Medicine and Public Health in Roman Britain

**TASK:** You need to make flash cards from these questions and answers or a mind map or any other way you find it easy to revise and retain knowledge. You must revise this knowledge for **10-15 minutes each day** and it will go into your long-term memory. **You will be tested on this two weeks from when you receive the HW.** If you have completed the task accurately you should be getting between 22-25 correct.

1. When did Britain become part of the Roman Empire?
   a. 43AD
2. What 5 key factors bought new medical ideas to Britain?
   a. Government
   b. New cultures
   c. Emigration – communication
   d. Urbanisation
   e. The army
3. How did the government help to bring new medical ideas?
   a. Major improvements in public health due to government funded projects.
4. How did new cultures help to bring new medical ideas?
   a. The Roman invasion caused many different cultures to spread across Britain, particularly bringing new ideas about herbal medicines.
5. How did emigration help to bring new medical ideas?
   a. Many Greek doctors come to live and work in the Empire, bringing Greek ideas about medicine with them.
6. How did urbanisation help with new ideas?
   a. As towns and cities grew up this led to infection and diseases spreading more easily which meant more thought was given to how to combat them.
7. How did the army help with new ideas?
   a. Fitness and health were emphasised in the Roman army.
   b. Forts usually had well equipped hospitals for treating soldiers.
   c. The hospitals provided training for surgeons and physicians.
   d. Few were open to the public so it had little impact on their lives.
8. What 4 ideas about the causes of disease in the Roman period came from the Greeks?
   a. Punishment from the Gods.
   b. Curses from other people.
   c. Bad air and dirt.
   d. Imbalance in a person’s humours.
9. Give 2 reasons why Roman doctors were not widely respected?
   a. Often foreign.
   b. Treatments didn’t usually work – no formal training so anyone can set up practice.
10. Give the 2 most common ways people would learn medicine?
    a. From reading or listening to texts being read from books by Hippocrates / Galen.
    b. Working with another doctor.
11. Why did the Roman doctors have a very limited understanding of the real workings of the human body?
    a. It was rare to be able to dissect human beings – only done in Alexandria Egypt.
12. List 3 ways the sick were treated in Roman Britain?
    a. By the father, using remedies passed down from his farther.
    b. Remedies that were common throughout the empire or written down.
    c. Celtic and Druid knowledge of plants was used to make medicines.
    d. Prayers and offerings to the gods.
    e. The waters in Roman baths – believed to have healing powers.
13. How did the location of Roman towns and cities help to promote good public health?
    a. Built away from swamps and marshes.
14. What limited good public health in Romans towns and cities?
   a. Although the streets were clean they often had open drains.
15. How did Romans keep clean and healthy?
   a. Visit public baths daily and use the sauna and steam rooms to clean themselves. They also exercised here.
16. How did the Roman citizens obtain clean water?
   a. Skilled engineers built aqueducts (the rich could even have this piped to their houses).
17. How did the Romans dispose of human waste?
   a. Built sewers.
18. How did wealth help promote good health?
   a. More to spend on infrastructure and education than other societies.
19. What Hippocrates believed caused illness?
   a. Imbalance of the four humours.
20. What were Hippocrates treatments based on?
   a. Diet, exercise and rest.
   b. Bleeding and purging to get rid of excess humours.
21. How did Hippocrates find out what was wrong with a patient?
   a. He used clinical observation – studying symptoms, writing notes and comparing them with similar cases.
22. What did people swear when they took the Hippocratic Oath?
   a. To respect life and prevent harm. (still used today).
23. How long were Galen’s works studied for?
   a. Over 15000 years.
24. How did Galen build on Hippocrates’ ideas?
   a. Developed the Theory of Opposites – to help balance the humours to treat illness.
25. Give 2 ways Galen developed his knowledge of medicine and anatomy?
   a. Carried out dissections (mainly on animals) and drew diagrams from this to explain human anatomy.
   b. Operated on Gladiators.