

Fashion History: Body & Health Facts

Fashion History · Answer Key · 10 Questions

1. What restrictive undergarment, popular in the 19th century, was designed to cinch the waist and could cause health issues like fainting and difficulty breathing?

- A) Corset**
- B) Bodice
- C) Chemise
- D) Petticoat

2. During the Victorian era, what type of heavy and voluminous skirts, often supported by hoops, could make movement difficult and potentially lead to accidents?

- A) Crinoline**
- B) Bustle
- C) Farthingale
- D) Tutu

3. What historical footwear, often worn by women and characterized by extremely high heels and pointed toes, could lead to foot deformities and gait problems?

- A) Poulaines**
- B) Chopines
- C) Sabots
- D) Mules

4. In ancient Rome, what undergarment, similar to a modern bra, was worn to support and compress the breasts, particularly for athletes?

- A) Strophium**
- B) Chiton
- C) Peplos
- D) Himation

5. What material, often used in early clothing, was known to cause skin irritation and allergies for some individuals due to its coarse texture?

- A) Wool**
- B) Linen
- C) Silk
- D) Cotton

6. During the Renaissance, what elaborate and often heavy headdresses worn by women could cause neck strain and discomfort?

A) Hennin

- B) Veil
- C) Bonnet
- D) Turban

7. What historical practice involved tightly binding a child's body, particularly their head, to shape it according to aesthetic ideals, which could impact development?

A) Cranial deformation

- B) Foot binding
- C) Waist training
- D) Ear stretching

8. What kind of historically popular makeup, containing lead, was applied to the face to create a pale complexion but could lead to serious health problems?

A) Ceruse

- B) Kohl
- C) Rouge
- D) Vermilion

9. In medieval times, what type of loose-fitting tunic, worn by both men and women, allowed for better ventilation and ease of movement compared to more restrictive garments?

A) Bliaut

- B) Houppelande
- C) Surcote
- D) Gambeson

10. What ancient Egyptian practice of wearing heavy eye makeup (kohl) may have had a practical health benefit by protecting the eyes from sunlight and insects?

A) Eye protection

- B) Decoration
- C) Sunscreen
- D) Insect repellent