

AQA - GCSE (Grade 9-1)

STUDY GUIDE

# Britain: Health and the People, 1000 to the Present Day

25

## STUDY GUIDE

# Britain: Health and the People, c1000 to the Present Day

AQA - GCSE





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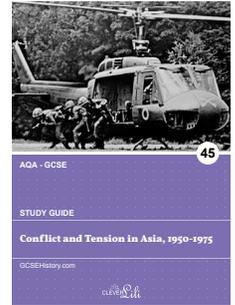
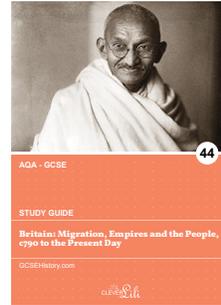
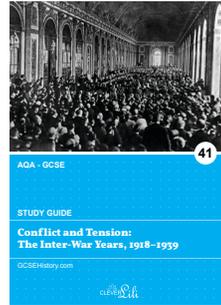
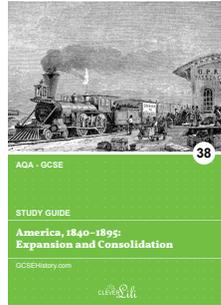
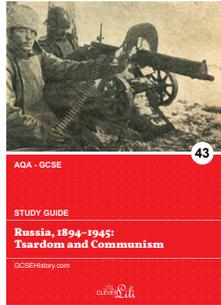
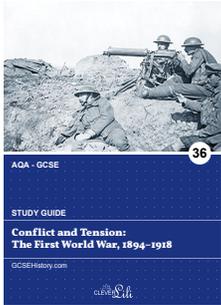
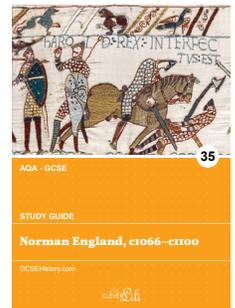
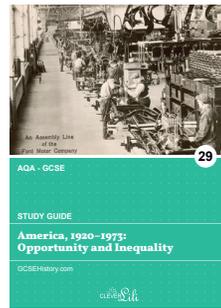
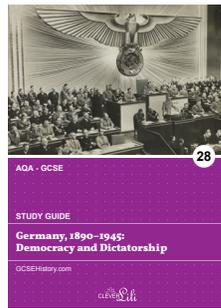
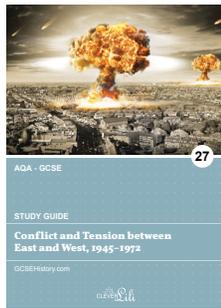
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# HOW TO USE THIS BOOK

In this study guide, you will see a series of icons, highlighted words and page references. The key below will help you quickly establish what these mean and where to go for more information.

## Icons

-  **WHAT** questions cover the key events and themes.
-  **WHO** questions cover the key people involved.
-  **WHEN** questions cover the timings of key events.
-  **WHERE** questions cover the locations of key moments.
-  **WHY** questions cover the reasons behind key events.
-  **HOW** questions take a closer look at the way in which events, situations and trends occur.
-  **IMPORTANCE** questions take a closer look at the significance of events, situations, and recurrent trends and themes.
-  **DECISIONS** questions take a closer look at choices made at events and situations during this era.

## Highlighted words

**Abdicate** - occasionally, you will see certain words highlighted within an answer. This means that, if you need it, you'll find an explanation of the word or phrase in the glossary which starts on **page 18**.

## Page references

**Tudor** (p. 7) - occasionally, a certain subject within an answer is covered in more depth on a different page. If you'd like to learn more about it, you can go directly to the page indicated.

## WHAT IS THIS BOOK ABOUT?

Britain: Health and the people: c1000 to the present day, is a thematic study that looks at the change and continuity of medicine through British history. You look at the main people, events and developments, as well as the significant features of the different ages, from medieval to modern times.

### Purpose

In studying this course you will be able to view the process of change and continuity across time and make comparisons between different ages. You will assess how different themes played a part to instigate or hold back changes. The course also draws on wider world developments that had an impact on these themes.

