

Public Health Mastery Questions.

How to use:

1. Use these questions in week one of your revision programme to test your knowledge and identify gaps.
2. Find the answers to any questions you cannot answer and write them in a separate colour.
3. Write out the questions you got wrong on flash cards and test yourself regularly.
4. A few weeks after your first attempt at the questions re-quiz yourself from memory. Repeat steps 2 and 3.

Overview questions:

1. What do we mean by the term public health? **The health of the population as a whole.**
2. What are the dates for the following four time periods: Medieval, Early Modern, Industrial and Modern. **Medieval 1250-1500, Early Modern 1500-1750, Industrial 1750-1900, Modern 1900-2000.**
3. What are the key factors for the course? **Government action, Rich vs Poor, Beliefs attitudes and values, Science and Technology and Urbanisation.**

Medieval Questions:

4. What did the majority of people in medieval England do for work? **They farmed (agriculture)**
5. What was the country's biggest industry? **The woollen trade**
6. What % of the population lived in rural areas (countryside) **90%**
7. What religion was the population? **What impact did this have on people's attitude to healthcare? Catholic, they believed they had a responsibility to look after other people and believed they needed to cleanse themselves of sin to get to heaven.**
8. What did monasteries do to help public health? Give one example of a monastery that did this? **Some monasteries had hospitals that cared for the sick and gave shelter to travellers and the elderly. They grew food and herbs to care for these people. One example is Fountains Abbey.**
9. What did Edward III do to improve public health? **In 1349 wrote a letter to the Mayor of London demanding he clean the streets as a result of an outbreak of the plague.**
10. Give one example of a measure used by the local government in York to improve public health.
11. What did medieval people believe caused the Black Death? **God, Miasma and an imbalance in the four humours.**
12. What actually caused the Black Death? **A germ called Yersinia Pestis which travelled in the stomach of fleas that lived on black rats.**
13. Give one individual response to the Black Death. **They prayed and fasted, they also used bloodletting to balance the four humours.**
14. What made up a large proportion of the rural poor's diet? **Pottage, mainly vegetable and grain.**
15. How did people in medieval towns get their food? **From the town market, food would be transported into town on the back of the carts that also carried human waste.**
16. How did people in the medieval countryside get their food? **They grew their own food, or if they lived near the sea or rivers would fish. This meant they were reliant on good weather and were often victims of famine.**
17. What major event occurred in 1315? **The Great Famine.**
18. Describe houses of the medieval rural poor **People lived in one or two room basic wooden structures, they were**

Public Health Mastery Questions.

made of wattle and daub and had thatched roofs. They would often live with their animals. They would not have glass windows (unless they were rich) and just had small holes with shutters to let in light. They would also have an open fire with no chimney which meant their houses would be very smokey.

19. Describe houses of the rich The rich could have chimneys, with stone fireplaces which prevented the smoke from lingering. Some could afford stone houses rather than wattle and daub which were less at risk of fire. Some people even had glass windows which were incredibly expensive.
20. How did people dispose of their waste in the countryside? They would have a waste pile (a midden) some waste was dumped in the local stream.
21. How did people dispose of their waste in the towns? They would have a cesspit which would be cleaned by a raker, sometimes gongfarmers would empty them and use the human waste as fertiliser on the fields. They would also have middens which would be collected.
22. How did people collect water in the towns? There were led pipes that piped water to water fountains called conduits, they would also collect water from the water seller who would carry the water in leather bags.
23. How did people collect water in the countryside? They would collect water from their local stream.
24. What was a raker? Collected human waste from the towns cesspits

