

Medieval Health and Anatomy

Medieval History · Practice Test · 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