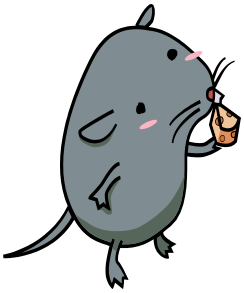


# Health in the Middle Ages



As we look at the health in the Middle Ages, we are surprised that people somehow managed to live to be 30 or 40 years old, living and eating as they did. (They did not go to the gym or drink green smoothies). Cleanliness was not a major concern. Baths were taken once or twice a year at most!!! In castles, bath water and body waste were flushed out into the moat surrounding the castle. The meat people ate was often old and poorly cooked. This is why spices were a must!

Homes had very poor heating systems and were both cold and smoke-filled. The poor had no floors in their houses, but even the rich put rubbish under their floors to insulate them. Straw was strewn to sleep on and in time, it began to smell. Noxious odors in the city came from open sewers, piles of manure and garbage tossed in the streets. Lice, flies, mosquitoes, ticks, bugs, spiders, mice and rats spread diseases and epidemics were common.

People had no knowledge of medicine and relied on superstition to save them. People believed that dust from saint's shrines solved stomach problems. Licking the rail at St. Martin's tomb helped sore tongues. These practices were very popular.

Even when the person relied on "science," his physician was often unreliable. Students enrolled in medical school were informed that onions cured baldness. (It doesn't?) If a woman did not wish to have a child, she should wear a red ribbon around her head. However some sound medical advice was included. Students were told that eating and drinking should be done in moderation. Experiments began on cadavers (dead bodies) of animals and humans. However, performing surgery was beneath the dignity of a trained physician and was left to butchers and barbers.

The Byzantines were the first to develop hospitals. The first hospitals in the West were places for travelers and sick people to find shelter and food. In the 11<sup>th</sup> century, monks began to take care of the sick but their main treatment was spiritual healing. Confession and communion were more part of the medical treatment. There were about 19,000 leprosaria (leper hospitals) in Europe in the 13<sup>th</sup> century.

The European lack of medical knowledge, overcrowded cities, and abundance of rats helped to contribute to an astounding loss of life in the 14<sup>th</sup> century.

1. What were 3 hardships that people had to face when living in the Middle Ages?
2. How did people care for illnesses in the Middle Ages?
3. According to the last sentence, what is the disease that caused the astounding loss of life in the 14<sup>th</sup> century?

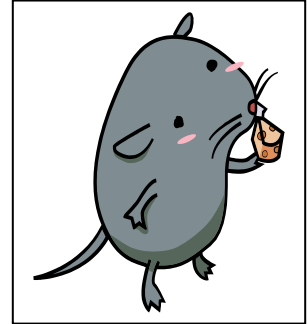
## I. The BLACK Plague 1347-1351

### A. Causes

1. Carried by \_\_\_\_\_
2. \_\_\_\_\_ (China) \_\_\_\_\_ to Italy
3. \_\_\_\_\_ through Europe
4. \_\_\_\_\_ city Conditions
5. \_\_\_\_\_ & No cures

### B. Short Term Results

1. \_\_\_\_\_: More than 1/3 died.
  - a. \_\_\_\_\_
  - b. Wild pleasures-looting
  - c. \_\_\_\_\_: whipping to repent for sins
2. Jews: \_\_\_\_\_
  - a. \_\_\_\_\_ for economic problems & for black death.
3. \_\_\_\_\_: Loss of faith in the Church
  - a. Could not \_\_\_\_\_ plague \_\_\_\_\_
  - b. Many monks & priests \_\_\_\_\_
  - c. Many \_\_\_\_\_ badly
4. \_\_\_\_\_ Problems
  - a. Workers & employees dead
  - b. \_\_\_\_\_



### C. The Hundred Years War 1337-1453

1. \_\_\_\_\_ (England winning)
2. \_\_\_\_\_ 1429: 17 yr old French peasant.
  - a. \_\_\_\_\_ & later declared a saint
3. England \_\_\_\_\_ & pursues ventures over sea
4. \_\_\_\_\_ (long bow & Cannon)
  - a. knights on horseback↓

### D. Long Term Effects

- a. \_\_\_\_\_