

### **Box A: Key words and definitions**

1. Feudal System – The social and governing system
2. Epidemic – Spreading disease
3. Miasma – Bad smells which were believed to cause disease
4. Catholic – A type of Christianity
5. Midden – Pile of rubbish
6. Conduits – Water fountain
7. Monastery/Abbey – A Religious Building
8. Humour – Liquid in the body
9. Privy – Old style loo – no, it doesn't flush
10. Purging – making yourself sick or poo

### **Box D: Medieval Beliefs about disease**

1. There were serious epidemics of flu and small pox
2. Life expectancy was low
3. People believed in miasma
4. People believed in the four humours- blood, yellow bile, black bile and phlegm. An idea popularised by Galen in the Ancient times

### **Box E The Black Death (1250 – 1500)**

1. Bubonic Plague spread by bites of fleas from rats. Led to a temperature and buboes
2. Pneumonic Plague – airborne – spread by coughs and sneezes. Attacked the lungs and made the victim cough up blood.
3. First arrived in 1348
4. People didn't know what caused it.
5. Some people tried to balance their humours by bleeding or purging
6. Some people turned to religion, some became flagellants
7. Some people blamed the planets
8. Some people turned to herbal remedies like camomile lotion.
9. Some people blamed miasma so carried sweet smelling herbs
10. Some people went to church and went on a pilgrimage
11. The diseased killed between 1/3 – 2/3 of England's population
12. Priests were running away and not giving 'last rites'
13. The sick in towns were sometimes kicked out of their homes
14. The rich could move to the countryside
15. In April 1349 King Edward II wrote a letter to the Mayor of London with instructions to clean up.
16. The Government did little

### **Box B: Life in Medieval England (1250 – 1500)**

1. 90% of the population lived in the countryside
2. There were only a few towns e.g. London, but they were small.
3. Land was divided into estates called Manors, each was controlled by a Lord. Peasants lived on the land.
4. Political power was linked to land ownership
5. The Church owned lots of land and advised the king
6. England was divided into local communities called Parishes. Each Parish had a church and a priest. Locals paid local taxes called tithes.
7. Few people could read or write, many turned to the church to help them understand disease.

## Year 9: Semester 1

### **The People's Health 1250 - 1500**



### **Box F The importance of the Church(1250 – 1500)**

1. The church had the best hygiene as it needed clean water for church services
2. It was common for Abbey's to have infirmaries, like Fountains Abbey in Yorkshire. This was the closest thing medieval people had to a hospital
3. Monasteries often had piped running water
4. The Monasteries would care for the sick with food and water, but they would not treat them as they believed it was God's plan for the sick to be ill.

### **Box G The importance of the Church(1250 – 1500)**

- 1301 – King Edward 1 ordered authorities to clear the streets in York  
1329 – in Winchester the butchers guild appointed people to check the quality of meat being sold  
1300s – Bristol moved dungheaps, lepers and prostitutes out of the town centre.

### **Box C: Medieval Living Conditions - Villages (1250 – 1500)**

1. There was little spare food and a poor harvest would mean disaster and famine like 1315 - 16
2. Fresh meat was hard to get
3. Peasants in the countryside ate a lot of fresh veg, berries, honey and often kept cows to make dairy products
4. Bad weather led to a poisonous fungus growing on wheat which led to illness – Ergotism.
5. Houses only had 1 or 2 rooms and were made of sticks and clay.
6. There were open fires in homes, this made them smoky.
7. Houses didn't have windows, just small openings with shutters
8. People didn't have running water or toilets.
9. Water came from streams..
10. Waste was thrown into the street, river, or midden
11. They went to the loo over a pit called a 'cess pit'
12. Animals were put into houses at night which caused illness

### **Box H: Medieval Living Conditions – Towns (1250 – 1500)**

1. Peasants would take food to towns in the same cart they used to empty their midden
2. Live animals walked the streets of towns and were butchered in the streets.
3. The streets were often just mud, some were cobbled
4. Markets were central to life in towns.
5. Towns had conduits
6. Water sellers in towns collected the water and sold it door to door.
7. There were no laws on selling rancid meat
8. At the end of market days the streets were full of waste. From 1293 London paid rakers to clear the streets.
9. By 1500 some towns paid carters to remove waste from butchers and fishmongers
10. Town houses were tall and close together.
11. They had thatched roofs with mice and insects in
12. Homeowners were expected to clear waste and gutters, but people rarely did.
13. Some people had brick lined cess pits
14. Some had no lining and leaked into neighbour's cellars!
15. Gongfarmers cleared the cess pits.