### Key factors

Within each of the time periods the course looks at specific factors. These are:

- ☀ War.
- ☀ Superstition and religion.
- ☀ Chance.
- ☀ Government.
- ☀ Communication.
- ☀ Science and technology.
- ☀ The role of the individual.

### Key timeperiods

The medicine through time course is split into time periods. Across which you will need to discuss the changes and continuities that occur. These time periods are:

- ≡ Medicine stands still - this focuses on the Middle Ages.
- ≡ The beginnings of change - this focuses on the Renaissance.
- ≡ A revolution in medicine - this focuses on the 18th and 19th centuries.
- ≡ Modern medicine - this focuses on the 20th century and present day.

### Assessment

Britain: Health and the people: c1000 to the present day, is assessed in Paper 2, and is worth 25% of your overall grade.

### Questions

The exam paper on Britain: Health and the people: c1000 to the present day contains a total of four questions:

- ❓ Question 1 is worth 8 marks. This question will require you to examine a SOURCE, and assesses your ability to analyse and evaluate how useful the source is using your contextual knowledge to support or challenge what is shown.
- ❓ Question 2 is worth 8 marks. This question will require you to explain the significance of a different theme, person or event by using your contextual knowledge and looking at the consequences. To analyse significance you need to look at their immediate impact, the impact over time and the impact today.
- ❓ Question 3 is worth 8 marks. This question will require you to identify two similarities between two different events, discoveries or people. This will give you the opportunity to show your ability to explain and analyse using 2nd order concepts such as similarity and difference.
- ❓ Question 4 is worth 16 marks plus 4 marks for spelling, punctuation and grammar. Here you will be required to make a judgement about the role of a certain factor throughout medicine.

