

Renaissance Card Games and Physiology

History Of Card Games · Answer Key · 20 Questions

1. In the 16th century, prolonged card playing was often criticized by physicians for causing which physical ailment due to sitting?

- A) Scurvy
- B) Poor circulation and stiffness**
- C) Rickets
- D) Hyperopia

2. Renaissance medical texts often linked long hours of card playing to eye strain, which was believed to be exacerbated by which environmental factor?

- A) Candlelight flicker**
- B) Lack of humidity
- C) Excessive noise
- D) Cold drafts

3. Which Renaissance-era social critique suggested that the 'fever' of gambling at cards negatively impacted the health of the human heart?

- A) The humors theory**
- B) Phrenology
- C) Germ theory
- D) Atomic theory

4. Renaissance writers frequently associated the sedentary nature of card games with an imbalance of which humor, leading to 'melancholy'?

- A) Yellow bile
- B) Black bile**
- C) Blood
- D) Phlegm

5. What physical activity was often recommended by Renaissance scholars to counteract the 'sluggishness' caused by hours of playing cards?

- A) Fencing**
- B) Weightlifting
- C) Swimming
- D) Marathon running

6. Gambling at cards in the 15th century was often associated with 'nervous exhaustion,' which physicians treated with what?

- A) Bloodletting
- B) Herbal infusions**
- C) Cold baths
- D) Strict fasting

7. The shuffling of cards in the Renaissance required fine motor control of which muscles in the hand?

- A) Extensor digitorum**
- B) Biceps brachii
- C) Quadriceps
- D) Gastrocnemius

8. Renaissance morality plays frequently depicted gamblers at cards suffering from 'paleness,' which contemporary observers attributed to a lack of what?

- A) Sunlight
- B) Protein
- C) Sleep**
- D) Water

9. What anatomical feature did Renaissance artists often exaggerate when depicting 'card cheaters' to suggest a lack of physical vitality?

- A) A hooked nose
- B) Sunken cheeks**
- C) Broad shoulders
- D) High arches

10. Physicians in the 1500s argued that the mental stress of card losses could trigger 'vapors,' a condition related to which system?

- A) Digestive
- B) Respiratory
- C) Nervous**
- D) Endocrine

11. Which tactile sense was primarily utilized by Renaissance card players to identify marked cards, involving the skin of the fingertips?

- A) Mechanoreception**
- B) Thermoreception
- C) Proprioception
- D) Nociception

12. Renaissance pamphlets on 'gaming houses' often warned of the spread of illnesses in cramped rooms, highlighting the importance of what?

A) Ventilation

B) Exercise

C) Diet

D) Sleep

13. The intense focus required for Renaissance card games like 'Primero' was thought by medical thinkers to tire which specific organ?

A) The brain

B) The liver

C) The spleen

D) The kidneys

14. Renaissance medical advice for 'gaming-induced gout' centered on the consumption of what to neutralize bodily acidity?

A) Wine

B) Water and herbs

C) Hard cheese

D) Preserved meats

15. Why did Renaissance health writers caution against eating heavy meals while playing cards?

A) It caused indigestion

B) It led to sluggish thinking

C) It made the cards dirty

D) It induced sleepiness

16. In Renaissance Europe, the 'shaking' hands of a long-time card player were often clinically misidentified as a symptom of what?

A) Parkinson's disease

B) Excessive humors

C) Weak bones

D) Muscular atrophy

17. How did Renaissance physicians describe the 'posture of a gambler' regarding the spinal column?

A) Erect and proud

B) Hunched and compressed

C) Supine

D) Twisted

18. Which Renaissance medical practice involved the use of aromatics to clear the 'muddled' heads of those playing cards late at night?

A) Pomanders

B) Leeches

C) Emetics

D) Trepanation

19. The rapid eye movement required to track cards during a fast-paced Renaissance game was believed to exercise which nerve?

A) Optic nerve

B) Vagus nerve

C) Sciatic nerve

D) Trigeminal nerve

20. Renaissance health discourse often suggested that 'honest' recreation improved bodily humors, whereas card gambling resulted in which physical response?

A) Muscle growth

B) Increased adrenaline and cortisol

C) Lowered cholesterol

D) Enhanced stamina