

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

1. Laissez - Faire - Leave Alone, the attitude of the government.
2. Back to Back - Houses built back to back
3. Tuberculosis - a lung disease
4. Cholera - A disease spread by dirty water.
5. Malnutrition - Lack of fresh nutrients
6. Adulteration - Changing food by adding other products

#### **Box D: Water Companies were not controlled**

1. Water companies got their water from ponds rivers and streams
2. The water was off and dirty and unhealthy
3. Most of the cheap industrial housing had sewers which could not cope with the amount of human waste
4. Privies collected waste which built up until it was empty or overflowed. often 10 families would share 1 privy
5. When sewers were built they were emptied into the rivers which was where some of the water companies got their fresh water

#### **Box E Poor Diet**

1. The diet of the industrial working class was very basic. They would eat potatoes, bread, butter beer and tea.
2. In the towns and cities it was difficult to get fresh fruit and vegetables. This caused malnutrition
3. The diet with high in carbohydrates which gave them energy needed for their long working hours
4. Until the end of the 1800s there were no laws around mixing food with other products. This meant the food which the working class ate had been altered, this was called adulteration. For example, milk could be watered down and then have chalk added to make it look white.
5. Cheap meat was sometimes available but it often came from diseased animals

#### **Box B: Britain by 1900**

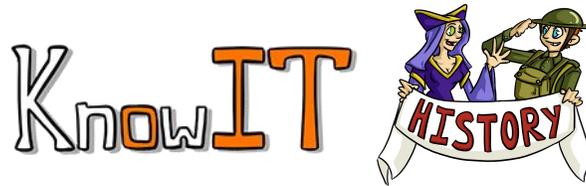
1. There had been a fast movement of people into towns
2. these people came from the British Empire or the countryside
3. railways provided cheap transport for everyone
4. People stopped working from home and work from factories instead
5. there was more machinery in the countryside which helped with farming and food supplies
6. religion had declined
7. scientists discovered germs
8. members of the middle class has gained power
9. the working class were ignored
10. men were given the right to vote in 1867 and 1884 this meant the government had to take notice of them
11. Living and working conditions were terrible. People lived in poorly built slum houses and there was lots of disease. There was little access to clean water it took a long time for the government to help the poor

#### **Box C: Terrible Living Conditions**

1. The cheapest accommodation was a rented cellar which was damp and not well ventilated, this led to all kinds of lung problems
2. back-to-back housing was cheap and poorly built. Families often had just one room downstairs and one other room upstairs. This also led to chest problems
3. Migration meant that lots of people move to towns, often families lived in just one room. The effect of this was that there weren't enough privies so human waste flowed into the streets. Diseases like tuberculosis were common because of the damp walls and poorly built houses
4. There wasn't any help for the poor people. The rich people who ran town councils did not want to see their taxes increase to pay for the water and waste facilities of the Poor.
5. The government believed in an idea called laissez-faire which said they should not interfere in people's lives.
6. There was no free healthcare. Drs and medicines had to be paid for, which the poor could often not afford.
7. Diseases were so common as people didn't know about germs until 1861. Many people drank dirty water, as they didn't know it could make them sick.
8. The 6 biggest diseases were tuberculosis, influenza, diphtheria, typhoid, typhus, and cholera. these were spread easily as people live so close together.
9. Infant mortality was high, which means many children died.

## Year 9: Semester 2

## The People's Health 1750 - 1900



#### **Box F Cholera**

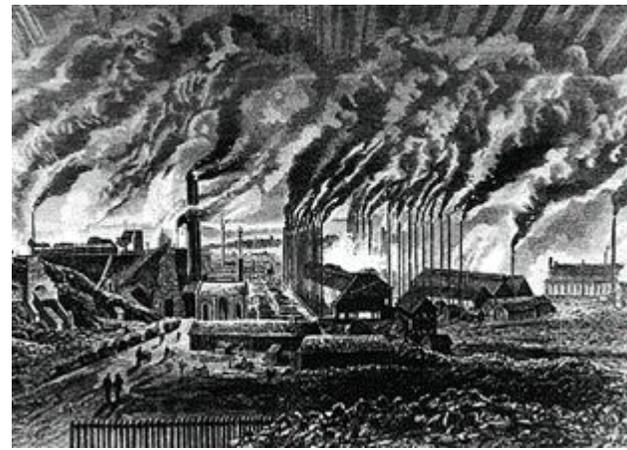
1. Cholera was brought to Britain in 1831 by sailors who arrived in British Ports from India
2. Water became infected by the excrement of people who carried the disease. This was made worse because there were no proper sewage systems.
3. There are cholera epidemics in 1831 to 32, 1848, 1854 and 1865.
4. Cholera killed 100,000 people