Early Modern period

25. What religion was the majority of the population? Protestant and in the 16th century some people were Puritan a more extreme type of Protestant.
26. What impact did puritans have on public health? They believed drinking was a sin and published pamphlets warning against the dangers of 'demon drink'
27. What were the directions in the 1518 Plague Orders? Straw had to be hung outside the houses of infected with the plague. People who left an infected house had to carry a white stick to warn people.
28. What were the directions in the 1578 Plague Orders? Everyone that lived in an infected house had to quarantine for a minimum of 6 weeks.
29. What were the directions in the 1604 Plague Act? People would be executed if they had the plague and went into public. People would be forced into quarantine if they resisted.
30. What does contagion mean and how did it impact responses to the Great Plague? Contagion is when something passes from person to person. It meant that they started to introduce quarantine measures.
31. Give one example of a local government response to the plague in Cambridge. They opened Pesthouses where people with the plague would quarantine (only opened after the last outbreak in 1666) They also used strong smells in the streets to clear the air in official buildings.
32. How had houses changed in towns since the medieval period? More houses in towns had second storeys due to the increased adoption of brick lined fireplaces – when the first floor juts out beyond the ground floor it is called a jettied building. However living conditions got worse for many people in towns as the population increased. This led to overcrowding as many towns were restricted by the medieval town walls and the large

Public Health Mastery Questions.

- number of buildings meant streets got narrower.
33. How did the invention of the printing press impact public health? It meant that it was easier to spread new ideas and meant that things like the plague acts and the anti drink pamphlets could be circulated.
34. How did the increased use of chimneys impact public health? It reduced the risk of fire, reduced the amount of smoke in peoples homes and allowed people to build a second floor.
35. What changed happened in London after the Great Fire of London? After the Great Fire of London it was ordered that houses had to be rebuilt in fireproof materials such as bricks and thatched roofs were banned. This also meant it was harder for rats carrying plague to enter houses. They also widened many of the wealthier streets.
36. Why did Gin become a popular drink? From 1688 there was a tax on beer, so gin was comparatively cheap, it was cheaper to grow corn (which gin is made from) and war with the French

The Industrial Period

41. What does urbanisation mean? The movement of people from the countryside to the towns.
42. Why did so many people move to the cities during this period? New technologies used on farms meant they needed less people to work on the land to produce food. New technologies such as the steam engine and the Spinning Jenny meant people moved from producing good at home (cottage industry) to working in factories that made mass produced goods. People moved to the cities to be close to the factories.
43. What were back-to-back houses? Terraced houses that shared walls
- meant there was less alcohol imported from France and people drank more British alcohol (such as gin)
37. How did the government try to regulate Gin drinking? By passing a series of Gin Acts designed to make gin more expensive for example in 1729 they passed a law meaning you had to buy a £20 licence to sell gin. These failed as bootleg gin (gin sold illegally) became more common.
38. Which Gin Act was the most successful and why? 1751 Gin Act – restricted who could sell gin (only those who paid rent and taxes) and the tax paid on gin was raised.
39. What new foods were imported during the Early Modern period? Pumpkin, Chilli, Chocolate and Coffee.
40. How was waste disposed of in the Early Modern period? They still used Middens and Cesspits, however due to increased overcrowding it became harder to manage this waste. The streets became unclean with animals walking along. People also dumped waste in the rivers.
- with other houses on three sides. This meant there was very little ventilation or natural light.
44. What were cellar dwellers? People who could not afford a room or back to back house would live in the cellars of people's houses – there would be no natural light and often waste would seep in from the cesspits.
45. Name one killer disease from the industrial period that is not cholera. Tuberculosis, Diphtheria, Typhoid.
46. How do people catch cholera? When infected sewage gets into the drinking water. It causes extreme diarrhoea and dehydration which lead to death.

Public Health Mastery Questions.

