

Ancient Health: A Teen's Guide

World History · Practice Test · 12 Questions

1. What did ancient Egyptians use to clean wounds and prevent infection before the discovery of modern antiseptics?

- A) Spices like cinnamon and myrrh
- B) Pure gold leaf
- C) Boiled water from the Nile
- D) Powdered unicorn horn

2. In ancient Greece, Hippocrates, often called the 'Father of Medicine', emphasized the importance of what for good health?

- A) Belief in divine intervention
- B) Observation and rational explanation of diseases
- C) Sacrifices to the gods
- D) Magic spells and potions

3. What common practice for personal hygiene, still used today, was developed and widely adopted by ancient Romans?

- A) Brushing teeth with salt
- B) Regular bathing in public baths
- C) Using perfumes heavily
- D) Applying makeup daily

4. Ancient Chinese medicine often used which technique to stimulate blood flow and promote healing?

- A) Bloodletting
- B) Herbal poultices
- C) Acupuncture
- D) Fasting for long periods

5. What crucial role did sanitation play in the health of ancient Mesopotamian cities, particularly in preventing the spread of disease?

- A) It was not considered important
- B) They developed rudimentary sewer systems
- C) They relied solely on prayer
- D) They believed disease came from the stars

6. During the Middle Ages in Europe, what was a common belief about the cause of plagues like the Black Death?

- A) Bad air ('miasma')
- B) Scientific discovery of bacteria
- C) Unhealthy diets
- D) Lack of exercise

7. The ancient Mayans, known for their astronomical knowledge, also had medical practices. What did they use to treat certain ailments?

- A) Crude surgical tools made of obsidian
- B) The invention of antibiotics
- C) Vaccinations against smallpox
- D) Transfusions of animal blood

8. What simple, but vital, method for purifying water was known and practiced in many ancient cultures?

- A) Using chemical filters
- B) Boiling water
- C) Adding sugar to kill germs
- D) Storing water in sealed plastic containers

9. In the Inca Empire, what natural substance was used to treat wounds and as an anesthetic?

- A) Coca leaves
- B) Pine sap
- C) Melted metal
- D) Volcanic ash

10. What was a major challenge to maintaining good public health in most ancient cities?

- A) Overabundance of clean water
- B) Lack of effective waste disposal
- C) Too much fresh air
- D) Widespread access to doctors

11. Which ancient civilization is credited with early advancements in dentistry, including using drills and filling cavities?

- A) The Vikings
- B) The Egyptians
- C) The Tasmanians
- D) The Inuits

12. Before the development of modern anesthetics, what did many ancient cultures use to manage pain during medical procedures?

- A) Hypnosis
- B) Deep breathing exercises
- C) Herbal sedatives and alcohol
- D) Playing loud music