#### **Box G New Developments**

1. Knowledge about how disease spread improved to the work of John Snow and Louis Pasteur, this meant the government had to abandon its idea of laissez-faire and help the poor.
2. The miasma Theory was replaced with the germ theory
3. The 1848 public Health Act only had a limited impact. By 1853 there were only 163 places with a local board of health. There were still no government minister for public health. The government could only force councils to make improvements of their death rate is higher than 23 per 1,000
4. By 1875 new public Health Act was put in place to replace the 1848 act. This was compulsory and forced councils to take responsibility for cleaning up their towns and appointing health inspectors

#### Box H: Government Responses to Cholera

1. 1830 - People still believed in miasma. The church said that cholera came from God to punish sinners. Some connections were made between dirt and disease. The national government set up the central board of health to study disease in other countries, the government also told the people they should fast and pray on the 2nd of March 1832 to try and stop cholera. Local government's did things like burnt are in the street to purify the air. They also cleared rubbish from the streets. Some quarantines were set up to stop people from entering towns. They also set up separate graveyards like the one in Plympton. Local healthboards gave advice to monitor the spread of cholera
2. 1848 - Edwin Chadwick produced his report called the sanitary conditions of the labouring population. This report contained details about how dirt caused disease. This led to the public Health Act of 1848, which set up a general board of health and encouraged local councils to set up health boards and clean towns. However, this act was not compulsory, so there is limited change. Local towns thought it would be too expensive, and local taxpayers didn't want to pay for supporting the poor.
3. 1854 - Dr John Snow proved that cholera was spread by infected water. He found evidence that a water pump near his surgery was the cause of disease in the area. However, the national government did not pay much attention as at this point there was no proof that germs even existed. Things got worse as they abolished the general board of health. However, Dr Snow did change things at a local level by removing the handle to the water pump which was causing cholera.
4. 1866 - By this point the ideas of snow were becoming more accepted. In 1861 Louis Pasteur had proved that germs caused disease, this meant there was scientific backing for Dr John Snow's ideas. At a national level this led to the Sanitary Act of 1866, which made Council is responsible for sewers, water supplies and street cleaning. This meant that the cholera outbreak in 1866 only had a limited impact. In London Joseph Bazalgette built a new sewer system in 1865 which made a huge change to public health.



## Year 9: Semester 2 The People's Health 1750 - 1900



#### Box I: Government Acts to Improve Health

1. 1860 - Food adulteration act - There were no laws to protect people from eating unhealthy food, for example red flower was often mixed with alum, which made it unhealthy. → this led to progress like the first law to try and prevent the contamination of food, it provided for the appointment of food analysts, and it help to get rid of laissez-faire. However, there were only 7 food analysts appointed across the country. There were no compulsory inspections of food and so the act was ignored until it was replaced in 1875 by the sale of food and Drugs act
2. 1865 - Bazalgette's New London sewerage system. London sewers flowed into the central part of the River Thames which had caused the Great Stink in 1858. The new sewer system led to massive progress, with 1300 miles of sewers been created in London, waste being taken to treatment plants, and the spread of waterborne diseases like cholera was reduced
3. 1866 - Sanitary Act - A Cholera outbreak made a need to make local councils responsible for public health which led to this development. → There was some progress as a result as it forced local councils to take action to provide fresh water sewage and waste disposal. All houses had to be connected to a main sewer. Local council's who did not carry out the work was fined by central government who would then do it for them. This also helped to get rid of laissez-faire. However, the act wasn't perfect, it was poorly worded which meant that people were often slow to respond to it
4. 1875 - Sale of Food and Drugs Act - There was still some basic food quality problems which needed solving and harsher punishments were needed for those who continue to break the law → This created some progress as it improve the quality of basic food and increased punishments for food adulteration, it also gave local councils the power to take unhealthy food.
5. 1875 - Public Health Act - In 1867 working class men got the vote which meant that the government needed to listen to them, this meant the original public Health Act needed to be replaced with a stronger one so that it's supported working class men, → this led to progress as councils were forced to clean account and provide clean water and proper drains, and medical officer had to be appointed by local councils, sanitary inspectors had to be appointed
6. 1894 - Opening of Thirlmere Dam, Manchester. Cities like Manchester found providing freshwater difficult. Developments in engineering health projects like this to happen. → It led to progress as freshwater was carried from a new Reservoir to Manchester, it also encouraged other cities to fun similar schemes. However, they took a long time to build

