



# TRIVIAL PURSUIT

## A TRIP IN TIME EXPERIENCE

# ANCIENT ROME

## Did the Romans have free time?

Most people in Roman times did not have much spare time. They were too busy working. They liked games though. Soldiers often played board games with counters and dice. Counters and boards for their games have been found. Archaeologists aren't always sure of the rules!

Hunting was also popular. People hunted animals for fun as well as for food. The Romans introduced fallow deer to Britain, just for hunting.

Some things the Romans did for fun were horrible. They enjoyed fights between *gladiators*, and fights between people and animals. These bloodthirsty shows were put on in front of crowds in large arenas called amphitheatres.

Roman emperors paid for free shows at theatres and amphitheatres. It was a good way to make themselves popular.



## What did gladiators do?

Gladiators fought one another, usually in pairs. They also fought wild animals such as lions or bears. When a gladiator was beaten (but still alive), the audience would wave scarves or put their thumbs out if they wanted him killed. If he'd fought well, and they wanted him to live, they would close their thumbs onto their fingers. Different types of gladiators used different weapons. For example, a man with a sword and shield might fight a man with a three-pronged spear or trident, and a big net.



## What was a Roman play like?

Romans enjoyed the theatre. Most plays were funny comedies, though there were serious tragedies as well. Actors often wore masks to show whether their character was happy or sad! They also wore wigs - an old man had a white wig, a slave had a red wig.

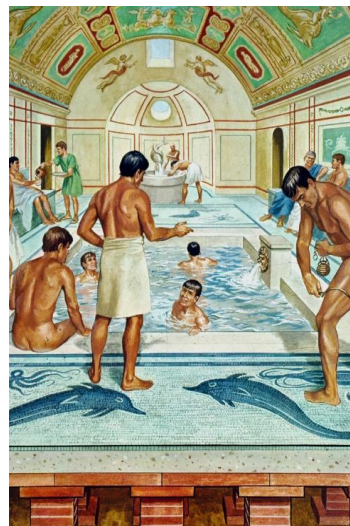




## Why did Romans like baths so much?

Roman baths were like leisure centres. You went there to relax, not just to get clean. The baths were open to everyone, and a good place to keep fit, meet people and do business.

When you went to the baths, you took off your outdoor clothes and warmed up with some exercises. Then, after a swim in the pool, you went into a series of heated rooms. You got hotter and hotter, to sweat out the dirt. You'd chat with friends while you sweated, and perhaps have a massage and rub down with perfumed oil. Then you (or a slave) would scrape off the dirt, sweat and oil with a metal scraper called a *strigil*. Finally, a plunge into a cold pool. Very refreshing! The best preserved Roman baths in Britain are in the city of Bath.



## What happened in a chariot race?

In Rome there was a huge stadium called the Circus Maximus, used for *chariot* races. Chariot races were held in Britain too. These were thrilling, but very dangerous. Chariots were small two-wheeled carts, driven by one man and pulled by four galloping horses. They raced around an oval track. There were often smashes during the seven-lap races.