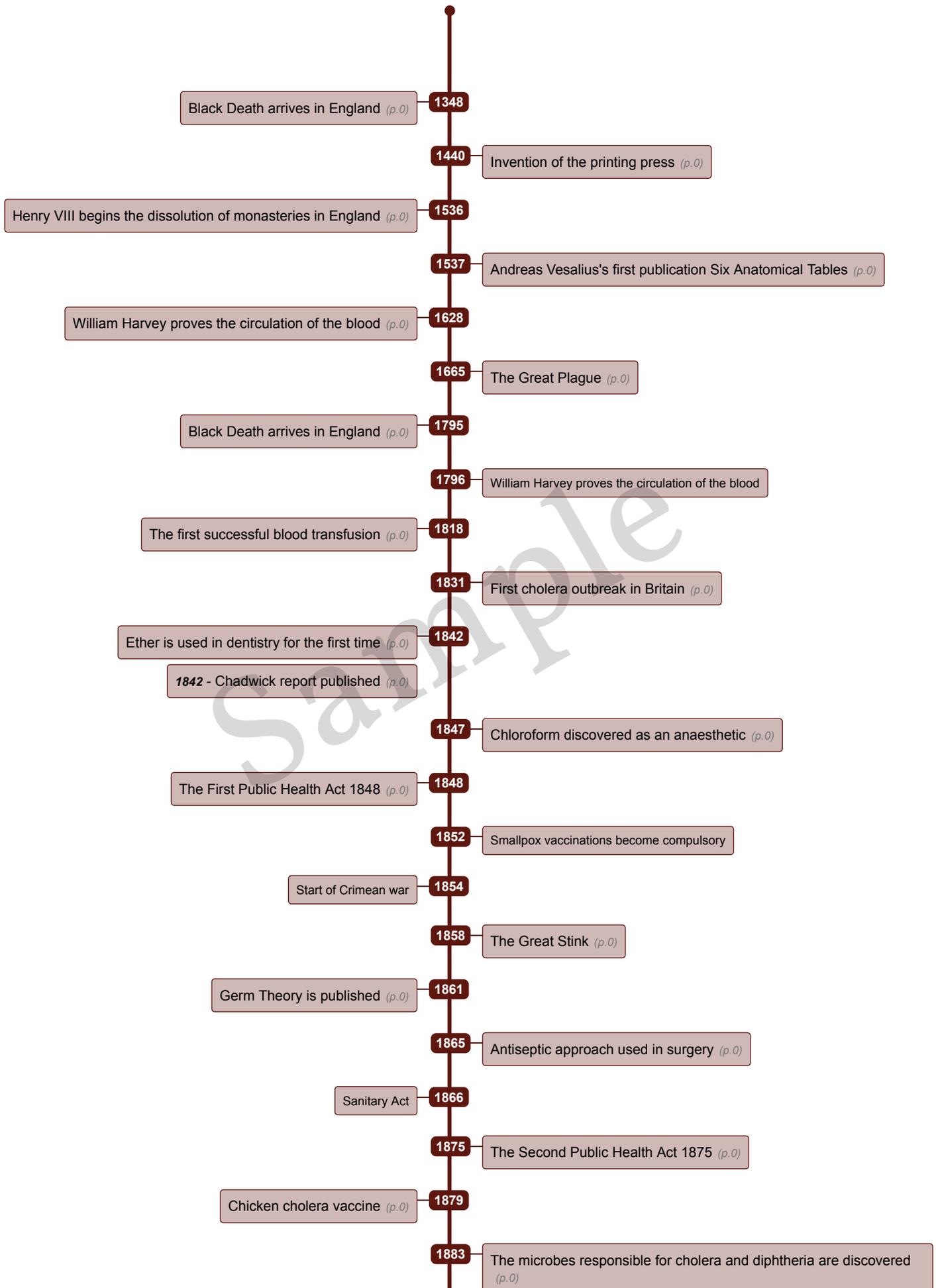


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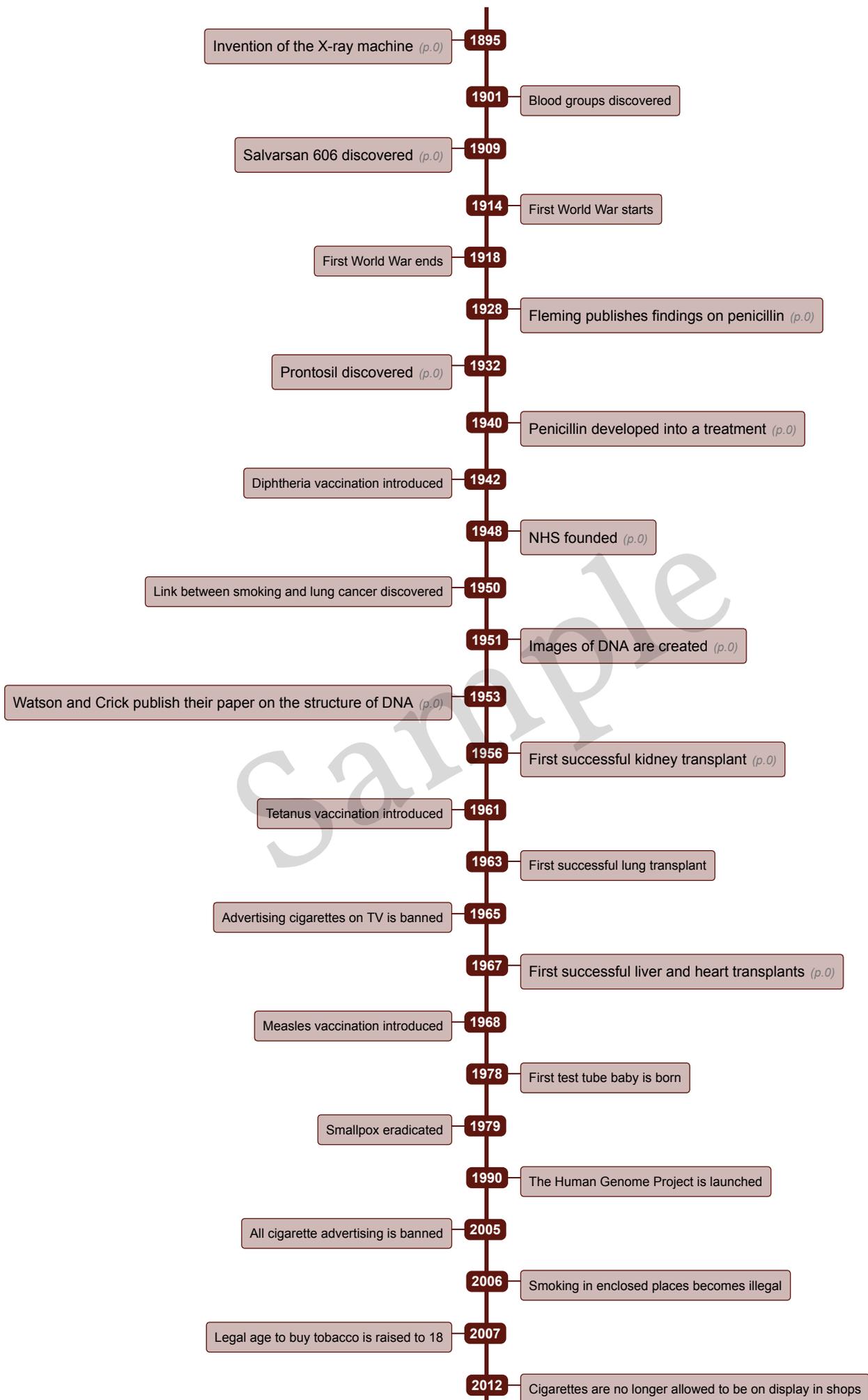
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# BRITAIN: HEALTH AND THE PEOPLE

