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<p>What was the most common theory about the cause of illness in the Middle Ages?</p>	<p>The Theory of the Four Humours, which suggested the body was made up of four fluids: blood, phlegm, yellow bile, and black bile. Illness was thought to occur when these were out of balance.</p>
<p>Who developed the Theory of the Four Humours?</p>	<p>The theory was developed by Hippocrates in Ancient Greece and later expanded by Galen in Ancient Rome.</p>
<p>What role did religion play in medieval medicine?</p>	<p>The Church dominated medical knowledge. Illness was often thought to be a punishment from God, and prayer or pilgrimage were common treatments.</p>
<p>What were the main types of medieval medical practitioners?</p>	<p>Physicians, apothecaries, barber-surgeons, and monks. Physicians were highly trained, but most people relied on apothecaries or barber-surgeons for treatment.</p>

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What was bloodletting, and why was it practiced?

Bloodletting involved removing blood from a patient to restore the balance of the humours. It was a common treatment based on the Theory of the Four Humours.

What was the Black Death, and when did it occur?

The Black Death was a devastating plague that struck Europe in 1347–1351. It was caused by the *Yersinia pestis* bacterium and killed millions.

How did people try to prevent the Black Death?

Many believed it was caused by miasma (bad air) or divine punishment. Prevention included burning herbs, carrying posies, and flagellation to atone for sins.

What was the role of monasteries in medieval medicine?

Monasteries often had infirmaries where monks provided basic care. They preserved medical texts and grew medicinal herbs in their gardens.

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<p>What was the significance of Galen's work in medieval medicine?</p>	<p>Galen's ideas, based on the Theory of the Four Humours, dominated medical thinking for centuries. The Church supported his work as it aligned with their beliefs.</p>
<p>What was the role of astrology in medieval medicine?</p>	<p>Astrology was used to determine the best time for treatments. Physicians often consulted star charts to diagnose and treat illnesses.</p>

Advice for using these flashcards:

- Start by reviewing a few cards daily, focusing on understanding both the question and the answer.
- Try to recall the answers before flipping the card to test your memory.
- As you become more confident, shuffle the cards to practise recalling the information in a random order.
- Use the flashcards alongside other study materials to develop a deeper understanding of medieval medicine, including its causes, treatments, and public health practices.