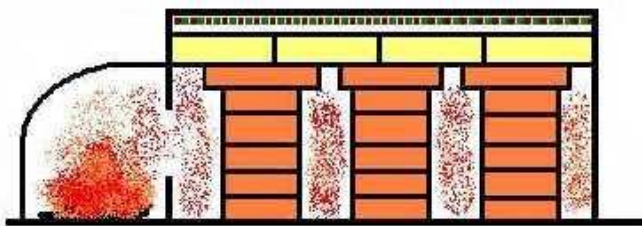


## Roman Food

Romans did not eat huge meals. Their main food was pottage. Pottage is a kind of thick stew made from wheat, millet or corn. Sometimes they would add cooked meat, offal or a sauce made out of wine. Food for the common people consisted of wheat or barley, olive oil, a little fish, wine, home grown vegetables, and if they were lucky enough to own a goat or cow or chickens, cheese and a few eggs. As the Republic grew and the Empire expanded the Romans came into contact with food from other countries. They used herbs and spices to flavour their food and began eating more fish, especially shell fish. Vegetables were plentiful and most of the Roman's recipes included vegetables. They also ate a lot of fruit, especially grapes, and made wine. The Romans ate their food with their fingers. They used knives made from antlers, wood or bronze with an iron blade to cut their food. They also had spoons made from bronze, silver and bone which they used to eat eggs, shellfish and liquids. A Typical Roman's Food for the day: Breakfast - This would be eaten early, probably as soon as the sun rose and would include bread and fresh fruit. Lunch - Probably taken around noon. Lunch was only a small meal as it was thought a large meal would make one fall asleep in the afternoon. It would include some of the following - a little cooked meat - ham or salami, salad, cheese, hard-boiled eggs, vegetables and bread. Dinner - This would begin at about four in the afternoon and could continue into the night. The starter would be either a salad or dish of small fish. The main course of fish, cooked meat and vegetables would be served next. The dessert would consist of fresh fruit and cheese. Sometimes small cakes sweetened with honey would be served.

## Roman Baths

Romans liked to bathe a lot, they considered themselves very clean people and they build splendid bath houses. They did not only go to the public baths to get clean but also to meet with friends and exercise. There were also places to eat, rest, play games and read at the baths. The public baths were not free and people had to pay to go there but it was quite cheap. Men and Women bathed in separate baths. There were baths in every town in the Roman Empire and rich villa owners would have their own baths in their homes. The Roman baths were very cleverly made as they always had to have a constant supply of water. The water was either piped in or brought to the town by an aqueduct. In some places like Bath in Somerset a natural spring would provide the bath with its water. Water was heated by the central heating system similar to the ones Romans used in their homes, this was called a *hypocaust system*.



The hypocaust heating system that would have been used to heat the baths. There were three parts to a Roman bath the cold bath called the *frigidarium*, the warm bath called the *tepidarium* and the hot bath called the *caldarium*. To get clean the Romans would use the hot room and a slave would rub sweet oil on them and scrape it off with an instrument called *strigil* which looked like a knife but did not have a sharp blade. A strigil used to scrape the oil off the body. Scraping the oil off with a strigil was the way the Romans cleaned dirt and grime off themselves, they did not use soap or shower gels like we do today. The Romans would visit their public baths several times a week and it was one of the most popular buildings in all Roman towns and cities across their Empire.

## The Romans – Public Health and Water



The Romans were the first civilization to introduce a public health system. They had to do this because Rome had grown in size and it was impossible to find a natural source of fresh water in the city. It was also necessary to find a way of disposing of the rubbish to prevent pollution causing health problems.



Aqueducts were built to transport fresh water into the city. In AD100 there were a total of nine aqueducts that brought fresh water into the city of Rome.



Public baths were places where people could go to bathe, meet and discuss business. There were hot and cold baths as well as massage rooms. A network of sewers was built to take sewerage and waste out of the city to the river Tiber. There were also public lavatories.

## THE MIDDLE AGES

- 1. What did the bathing look like in the Middle Ages?** An enormous devaluation of the body hygiene took place in the Middle Ages, people focused their attention on spirituality rather than the body itself. Baths and washing were considered the source of immorality. Mortifying oneself and tormenting one's body was popular with hermits, saints and monks. Dirt became the Christian attribute of sanctity. However, baths and bathing were actually quite common in the Middle Ages. If people could afford a to have private bath – and not many could – they would use a wooden tub that could also have a tent-like cloth on top of it. For most people, having a private bath was not an option – it was simply too costly and too time-consuming to have





their own baths. Thus public baths were very common throughout Europe. Even smaller towns would have bathhouses, often connected with the local bakery – the baths could make use of the heat coming from their ovens to help heat their water.

## **2. Which sports did the Middle Ages people enjoy doing?**

The Middle Ages were the times when Christianity flourished and physical culture deteriorated. It was the healthy soul which was the most important in strict Christian ideology. According to the Church caring for the body and its beauty was a sin. However, movement is a natural need of all the human beings and nobody questioned this need even then. The young and the old used to swim, run and hunt. Playing the ball was also popular, as was playing the dice, sailing and fishing. Knights living at the courts practiced running, wrestling, jumping, swimming, but they mostly enjoyed riding on the horseback. Knights especially liked showing off their skills, fitness and strength. Hence knights tournaments were commonly held at kings' and princes' courts.