## TIMELINE



## BRITAIN: HEALTH AND THE PEOPLE



Change4Life campaign launched 2015

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## MEDIEVAL BELIEFS: CAUSES OF DISEASE

*A time when faith was everything*



### What were medieval beliefs about disease?

The causes of disease were a mystery. People believed supernatural (p.14) causes could lead to illness.

#### DID YOU KNOW?

##### Medieval psychiatry was brutal!

A treatment given to the mentally ill included tying up the patient's legs and arms, and then putting their feet into salt water while pulling their hair and nose and squeezing their toes and fingers tightly!



## SUPERSTITIOUS BELIEFS

*One of the explanations for ill health in the Middle Ages was supernatural causes*



### What supernatural explanations did people hold about health?

People in medieval England often relied on **superstition** when it came to health. They believed in **supernatural** explanations for health and disease.



### What were the most common supernatural explanations of causes of disease in the medieval period?

There were 4 main **supernatural** elements believed to cause disease.

- ✓ Many believed that diseases were the will of God. The Catholic Church taught that, if someone committed a **sin**, God would punish them with sickness.
- ✓ People believed that illness was a test of faith.
- ✓ Some people believed that **supernatural** demons could inhabit people's bodies and cause illnesses.
- ✓ Witches were thought to be responsible for spreading diseases.
- ✓ Some people thought **astrology** was to blame - that the way the stars and planets were aligned could cause disease.



### Why did people have supernatural explanations about the causes of disease?

Religion was a major force in medieval England, and the Catholic Church had a lot of influence over people's lives. There was also a lack of scientific knowledge. This led to people believing in **supernatural** reasons for disease and sickness.



### What were the main supernatural beliefs for treatment of disease in medieval medicine?

There were three main treatments for diseases based on superstitious beliefs.

- ✓ Prayers were said to ask God's forgiveness. The rich could pay for prayers to be said on their behalf. Many people used **flagellation** (whipping themselves).
- ✓ People went on **pilgrimages** to important religious shrines or tombs.
- ✓ **Physicians** used horoscopes to treat patients. They would consider two dates: the patient's date of birth and the date their illness began. They would use this information to work out how to treat them.



### DID YOU KNOW?

#### Saying 'bless you' after sneezing comes from the Middle Ages!

It was believed that sneezing allowed the devil to enter the body, and therefore the person who sneezed would need the help of God to exorcise the devil. Saying 'God bless you' was believed to be a way to stop the devil from entering!



