

# Medieval Health and Physiology

Medieval History · Practice Test · 8 Questions

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**1. Which medical theory, inherited from Ancient Greece, dominated medieval understanding of human health by suggesting the body was composed of four distinct fluids?**

- A) The Germ Theory
- B) The Humoral Theory
- C) The Miasma Theory
- D) The Circulatory Theory

**2. What was the primary function of a 'physician's urine wheel' used during medieval medical diagnoses?**

- A) To measure the temperature of the patient
- B) To determine the age of the patient
- C) To analyze the color and consistency of urine
- D) To test for the presence of heavy metals

**3. Which surgical practice was frequently performed by medieval barbers as a method to balance the humors or treat inflammation?**

- A) Bloodletting
- B) Appendectomy
- C) Cataract removal
- D) Tooth extraction

**4. During the Black Death, some physicians wore a distinct mask filled with aromatic substances to protect against what they believed caused the disease?**

- A) Spirits
- B) Bad air or miasma
- C) Star alignment
- D) Dietary imbalance

**5. In medieval medical manuscripts, what was the 'Zodiac Man' primarily used to illustrate?**

- A) The stages of human fetal development
- B) The ideal exercise routine for knights
- C) The influence of astrological signs on specific body parts
- D) The anatomical structure of the skeletal system

**6. Which common grain, when infected with the ergot fungus, caused outbreaks of 'St. Anthony's Fire' in medieval Europe?**

- A) Wheat
- B) Barley
- C) Rye
- D) Oats

**7. What medieval medical procedure involved the use of a trephine to create a hole in a patient's skull?**

- A) Trepanation
- B) Lobotomy
- C) Craniectomy
- D) Phlebotomy

**8. Before the widespread use of anesthesia, what substance was commonly used in 'soporific sponges' to induce sleep or dull pain during medieval surgeries?**

- A) Alcohol and honey
- B) Opium and mandrake
- C) Salt and vinegar
- D) Willow bark extract