## **3. Why did not people in the Middle Ages care for physical development of their bodies?**

Christianity spread the belief that the most important in your lifetime was preparing for your afterlife. The body was seen as sinful and unimportant. Education was focused on training the mind rather than training the body.

## **4. What was the innovation in women's make up?**

The Middle Ages were a time when people in Europe did less to decorate themselves than at any period in history. The Catholic religion frowned on excessive decoration, and people simply were not rich enough to buy jewelry. Jewelry did exist in the period, in the form of bracelets, necklaces, and rings. However, people cared about their appearances. Blood-sucking leeches were applied to the skin to make it pale, and a caustic powder was used to remove unwanted body hair. Women used mixtures to lighten their hair, and they perfumed their bodies with dried roses, spices, and vinegar. Women used makeup to paint their faces, including different shades of eyeliner and eye shadow. A innovation was the shaping of eyebrows through plucking.

## **5. What were the social consequences of these poor hygienic conditions?**

The health was threatened by the poor hygiene and the lack of basic medical knowledge. The population was devastated by the Black Death. The cause of many problems and illnesses was due to lack of sanitation, especially in large cities. There was no running water and there were open sewers in the streets which were also filled with garbage. The waste was occasionally removed and waste was dumped into the nearest river. Diseases were easily spread in this environment where fleas, lice and rats all flourished.

## **6. How were schools on the Apennine Peninsula different from school in the other parts of Europe?**

Schools then were dependent on the Church and they realized the objectives the Church set out. The only exception from this rule were private educational centres established on the Apennine Peninsula. Their main aim was educating young people and preparing them to do secular jobs in the future.

## **7. Why was reading so difficult in the early Middle Ages?**

Grammar schools were usually built very close to, a cathedral or a large church. The main subject of study in those schools was Latin. Each student started his education process from reading, actually from repeating words, not understanding them. There was only one book, a psalmbook, which students learned by heart in. Reading was especially difficult because in the early Middle Ages there were no spaces between words. All the words were connected with each other and one had to figure out where they started and finished. Students were also taught rhetoric – the art of public speaking and persuasion. Finally, the students learned some basics of arithmetic or other sciences. They learned how to construct Computus, which is the church calendar.

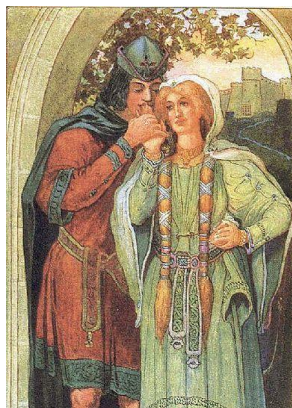
in the Middle Ages establishing dates of the Church holidays were a challenge, as they depended on the moon phases. During the late medieval era, grammar schools broadened their curriculum to include ancient Greek, English, other European languages, natural sciences and geography. Discipline was very strict – mistakes in lessons were punished with the birch.

### **8. Why did physical culture deteriorate during in the Middle Ages?**

According to the Church taking care of one's physical development was a sin. Having a healthy soul was much more important than having a healthy body.

### **9. What was the ideal of beauty in the Middle Ages?**

The fashionable lady's look of the medieval period was as follows- high forehead, plucked eyebrows, small even teeth, a fair complexion, long neck, narrow chest, low sloping shoulders, high small waist and in some cases, a prominent stomach. Women were often described as *fair* because fair was the idealized idea of beauty.



### **10. What cleaning supplies were used in the Middle Ages?**

People used soap. In Paris all the soap bars had to be sealed. According to the ingredients used, namely: oil, animal fat mixed with potassium, there were 3 kinds of soap: Gallic, Yewish, Saracan. Washing one's hair was not a problem at all. Herbalists recommended using chard juice in order to get rid of dandruff and leaves of cashew for enhancing the beauty of hair. They also recommended removing hair, washing armpits with wine mixed with rose water and *casseligne* juice. Teeth were whitened with the paste made of powdered corals and skeleton of sepia.