## RATIONAL BELIEFS

*Ideas about what caused disease in the middle ages could also be rational*



### Were there any rational explanations for why people got sick?

Not all ideas about the causes of disease were based on supernatural (p.14) beliefs. Some were based on rational explanations.



### What were the rational explanations for the causes of disease?

People believed two main **rational** explanations for the causes of disease.

- ✓ **Miasma theory** was the idea that bad air from dead bodies, rotting food, or other organic matter caused disease.
- ✓ Another idea was the illness was caused by an imbalance of the 'four humours' within the body - blood, yellow bile (choler), black bile and phlegm.

### DID YOU KNOW?

#### The number 13 was seen as trouble even then!

In the Middle Ages, the belief that the number 13 was cursed had religious reasoning. The fact there were 13 people who attended the Last Supper meant that it was believed that 13 people at a gathering was a bad omen. It was even thought that if a party was held for 13 people, whoever was the first to get up and leave would be dead within the year!



## HIPPOCRATES

*Known as the 'Father of Medicine'*



### Who was Hippocrates?

Hippocrates was an ancient Greek **physician**. He believed in observing a patient's **symptoms**, and treating them using natural treatments.



### What were Hippocrates' ideas?

There are three main theories attributed to Hippocrates.

- ✓ **Clinical observation**, which says a doctor should examine and monitor a patient's **symptoms** to diagnose their illness. Treatments should be based on these observations.



- ✓ The Hippocratic Oath, which was taken by **physicians**. It was a promise to follow a set of ethical standards to treat their patients well and to cause no harm.
- ✓ The Theory of the Four Humours, which says that a person needed balanced humours in order to be healthy. People got diseases if they had too much or too little of any humour (p. 16).

### DID YOU KNOW?

**The Hippocratic Oath written by Hippocrates is still held sacred by physicians.**

Although many physicians do not swear to the original oath, swearing a modified form of the Hippocratic Oath remains a rite of passage for medical graduates in many countries.



## MEDIEVAL CAUSES OF DISEASE - FOUR HUMOURS

*Hippocrates' theory of the four humours states that the human body is made up of four substances*



### What was the humours theory?

The Theory of the Four Humours **stated** that, to be healthy, a person needed to have balanced humours. People would get diseases if they had too much or too little of any humour.



### What were the humours according to the Theory of the Four Humours?

There were four humours.

- ✓ Cholera, or **yellow bile**, was considered hot and dry, and related to summer and fire.
- ✓ Blood was hot and wet, and related to spring and air.
- ✓ Phlegm was cold and wet, and related to winter and water.
- ✓ **Black bile** was considered cold and dry, and was related to autumn and earth.



### How did doctors balance yellow bile according to the Theory of the Four Humours?

To balance **yellow bile** (cholera), doctors would **purge** patients, by making them vomit or by changing their diet.



### How did doctors balance blood according to the Theory of the Four Humours?

Bloodletting was used to balance blood. This was most often done by **barber surgeons** or wise women.



### How did doctors balance phlegm according to the Theory of the Four Humours?

To balance **phlegm**, doctors recommended breathing steam or eating vegetables filled with water.



### How did doctors balance black bile according to the Theory of the Four Humours?

Doctors gave their patients laxatives and suggested they eat more vegetables to balance **black bile**.



### How did Galen of Pergamon add to the Theory of the Four Humours?

Galen (p. 0) built on the Theory of Four Humours by adding the Theory of Opposites for treating an imbalance. For example, he taught that too much blood (a fever) could be cured by cool things, such as eating cucumber.



### Why was the Theory of the Four Humours important?

There are three main reasons why the Theory of the Four Humours was important.

- ✓ It became the basis for how patients were treated for more than 1,400 years.
- ✓ It appeared to include all illnesses. Therefore, in order to apply the theory, **physicians** would deliberately manipulate what they observed to fit it.
- ✓ There was a lack of scientific knowledge at that time which stopped people challenging the theory or providing alternative treatments.

Sample

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REMAINING PAGES REMOVED.  
PLEASE PURCHASE THE BOOK FOR FULL CONTENT.