47. How did industrial living conditions lead to the spread of cholera? Due to the overcrowding whole streets of people would share a toilet which was just a privy over a cesspit. The cesspits needed cleaning out regularly often landlords did not pay the nightsoil men to clean the cesspits and so they overflowed into the water source.
48. What was adulteration? Putting non edible items into food to bulk it out and make it look more appealing.
49. Name the act which put a stop to adulteration. The Adulteration act 1872.
50. What did John Snow discover and when? In 1854 he discovered that cholera was caused by infected water.
51. What did Louis Pasteur discover and when? In 1861 he discovered that diseases and illnesses were caused by specific micro-organisms – Germ Theory.
52. What medieval belief about the cause of disease was still common? Miasma
53. What was the Great Stink? In the summer of 1858 the waste in the river Thames headed up so much that the river began to stink – it spurred the government into action as Parliament is on the bank of that Thames.
54. What did Joseph Bazalgette do in 1859? He was appointed to build a new London sewer system – he made it double the required size. The sewer transported waste away from heavily populated areas – 1300 miles and opened in 1865
55. How did the Great Reform Acts of 1832, 1867 and 1884 impact public health? They increased the people who could vote until most adult men could vote. This meant that politicians had to consider the opinions of the working population if they wanted to be elected.
56. What was the difference between the 1848 and 1875 Public Health Acts? The 1848 Act set up a central Board of Health and allowed towns to set up local boards of health (but not many people did and the central Board of Health ended in 1858). The 1875 Act divided the country into sanitary areas which were looked after by a Medical Officer. Health inspectors were appointed to make sure water and hygiene rules were followed.
57. How did Edwin Chadwick inspire the Public Health Acts? Chadwick published a report in 1842 into public health and found – urban living conditions were worse than rural conditions, he said the government should pass laws on drainage and sewage, he said bad living conditions caused poor behaviour not vice versa.
58. Define laissez-faire. When the government does not get involved in resolving issues but leaves issues alone.

Modern period

59. Give two examples of Liberal Reforms and include the years 1906 Free School Meals, 1907 free medical inspections in schools, 1908 Old age pensions, 1909 Labour exchanged to help the unemployed find work and 1911 National Insurance Act.
60. What was banned in 1909? The building of new Back-to-back housing was outlawed.
61. What happened in the 1919 Housing and Town Planning Act? Gave local governments money to provide 'homes fit for heroes'
62. What did local governments have to get rid of in the 1930 Housing Act? Gave money to local councils than demolished slum housing and build new homes.

Public Health Mastery Questions.

63. How did Margaret Thatcher impact Council houses? In 1980 Thatcher gave tenants of council houses the right to buy their council houses. This meant there was less housing available for those who could not afford it.
64. What was created in 1948? The National Health Service which meant healthcare was free at the point of access – made healthcare accessible for those who had not been able to afford it.
65. What happened in the 1953 Clean Air Act? Introduced smokeless zones where houses could only burn fuels that did not give off lots of smoke
66. How was this improved in 1995 Environment Act? Set up a system to monitor air pollution
67. Why were people less active in 2000 than they had been in 1900? People did less manual work such as coal mining and factory work. Increasingly people worked in offices and on computers. Additionally, the growth in TVs and Computers meant that people increasingly spent their leisure time watching rather than doing i.e. watching football rather than playing it.
68. What food inventions lead to a less healthy diet in this period? Microwaves led to an increase in convenience food which is preserved with saturated fats and high salts and sugars. Additionally, fast food outlets became more common and these foods has similar issues.
69. What new technologies meant it was easier to preserve food? More people had fridges (first invented in the 1800s) became more widespread by the 1950s. Increasing use of canning for mass produced foods (first invented 1809).
70. What did women start to do which was dangerous for their health? Drinking and smoking became more common amongst women as they got more social freedoms after the 1920s.
71. How did Spanish Flu spread so quickly across Europe? It travelled in the WW1 trenches and then was transported home by the returning soldiers.
72. How many people are thought to have died from Spanish Flu? $\frac{1}{4}$ population of Britain caught it and 228,000 people died of it.
73. Give two examples of Dr James Niven's responses to Spanish Flu in Manchester He closed businesses and schools to stop the disease and published advice leaflets on hygiene measures.
74. How did Dr James Niven owe his position to the 19th century public health acts? He was Manchester's medical officer a position made compulsory in the 1875 act.
75. How many people died of Spanish Flu in Manchester? 322
76. How did Princess Diana change people's attitudes toward AIDs? She shook hands with an Aids patient in 1983 dispelling the believe that AIDs was spread through touch.
77. A blood transfusion scandal in 1983 lead to 1000s of people contracting which disease? AIDs
78. How many people are thought to have died from aids by 1995? 8,500
79. What drugs have been developed to combat AIDs? Anti-retroviral drugs (AZT was first approved in 1987) but caused side effects, in 1996 ART was found to halt the development of AIDs