

Renaissance Card Games and Physiology

History Of Card Games · Practice Test · 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