# GLOSSARY

## A

**Abolish, Abolished** - to stop something, or get rid of it.

**Alchemy** - the study of the properties of different matter and subsequent attempts to transform, create or combine them to make something else. Often used in relation to turning something into gold.

**Amputate, Amputation** - to surgically remove a limb from someone's body.

**Anaesthetic** - a drug used in surgery to remove pain by causing a temporary loss of sensation or awareness.

**Anatomist** - someone who studies and conducts research on the human body.

**Anatomy** - the study of how the body is made up internally, what it looks like, how it is structured and how the different parts are positioned.

**Antibiotics** - microbes that can kill germs that cause diseases.

**Antiseptic** - a substance that kills harmful bacteria to prevent infection.

**Apothecaries, Apothecary** - a non-medically trained person who concocted remedies from herbs.

**Aseptic** - an absence of germs and harmful bacteria; surgically sterile.

**Astrologists** - one who studies astrology

**Astrology** - the study of the alignment of the planets and stars.

## B

**Bacteria, Bacterium** - a microorganism that causes diseases.

**Bacteriology** - the study of bacteria.

**Barber surgeon** - someone who could cut and shave hair, and who also carried out basic surgery such as bloodletting.

**Bile, Black bile** - one of the four 'humours' in medieval medicine. A black substance observed in excrement and vomit, it probably constituted clotted blood.

**Blood group** - refers to the type of blood someone has and used to distinguish between different types for blood transfusions.

**Blood transfusion** - the process of giving a patient blood from a donor.

**Bloodletting** - the process of removing blood from the body, thought to be a way of preventing or curing certain illnesses and diseases.

**Buboes** - painful swellings in the neck, armpit and groin areas that were a symptom of bubonic plague.

## C

**Campaign** - a political movement to get something changed; in military terms, it refers to a series of operations to achieve a goal.

**Catgut** - a material made from the dried, twisted intestines of

sheep or horses and used as a ligature.

**Catholic** - a Christian who belongs to the Roman Catholic Church.

**Cauterise** - to burn the flesh of a wound to stop it bleeding.

**Cesspit** - a hole which has been dug to store sewage and waste.

**Charter** - a legal written grant, issued by a monarch or country's legislative power, permitting certain rights or privileges.

**Choler** - pus or stomach acid found in vomit. It was one of the four 'humours' in medieval medicine.

**Circulation, Circulatory** - the movement of blood around the body, pumped by the heart.

**Civil servant** - a person who works for the government, either at national or local level.

**Claim** - someone's assertion of their right to something - for example, a claim to the throne.

**Conference** - a formal meeting to discuss common issues of interest or concern.

**Contagious** - something that spreads from one person or organism to another, usually referring to illness or disease.

**Council** - an advisory or administrative body set up to manage the affairs of a place or organisation. The Council of the League of Nations contained the organisation's most powerful members.

**Cowpox** - a viral disease similar to but much milder than smallpox, transmitted from cows to humans.

**Culture** - the ideas, customs, and social behaviour of a particular people or society.

## D

**DNA** - the common name for deoxyribonucleic acid, a molecule that contains genetic information and instructions about the development, function and growth of every organism.

**Diagnose** - to work out the nature or type of a disease, illness or medical condition by looking at the symptoms.

**Diagnosis** - the identification of a disease, illness or medical condition after considering the symptoms.

**Dialysis** - the process of cleaning a patient's blood in a machine, removing toxins and excess water, replacing the job of the kidneys.

**Diphtheria** - a serious bacterial infection that can lead to breathing difficulties, heart failure, paralysis and even death. It mainly affects children.

**Dispute** - a disagreement or argument; often used to describe conflict between different countries.

**Dissection** - the careful and methodical cutting apart of a body or plant to inspect its structure.

## E

**Empire** - a group of states or countries ruled over and controlled by a single monarch.

**Epidemic** - an outbreak of disease that spreads quickly and affects many individuals at the same time.

**Eradicate, Eradication** - to destroy something and completely wipe it out.

**Extreme** - furthest from the centre or any given point. If someone holds extreme views, they are not moderate and are considered radical.

