reaction?	<ol style="list-style-type: none"> Local councils tried to quarantine infected areas. Edward III ordered church services and prayers every day Edward III tried to have streets in London cleaned to remove bad smells.
6	Short term consequences	<ol style="list-style-type: none"> 1/3 of Europe's population died. Towns and cities suffered from food shortages due to the lack of workers in the countryside. This made food more expensive
7	Long term consequences	<ol style="list-style-type: none"> Living conditions and wages for peasants improved People began to question the Catholic Church as their cures hadn't worked and some priests had fled their towns.

Key word	Definition
Almshouse	Houses where poor people could live when they were unable to work
Buboe	Black swellings – a symptom of the black death
Cauterisation	Using a heated iron or hot oil to seal a wound
Cesspit	Pit for the disposal of liquid waste and sewage
Epidemic	Spread of a disease to a large number of people
Gong Farmer	Person who cleaned out privies or cesspits in the Middle Ages
Latrine/Privy	Toilet
Poultice	a soft, moist mass of material applied to the body to relieve soreness and inflammation and kept in place with a cloth.
Quarantine	Isolating a sick person or household to stop the spread of a disease
Secular/Lay person	Someone who is not connected to the church
Self-flagellation	When someone whips themselves.
Trepanning	Drilling holes into the head – often used in the Middle Ages to release bad spirits