

# HISTORY – YEAR 10 – MEDICINE IN MEDIEVAL ENGLAND, C.1250-1500



A KEY TERMS		
1	<b>Malnutrition</b>	An illness caused by lack of food.
2	<b>Famine</b>	Food shortages, usually due to poor harvests.
3	<b>Leprosy</b>	A painful and highly contagious disease. Starting out as a skin disease, it eventually causes paralysis and death.
4	<b>Astrology</b>	The study of stars and planets and how they might affect people's lives.
5	<b>Physician</b>	A doctor of medicine who has trained at university.
6	<b>Miasma</b>	The belief that illness is caused by bad smells or bad air.
7	<b>Barber surgeon</b>	A barber who also carries out medical procedures such as blood-letting.
8	<b>Apothecary</b>	A type of healer who specialises in herbal remedies.
9	<b>Regimen Sanitatis</b>	A loose set of instructions provided by physicians to help maintain good health.
10	<b>Blood-letting</b>	A treatment given where a healer would make a small incision and let the patient bleed a certain amount of blood, also done by placing leeches on the skin.
11	<b>Purging</b>	A treatment where a healer would give the patient something to make them sick or a laxative to make them go to the toilet. Associated with the Theory of the Four Humours.
12	<b>Supernatural</b>	The belief that diseases are caused by God, evil spirits or other non-earthly beings.
13	<b>Penance</b>	A self-inflicted punishment, such as flagellation, to show that you are sorry for your sins.
14	<b>Rational</b>	Ideas based on logic and reason.
15	<b>Natural</b>	The belief that diseases have rational, physical causes.
16	<b>Herbal remedies</b>	A medicine made up from a mixture of plants, often containing beneficial ingredients.
17	<b>Theory of the Four Humours</b>	The Ancient Greeks believed that your body was made up of four liquids or humours; blood, phlegm, black bile and yellow bile. If your humours were unbalanced, then they believed that made you ill.

B KEY DATES		
1	<b>By 1250</b>	The Regimen Sanitatis is commonly used to keep people healthy.
2	<b>1348</b>	The Black Death epidemic begins in England.
3	<b>By 1500</b>	There were approx. 1100 hospitals in England. 30% were owned and run by the Church.

C KEY INDIVIDUALS		
1	<b>Hippocrates</b>	The Ancient Greek physician who created the Theory of the Four Humours
2	<b>Claudius Galen</b>	Roman physician who developed the Four Humours Theory to include the Theory of Opposites. Wrote many books which were supported by the Church for centuries.