### **Box I: Key words and definitions**

1. Reformation – religious change under Henry VIII in the 1500s
2. Jake – a hole over a river which was like a loo
3. Animalcules – What Leeuwenhoek called microbes. He didn't know germs could make you sick.
4. Isolation – Keeping people away from the main population
5. New World – Places like America
6. Transportation – A form of enslavement, often led to be taken to Australia to work in a prison colony.
7. Gin Distiller – Someone who makes gin
8. Syphilis – Sexually transmitted infection, common with prostitutes in the Early Modern.

### **Box L: Life in Towns**

1. Streets were crowded and animals were in the street still.
2. Streets were mostly mud. Even the cobbled ones were covered in dung.
3. They were Smokey due to the use of coal.
4. Houses started to be replaced with ones built of brick.

### **Box M: Water and Waste(1500 – 1750)**

1. If you lived near a river you could use it for a bath
2. If you were rich you might have a tub inside, but this probably didn't have taps, just buckets to fill it.
3. Soap which was made from leftover animal fat could be used to wash clothes by hand.
4. The rich had soap made from olive oil.
5. People didn't want to bath as they thought the water would get into their skin and make them ill.
6. Some people paid for piped water into their homes.
7. Hugh Middleton built a 'river' to take water to London in 1609.
8. Some people collected water from conduits
9. Some people bought water from water sellers.
10. Scavengers collected waste and sold what they could.
11. 1596 John Harrington invented the flushing toilet. Few hand them.
12. People used jakes
13. Most people used privys over cess pits

### **Box J: Life in Early Modern England(1500 – 1750)**

1. Few people died from starvation
2. The population was increasing, in 1550 it was 3 million. By 1750 it was 6 million.
3. The main work was in the wool industry, spinning wool.
4. People started to use coal and Thomas Newcomen invented the steam engine in 1712 which led to mining
5. There was more trading with foreign lands for good like sugar and tobacco
6. Towns were growing, and 20% of people lived in them
7. Monasteries were no offering health care because of the reformation
8. Robert Hooke developed a high power microscope
9. 1683 – Leeuwenhoek sees 'animalcules' (germs) in microscope
10. Printing press spread new ideas and it was quicker to get books.

### **Box K: Early Modern England Food and Famine-Villages (1500 – 1750)**

1. Little change in food since the medieval times
2. The rich ate a lot of meat e.g. rabbit, beef and pigeon
3. The rich ate white bread, salad leaves, vegetables and fruit
4. New foods were brought from America e.g. Chillis, pumpkins and tomatoes as well as chocolate and tea.
5. The diet of the poor was mostly bread, vegetables, eggs, cheese and pottage.

### **Box M: Responses to the Plague**

1. 1558 – Henry VIII used isolation. Infected houses in London should be identified for 40 days. If anyone left the house they should carry a white stick so they could be avoided.
2. 1550s York – watchmen employed to stop the movement of the infected, and searchers were employed to collect and bury the dead.
3. 1578 – Elisabeth I printed the Plague orders which included rules that towns would appoint searchers and report on the development of the disease, that alderman (councillors) would collect money to support the sick, that prayers would be said for the ill, barrels of tar would be burnt to stop miasma, funerals would take place at dusk, infected houses would be shut off for 6 weeks with the victims inside.
4. 1604 – Parliament passed a law to enforce the Plague orders. It introduced harsh punishments for those breaking the Plague Orders.

## **Year 9: Semester 1** **The People's Health 1500 - 1750**



### **Box N: Plague**

1. The plague was tarrying due to its frequency, there was an outbreak about once every 20years
2. The symptoms were scary e.g. blisters which went black and gangrenous, a temperature of 40 degrees, vomiting, terrible pain, swollen lymph nodes, buboes, black patches under the skin, organ failure.
3. Only 1 in 5 people survived. Death came in 5 days.
4. Nobody knew what caused it. They believed in the same causes as they had in 1348.
5. Some also thought it was cats and dogs, so they killed them.
6. The plague came back to England in 1665.

### **Box O: GIN**

1. Known ad the 'demon drink'
2. In 1689 Gin was very cheap and the poor were drinking it a lot!
3. In 1720 shops advertised 'get drunk for a penny'
4. Crime went up
5. 1729 – Gin Act – Gin distillers had to pay a tax of 5 shillings on each gallon of gin they made and had to buy a license which cost £20 per year.
6. 1751 Gin Act was harsher – Anyone caught selling Gin illegally was imprisoned, then if they were caught agin they were whipped. If caught again they were transported to Australia!