### **11/12. How did eating habits evolve? What was the main source of protein?**

In the first centuries of the Middle Ages people of all the social strata used to eat a lot of meat, especially deer. The reason was very simple, crops were poor, and there were a lot of forests in Europe. Hunting was the main food source. All the people were involved in hunting and divisions between social strata often blurred. About the X century, in the result of cutting out trees and the increase in the number of people, their diet changed. Agriculture improved making farming much more effective. Meanwhile the number of wild animals decreased. Grain legumes became the basic source of protein (dried pea, flat bean, lentils, chicken pea, however, bean was not known yet then). Another source of protein were milk and eggs. People used to produce kasha and beer from grain, but the bread was rare and eaten mainly in the south of Europe. In the turn of XIII century harvest improved and since this moment the diet has been based mainly on bread and cakes.

### **13. Which assets were typical for the Middle Ages man?**

People in the Middle Ages appreciated most: bravery, moderateness, rationalness, fairness and faith.

### **14/15 What proportion of the European population is estimated to have been killed by the Black Death? In what year did the Black Death first sweep through Europe?**

The Black Death was one of the most devastating pandemics in human history, resulting in the deaths of an estimated 75 to 200 million people in Eurasia and peaking in Europe in the years 1346–1353. In total the Black Death is estimated to have killed 30–60% of Europe's total population

### **16. Only one of the following was an essential part of the marriage ceremony in the Middle Ages. Which one?**

According to medieval church law from the 12th century onwards, a couple could marry simply by exchanging words of consent with one another: witnesses, priests, parental consent, and the exchange of gifts such as rings were customary, but not essential. This rule was designed to emphasize the importance of mutual consent as the key foundation of marriage, but it also led to numerous lawsuits when a person who had married one person without witnesses later married someone else.

### **17. Which Medieval medical school insisted that doctors visited the sick during their training?**

Medieval doctors retained some medical knowledge from the Greek and Roman eras, despite the fact that much was lost during the Dark Ages. Unfortunately these doctors accepted the ideas of the ancients without question, and held many superstitious beliefs. This meant that patients often got worse, rather than better, under their care. One of the oldest medical schools is at Universita di Padua. The university had a program for physicians and medical teaching since at least 1222 A.D., possibly earlier, according to historical archives. The medical school has a history owing partly to its anatomical theater where both scientists and artists could study public dissections. The school insisted on the students to visit the sick.

### **18. Who maintained proper medical standards in the Middle Ages?**

Christian doctors believed that life was controlled by God and his saints, and a plague such as the Black Death was seen as a punishment from God. Things were different only in the Muslim Middle East where, the books of Hippocrates were translated into Arabic. At first, Muslim doctors like Galen of Islam conserved the ideas of the Greeks and Romans, but later some doctors actually began to challenge errors and to develop new ideas. However because the Christian Church was at war with Islam, Muslim ideas spread only slowly to western Europe.



### **19. Who described the functions of blood vessels and claimed that physical exercises have a good impact on human health?**

Galen was the originator of the experimental method in medical investigation, and throughout his life dissected animals in his quest to understand how the body functions. Some of his anatomical and physiological observations were accurate - for example, he proved that urine was formed in the kidney (as opposed to the bladder which was common belief). His most important discovery was that arteries carry blood although he did not discover circulation.

### **20. Who cut hair in medieval villages, lance boils, removed warts?**

The barber surgeon was one of the most common medical practitioners of medieval Europe — they would look after soldiers during or after a battle. Surgery was then not generally conducted by physicians but by barbers (who had sharp-bladed razors). Barbers would be expected to do anything from cutting hair to amputating limbs, bloodletting, pulling teeth. Mortality of surgery at the time was quite high due to loss of blood and infection. Barbers could also bathe, cut hair, shave or trim facial hair. The surgeon came with the army at war but could be used in peacetime.

