

Human Health in Military History

Military History · Answer Key · 18 Questions

1. During the American Civil War, what was the most common cause of death for Union soldiers?

- A) Combat wounds
- B) Disease**
- C) Starvation
- D) Accidents

2. What common battlefield injury, often treated with tourniquets, can lead to rapid blood loss and shock?

- A) Bone fractures
- B) Lacerations
- C) Amputations**
- D) Crush injuries

3. Which deficiency disease, characterized by bleeding gums and fatigue, was a significant health concern for sailors on long voyages in naval history?

- A) Rickets
- B) Pellagra
- C) Scurvy**
- D) Beriberi

4. What physiological response to extreme cold exposure can lead to a dangerous drop in core body temperature and eventual organ failure?

- A) Heatstroke
- B) Dehydration
- C) Hypothermia**
- D) Hypertension

5. Before the widespread use of anesthesia, what was the primary method of pain management during battlefield surgery?

- A) Opium-based drugs
- B) Alcohol**
- C) Chilling the limb
- D) Chisels and hammers

6. The practice of battlefield triage, categorizing casualties based on the severity of their injuries to optimize medical resources, was significantly advanced during which conflict?

- A) Napoleonic Wars
- B) World War I
- C) Crimean War**
- D) Vietnam War

7. What type of wound, often caused by explosions, can result in significant tissue damage, blast injuries to internal organs, and shrapnel penetration?

- A) Gunshot wound
- B) Stab wound
- C) Blast injury**
- D) Blunt force trauma

8. During World War II, what was a primary vector for diseases like typhus and dysentery, impacting troop health and operational effectiveness?

- A) Contaminated water
- B) Insects (e.g., lice, fleas)**
- C) Poor sanitation
- D) Malaria-carrying mosquitoes

9. What is the term for the psychological trauma experienced by soldiers exposed to prolonged combat and horrific events?

- A) Shell shock**
- B) Battle fatigue
- C) Combat stress reaction
- D) Post-traumatic stress disorder (PTSD)

10. Which vital organ system is most directly and severely impacted by dehydration and heatstroke during prolonged exposure to hot environments?

- A) Respiratory system
- B) Nervous system
- C) Circulatory system**
- D) Digestive system

11. Before the advent of modern antibiotics, what was a common and often fatal consequence of even minor battlefield wounds due to infection?

- A) Hemorrhage
- B) Gangrene**
- C) Dehydration
- D) Shock

12. The introduction of what medical advancement in the mid-19th century significantly reduced pain and improved outcomes in battlefield surgery?

- A) Antiseptic techniques
- B) Blood transfusions
- C) Anesthesia**
- D) X-rays

13. What is the primary physiological effect of prolonged exposure to high-altitude environments on the human body?

- A) Increased blood pressure
- B) Reduced oxygen availability**
- C) Increased heart rate variability
- D) Enhanced red blood cell production

14. During the Napoleonic Wars, what was a significant cause of death and injury among soldiers due to the nature of the weaponry used?

- A) Poison gas
- B) Bayonet charges
- C) Cannonball fragmentation**
- D) Disease spread by unsanitary conditions

15. What bodily function is most critically impaired by the loss of blood volume, leading to reduced oxygen delivery and potential organ failure?

- A) Digestion
- B) Respiration
- C) Circulation**
- D) Thermoregulation

16. The use of what preventative measure dramatically reduced the incidence of certain infectious diseases among soldiers in the late 19th and 20th centuries?

- A) Mass transfusions
- B) Surgical sterilization
- C) Vaccination programs**
- D) Strict quarantine protocols

17. What is the primary danger of exposure to chemical weapons like mustard gas, targeting the skin, eyes, and respiratory system?

- A) Rapid dehydration
- B) Severe burns and blistering**
- C) Neurological damage
- D) Bone marrow suppression

18. The stress of combat can lead to an increase in which hormones, impacting the body's 'fight or flight' response?

- A) Insulin and glucagon
- B) Thyroid hormones
- C) Adrenaline and cortisol**
- D) Growth hormone and melatonin