### Box J: Food in the 1900s

1. War - During the Second World War it wasn't possible to get imports of food from other countries this meant that food have to be rationed. People were encouraged to grow their own vegetables and keep their own animals. This actually improve people's health as they were eating more fresh vegetables and the lower fat diet.
2. Technology - refrigeration and the canning of food improve the supply of food and help to make it cheaper. Fridges allowed people to keep food for longer and microwave meant that convenience foods were more widely available
3. Fears - A disease called BSE, or mad cow disease, affected cattle and spread into the human food chain. This creative fair about modern farming methods. It led to a demand for fresh local produce

### Box K: Britain since 1900

1. By 1900 lots of work was taking place in heavy industry. There was no welfare state which meant there were no benefits. most of the people in England were working class. Most people went to church. Women could not vote. Life expectancy was about 50.
2. By 1900, there were very few cars, no aeroplanes, but we did have radio and electricity were starting to become popular.
3. By 2000 lots of people worked in the service industry like banking. There was a supportive welfare state which means there are lots of benefits for the poor or needy. Most people in England were middle class. Less than 10% of people went to church. Everyone over the age of 18 could vote. Life expectancy was about 77.
4. By 2000 cars were a normal feature of everyday life as was air travel. Telephones and the internet led to instant communication and the spread of ideas. Electricity exists in almost all Homes

### Box L Spanish Flu

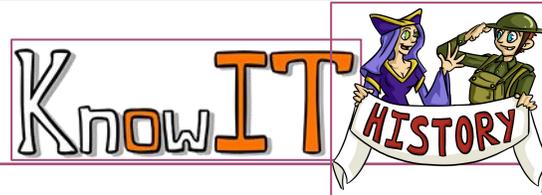
1. Between 1918 and 1919 Spanish flu killed almost 3 times as many people world wide as the First World War.
2. the symptoms of Spanish we were terrifying with a high temperature aches pains cough and sneezing. The symptoms led into pneumonia. The skin went blue and there is bleeding from the nose ears or stomach.
3. Some people started to wear face masks to prevent contamination.
4. Newspaper, films and posters gave advice about how to prevent contamination.
5. Because so many soldiers were returning from the first world war and there were big parties it meant that the disease spread quickly.
6. Dr Niven of Manchester try to prevent the spread of disease in Manchester. He said that people should close the cinemas, Sunday schools, regular schools and he sent leaflets door-to-door telling people how to prevent the spread of disease. However, not everyone would listen to him, with cinemas not wanting to close because it would affect their profits and Sunday schools not wanting to close because of their religious duties.

### Box M Changing Living Conditions

1. Smog - Became a problem in cities. It was a combination of smoke and fog, it caused diseases like pneumonia.
2. The clean air act of 1956 made people burn smokeless fuel such as charcoal which helped to create smoke-free zones which help solve the problem of the killer smog.
3. Since 1980, the huge increase in car ownership and other forms of transport has created air pollution
4. During the second world war people became healthier and did more physical activity as fuel supplies were rationed
5. Labour saving devices like cars televisions and computers have led to people becoming less active and obesity is becoming a problem
6. Since the 1980s Britain has faced a series of health scares about food, the amount of sugar consumed by children is causing me health problems

## Year 9: Semester 2

### The People's Health 1900 +



### Box N: Housing in the 1900s

1. The First World War - This had a positive impact on housing as the government took responsibility for building new homes. They built about 50% of the houses they promised building 500,000 new homes. 1930 Housing Act led to the final clearance of slums
2. Second World War - this led to new high rise accommodation with gas and electricity. However, it was felt that the high Rises destroyed community spirit.
3. Thatcher - Margaret Thatcher made it to that people who lived in a council house could buy their home, this was called the right to buy. However, local councils could not afford to replace the houses that they sold which meant that there was less accommodation available for the most needing and has increased the housing crisis today

