

Medieval Health and Anatomy

Medieval History · Answer Key · 20 Questions

1. What was the most common form of medical treatment used by medieval physicians to 'balance the humors' in a patient?

A) Bloodletting

- B) Acupuncture
- C) Cold water baths
- D) Herbal steaming

2. Which theory, originally developed in Ancient Greece and widely accepted in the Middle Ages, stated that health depended on the balance of four bodily fluids?

A) Germ Theory

B) Humorism

- C) Cell Theory
- D) Atomic Theory

3. What medieval medical practice involved drilling a hole into the human skull to 'release spirits' or relieve pressure?

A) Lobotomy

B) Trepanation

- C) Craniotomy
- D) Trephining

4. During the Black Death in the 14th century, what body part often developed painful swellings known as 'buboes'?

A) The elbows

B) The lymph nodes

- C) The kneecaps
- D) The ears

5. Medieval doctors often inspected what substance from a patient to diagnose their health, sometimes even checking its color and smell?

A) Sweat

B) Urine

- C) Saliva
- D) Blood

6. What was a common medieval herbal treatment used to help disinfect wounds?

- A) Honey**
- B) Saltwater
- C) Vinegar
- D) Olive oil

7. Which medieval surgical tool was commonly used to remove teeth or extract foreign objects from the skin?

- A) Scalpel
- B) Forceps**
- C) Saw
- D) Needle

8. What plant, known for its strong scent, was commonly carried in 'plague doctor' masks to ward off 'miasma' or bad air?

- A) Lavender
- B) Thyme
- C) Rosemary
- D) All of the above**

9. What was the primary role of a 'barber-surgeon' in medieval society?

- A) Only cutting hair
- B) Performing minor surgeries and bloodletting**
- C) Teaching anatomy at universities
- D) Studying infectious diseases

10. Medieval anatomy knowledge was largely based on the works of which Ancient Greek physician?

- A) Hippocrates
- B) Galen**
- C) Aristotle
- D) Socrates

11. What did medieval people often wear as charms to protect themselves from various illnesses?

- A) Amulets**
- B) Silk gloves
- C) Metal helmets
- D) Iron rings

12. In the medieval period, which organ was believed by many to be the center of emotion and 'heat' in the body?

- A) Brain
- B) Heart**
- C) Liver
- D) Lungs

13. What common dietary item was often blamed for spreading disease if it was found to be 'bad' or rotting?

- A) Water**
- B) Bread
- C) Cheese
- D) Vegetables

14. What was the medieval term for the 'bad air' thought to cause diseases like the plague?

- A) Oxygen
- B) Miasma**
- C) Carbon
- D) Nitrogen

15. Which bone-setting practice was common among medieval bone-setters for fractures?

- A) Splinting**
- B) Casting in iron
- C) Total immobilization
- D) Amputation only

16. What was a common medieval method for treating a headache?

- A) Applying a poultice of herbs to the forehead
- B) Drinking hot wine
- C) Resting in darkness
- D) All of the above**

17. Medieval healers believed that the moon's phases could affect which part of the human body?

- A) The digestion
- B) The brain and mental health**
- C) The growth of hair
- D) The strength of nails

18. Why were monasteries often considered the safest places for the sick in the Middle Ages?

- A) They had advanced surgery
- B) They provided quiet, care, and basic herbal remedies**
- C) They had pharmacies
- D) They had X-ray machines

19. Which common vegetable was frequently used in medieval medicine to treat digestive issues?

- A) Garlic**
- B) Lettuce
- C) Potato
- D) Tomato

20. What did medieval physicians use to listen to a patient's heartbeat before the invention of the stethoscope?

- A) A glass tube
- B) Placing an ear directly against the chest**
- C) A wooden stick
- D) A copper bowl