## F

**Fasting** - to deliberately refrain from eating, and often drinking, for a period of time.

**Fatalities, Fatality** - Deaths.

**Flagellation** - beating or whipping, often done to oneself to show sorrow for sins. In medieval England, it was an attempt to prevent disease.

**Front** - in war, the area where fighting is taking place.

## G

**General anaesthetic** - a state of controlled unconsciousness using drugs, usually during surgery so the patient can not feel any pain or move.

**Genome** - the completed DNA set of a human, animal or plant.

**Germ** - microorganisms that can cause disease. The name was coined by Louis Pasteur as he saw them germinating.

**Gong farmer, Gongfermor** - a person who removed waste from the streets in Tudor England.

**Guild, Guild system** - organised groups that controlled different jobs, including apprenticeships and licensing for their specific profession.

## H

**Hierarchies, Hierarchy** - the ranking of people according to authority, for example a colonel in the army being higher than a corporal.

**Humanism** - a philosophical idea that humans can make up their own minds and ways in the world, rather than being subject to the divine or supernatural.

**Hygiene, Hygienic** - a term for conditions or practices with the aim of maintaining good health and preventing disease, especially in regard to cleanliness.

## I

**IVF, In-vitro fertilisation** - a method of helping women to become pregnant by fertilising an egg outside the body before returning it to the womb.

**Immune, Immune system, Immunity** - the body's defence against disease and infection, creating antibodies to fight germs and toxins.

**Industrialisation, Industrialise, Industrialised** - the process of developing industry in a country or region where previously there

was little or none.

**Industry** - the part of the economy concerned with turning raw materials into manufactured goods, for example making furniture from wood.

**Infection** - the result of disease-causing microorganisms finding their way into a wound or suitable body tissue and multiplying.

**Inoculation** - the introduction of an antigenic substance or vaccine into the body to provide immunity to a specific disease. For example, puss from a smallpox patient was given to an uninfected person, giving them a less severe case of smallpox and future immunity.

## L

**Laissez-faire** - the idea a government should take a hands-off approach to matters such as public health or the free market; it translates from the French as 'let it be'.

**Lance, Lanced, Lancing** - to prick or cut open something, such as an abscess, and let it drain.

**Liberal** - politically, someone who believes in allowing personal freedom without too much control by the government or state.

**Ligature** - something used to tie or bind tightly; an example in medical use is around a limb to slow bleeding from a wound.

**Limb** - an arm or leg.

**Literate** - someone who can read and write.

**Local anaesthetic** - a way to numb an isolated part of the body using medication, for example to prevent pain during minor surgery or stop an injury hurting.

## M

**Magic bullet** - a chemical compound that will kill a specific germ without harming other cells.

**Malnutrition** - lack of proper nutrition caused by not eating enough of the right things or not having enough to eat. It can also be caused by the body not being able to use the food that is eaten.

**Mass** - an act of worship in the Catholic Church.

**Medieval era, Medieval times, Middle Ages** - the period from circa 1250 to 1500.

**Miasma, Miasma theory, Miasmata** - the theory that diseases were caused by a bad air.

**Microbe** - a living organism that can only be seen through a microscope.

**Minister** - a senior member of government, usually responsible for a particular area such as education or finance.

**Monasteries, Monastery** - a religious building occupied by monks.

**Monk** - a member of a religious community, often living a simple life of poverty, chastity and work.

**Mortality, Mortality rates** - refers to death; the mortality rate shows how many people are dying in a society.

**N**

**Neurosurgeon** - a surgeon who specialises in neurosurgery.

**Neurosurgery** - the medical specialism concerned with the diagnosis and treatment of injuries to the brain, spinal cord and spinal column.

**P**

**Peasant** - a poor farmer.

**Pharmaceutical** - relating to medicinal drugs, the industry that manufactures them, and their preparation, use or sale.

