

# Health and the Human Body in Military History

Military History · Answer Key · 12 Questions

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**1. What is the primary function of a tourniquet, a tool widely used in military medicine to save lives on the battlefield?**

- A) To measure heart rate
- B) To stop severe bleeding**
- C) To provide oxygen
- D) To disinfect wounds

**2. During the American Civil War, which common health issue caused more deaths among soldiers than actual combat wounds?**

- A) Dehydration
- B) Disease and infection**
- C) Broken bones
- D) Sunburn

**3. Florence Nightingale is famous for improving sanitation in military hospitals during which 19th-century conflict?**

- A) The Crimean War**
- B) The Napoleonic Wars
- C) The American Revolution
- D) The Boer War

**4. What is the main physiological effect of the drug morphine, frequently used in military field medicine to treat severe pain?**

- A) It increases blood pressure
- B) It suppresses the central nervous system**
- C) It cures infections
- D) It improves eyesight

**5. In ancient Roman military camps, what was a common practice used to keep water supplies clean and prevent the spread of illness?**

- A) Adding alcohol to all water
- B) Building latrines away from water sources**
- C) Boiling water for hours
- D) Using metal filters

**6. What nutrient deficiency historically caused 'scurvy' among naval sailors during long military voyages?**

**A) Vitamin C**

B) Vitamin D

C) Iron

D) Calcium

**7. During World War I, what type of respiratory injury was caused by the use of chemical gases like chlorine and mustard gas?**

**A) Lung tissue damage**

B) Stomach ulcers

C) Ear infections

D) Muscle cramps

**8. What is the purpose of a 'field dressing' or bandage in a soldier's personal medical kit?**

A) To act as a pillow

**B) To cover and protect an open wound**

C) To clean teeth

D) To splint a broken neck

**9. Historical military 'trench foot' was a condition primarily caused by prolonged exposure to what environmental factor?**

**A) Cold and damp conditions**

B) Excessive heat

C) High altitude

D) Exposure to bright sunlight

**10. Which organ is most protected by a modern military ballistic helmet?**

A) The stomach

**B) The brain**

C) The heart

D) The lungs

**11. Why did historical armies often require soldiers to have good eyesight for archery?**

A) To spot enemy troop movements

**B) To hit small targets from a distance**

C) To identify poisonous plants

D) To read maps in the dark

12. What medical tool is used in military history to detect the presence of a heartbeat or lung sounds?

A) Stethoscope

B) Thermometer

C) Microscope

D) Scalpel