### Box O HIV and AIDs

1. AIDS Stands for acquired immune deficiency syndrome. It is caused by a virus called HIV, which stands for human immunodeficiency virus. The virus is spread through blood or bodily fluids, for example through sex, sharing needles, or from mothers do babies in the womb.
2. The way in which people responded to HIV and AIDS changed as it first we didn't understand it or caused it as understanding increased more was done to help prevent the spread.
3. 1970 - 1993 - Raised awareness of the disease for a negative reaction. People with the disease was stigmatised it was seen as shameful. Some people called it The gay plague, as it mostly affected homosexual men but could be spread to anyone.
4. 1984 - 1985 - People were scared that AIDS could be spread through even the slightest contact with the Victim, the police and Fire departments stopped giving mouth to mouth for fear of catching the disease, people would wear gloves when dealing with people with HIV and AIDS.
5. 1986 - 87 - we began to get better understanding of AIDS. Princess Diana went to an AIDS hospital and shook hands and hugged aid victims showing the disease was not spread by touch. There were also publicity campaigns to help educate the public with campaigns such as don't die of ignorance by the government
6. 1988 - 1995 - there was an understanding and acceptance of HIV and AIDS. TV programmes like Eastenders even brand stories about AIDs victims
7. 1996 onwards - there is less of an awareness of HIV and AIDS now as the government is no longer funding mass campaigns. cases of HIV and AIDS have begun to rise

### Box P Growing Government Involvement in Public Health 1900+

1. 1902 - The Midwives act. This meant Midwives had to have special training and a certificate. The central Midwives board with setup and lasted until 1951
2. 1906 - Free school meals. This providing a hot meal for some for children as it was the responsibility of local councils to choose whether to fund then or not. The principle of giving poor children a free meal was made compulsory in 1914 the school milk scheme began in 1934
3. 1907 - Medical Inspections in schools. It had an immediate impact as it examined all children but it did not treat the problems it found. School clinics were set up in 1912 to treat the children, medical inspections continued and by 1930 most councils have provisions to treat minor illnesses in school children.
4. 1908 - Old age pensions - It saved many of the old poor from going to a workhouse which is where they would end up if they were poor homeless and penniless. It provided money through taxation to give the elderly a set amount of money which they could live on and therefore it meant that they no longer had to work. This is still used today
5. 1911 - National Insurance - It protected against unemployment and sickness by providing money for people to live on. However, it only helped working men not women. This has been changed but still exist today.
6. 1919 - The Housing Act - the act promised 500000 homes which were fit for Heroes. But only half of them were built. A series of Housing Act meant that slum clearances took place and councils began to replace housing, with the recognition that housing was the responsibility of the government.
7. 1929 - The Local Government Act - The workhouse system was ended. Local council's take responsibility for running local hospitals. The old workhouses were sometimes changed into the new hospitals.
8. 1940 - Immunisations - A mass immunisation programme against diphtheria was started in 1940 and then one against tuberculosis in 1948. Vaccinations Have become routine under the National Health Service.
9. 1948 - The NHS - This was a massive step forward and provided free medical care for all UK citizens something which it never happened before. It even the poor to get free healthcare. However, today the NHS is under great strain as it has become more expensive. Ordinary people are encouraged to take more responsibility for their own health by trying to choose healthy lifestyle rather than one of junk food and no exercise.
10. 1956 - Clean Air Act - this introduced areas of smokeless fuel burning to help combat the smog. It was the first in a series of laws designed to protect the environment.
11. 1974 - Health and Safety at work - regulations were put in place to ensure that health and safety of workers was protected these are still in place today



## Year 9: Semester 2 The People's Health 1900+



# KnowIT

### Box Q Government - Smoking and Obesity

1. In 1962 the link between smoking and cancer was accepted so the government began to introduce measures to encourage people to stop smoking
2. Between 1964 and 2016 the government has taken a range of steps to tackle smoking, This includes banning cigarette advertising, Promoting nicotine replacement products, and banning smoking in public places like pubs (2007). Finally, they made cigarette packaging blank in 2016.
3. The government is also trying to tackle obesity which is a major cause of heart disease, campaigns to eat less and move more helping to combat this problem
4. The government has been criticised for being too slow to act possibly because of the loss in tax if they ban cigarettes completely and the loss of donations from tobacco companies if they ban cigarettes completely.
5. Some criticise the government for getting too involved and see that people should be free to do whatever they want even if it harms them