**Phlegm** - the thick liquid produced by the mucous membranes, usually coughed or sneezed out during illness.

**Physician** - someone qualified to practise medicine, often used as another name for a doctor.

**Physiology** - the study of how the body works.

**Pilgrimage** - journey undertaken to a sacred place, usually for religious or spiritual reasons.

**Pioneer** - the first person to explore or settle in a new area.

**Plague** - a contagious disease that spreads rapidly.

**Pomander** - a ball or bag in which to carry pleasant perfumes so that bad smells (miasma) can be avoided.

**Population** - the number of people who live in a specified place.

**Poverty** - the state of being extremely poor.

**Prevent, Preventative, Preventive** - steps taken to stop something from happening.

**Printing press** - a machine that reproduces writing and images by using ink on paper, making many identical copies.

**Proclamation** - a public or official announcement of great importance.

**Production** - a term used to describe how much of something is made, for example saying a factory has a high production rate.

**Profit** - generally refers to financial gain; the amount of money made after deducting buying, operating or production costs.

**Prosthetic, Prosthetic limb** - an artificial body part.

**Provision** - the act of providing or supplying something for someone.

**Psychological** - referring to a person's mental or emotional state.

**Purged, Purging** - abrupt and often violent removal of a group of people from a place or organisation; medically, to make someone sick or induce diarrhoea as a treatment to rid them of illness.

**Q**

**Quack** - a name for a fake doctor or medical imposter.

**Quack cures, Quack remedies** - medical treatments that are unscientific so not expected to work.

**Quarantine** - a period of isolation where a person or animal who has or may have a communicable disease is kept away from others.

**R**

**Rational** - when something is based on reason or logic, like science.

**Reform, Reforming** - change, usually in order to improve an institution or practice.

**Regimen sanitatis** - a set of instructions on how to maintain good health through a regime.

**Relief** - something that reduces pressure on people, often through financial or practical support.

**Repent, Repented, Repenting** - to feel or express remorse and regret for one's wrongdoings or sins.

**S**

**Scrofula** - a type of tuberculosis known as "the king's evil" in Europe at one time as it was believed to be cured by royal touch.

**Secular** - unconnected to religious or spiritual matters; not bound by religious rule.

**Sepsis, Septicaemia** - life-threatening and potentially fatal blood poisoning, where an existing infection triggers a chain reaction throughout the body.

**Shrapnel** - small pieces of metal from exploding shells or bombs which caused injuries to soldiers.

**Sin** - in religion, an immoral act against God's laws.

**Skin grafts** - a surgical procedure that involves removing healthy skin from one part of the body and transplanting it to a different area.

**Smallpox** - a contagious and potentially fatal disease that causes a high fever, rashes and blisters.

**Splint** - a strong, straight device used to protect and support a broken limb, keeping it in place.

**Spontaneous generation** - the theory that rotting material, for example food and excrement, created disease.

**State, States** - an area of land or a territory ruled by one government.

**Sterilisation, Sterilise** - to clean something so it is free of bacteria; also refers to a medical procedure that prevents a person from being able to reproduce.

**Strike** - a refusal by employees to work as a form of protest, usually to bring about change in their working conditions. It puts pressure on their employer, who cannot run the business without workers.

**Supernatural** - an unscientific explanation for an event or manifestation unattributable to the laws of nature.

**Superstition** - a firm belief in the supernatural.

**Symptom** - an indication of something, such as a sign of a

particular illness.

**Syphilis** - a bacterial infection usually transmitted through sexual contact.

### T

**Theory of transference, Transference** - the theory that you could transfer a disease from a person to something or someone else. An example is the practice of strapping chickens to buboes during the Great Plague.

**Transfusion** - the process of transferring donated blood to a patient.

### V

**Vaccination, Vaccine** - from the Latin 'vacca', meaning cow. Originally it referred to giving a person cowpox to prevent smallpox, but is now used for all methods of introducing a weak strain of a disease as a way of building immunity.

### W

**Ward, Wards** - A ward is someone who is taken under the protection and power of someone else, usually because it is believed that they do not have the capacity to know what is best for them.

**Welfare** - wellbeing; often refers to money and services given to the poorest people.

**Workhouse** - a place for poor people who were unable to work or support themselves.

### Y

**Yellow bile** - pus or stomach acid found in vomit. It was one of the four 'humours' in medieval medicine.

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