### **21. Whose medical ideas did the church support?**

Galen, was a famous Greek physician, surgeon and philosopher and he was referred to as the "Medical Pope of the Middle Ages". Galen's works on anatomy and medicine became the core of the medieval physician's university curriculum, alongside Avicenna's *The Canon of Medicine*, which elaborated on Galen's works. In Christian the dissection and autopsy of the human body were carried out regularly from at least the 13th century and Galen's influence was so great that when dissections discovered anomalies compared with Galen's anatomy, the physicians often tried to fit these into the Galenic system.



## 22. Why did the church object against dissection?

The Church played a big part in medical stagnation in the Middle Ages. They encouraged the belief that disease was a punishment from God - this led to fatalism and prevented investigation into cures. Moreover, they forbade dissection of human corpses on the grounds of profanity. Searching for something what God had hid underneath the skin was demonstration of pride and sin. Ancient fathers of human anatomy were called the butchers. People whose corpses were cut, were thought not to be allowed to enter the heaven.

## 23. Who, using herbs, most often treated people in medieval villages?

In the Middle Ages period ordinary people in Europe who could not afford the services of a university-trained physician so they turned to popular healers. These were often so-called 'wise' women who possessed knowledge, passed down through generations, of traditional or folk medicine. They dealt with all kinds of illnesses and medical conditions, including childbirth and, in some cases, abortion. Wise women also used many practical herbal remedies, drawing on plants and the rest of the natural environment, which they knew well.

## 24. What was the primary function of the first hospitals?

The primary function of medieval hospitals was to worship to God. Most hospitals contained one chapel and at least one clergyman.

## 25. Where did the public health system only work?

Public health systems worked only in monasteries. They developed comprehensive systems of public health, including fresh running water, 'lavers' (wash rooms), flush 'reredorters' (latrines) with running sewers, clean towels and a compulsory bath four times a year.

## 26. Where did a red and pole (red stood for blood, white stood for bandage) use to stand?

Operations were carried out by surgeons, but they were unskilled and had other jobs such as butchers or barbers. The traditional red and white pole outside of a barber's shop meant operations carried out there. The red stood for blood and the white for the bandages used.

## 27. What was an apothecary?

In medieval Europe places selling wine, spices and herbs were known as apothecaries. They prepared and sold medicines to physicians and directly to patients. In addition, they offered medical advice and other products.

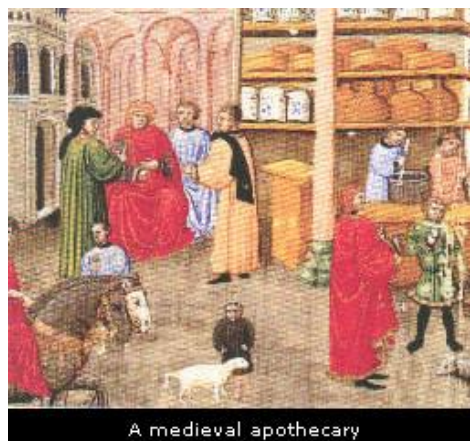
## 28. Which of the reason mentioned below were not blamed for the Black Death?

Medieval doctors did not have a clue what caused it but guessed it was caused by the movements of the planet, a punishment from God, bad smells, or the Jews brought the Plague to Europe.

## 29. What was trepanning?

A surgical intervention in which a hole is drilled into the human skull. Holes were drilled into a person who was behaving in an abnormal way to let out what they believed were evil spirits.

## 30. Where was Avicenna from?



A medieval apothecary

Avicenna, was a Persian polymath, who is regarded as one of the most significant thinkers and writers of the Islamic Golden Age. He is an author of the Canon of Medicine, a medical encyclopedia, standard medical text at many medieval universities.

## RENAISSANCE

1. In Italy in the Renaissance period, women ( particularly street women and courtesans) started to wear trousers traditionally worn by men, thus provoking scandal, in fact it was considered an unwarranted usurpation: this fact led to the enactment of many laws that tended to prohibit their use.

2. In the second half of 1400 Isabella, Marchioness of Mantua, boasted being the only woman, along with some ladies of her court, to wear panties; now using this undergarment became more and more frequent. The panties were long almost to the feet and large.

3. A novelty which was going to gain great popularity among Renaissance women was the use of knit socks. These attracted attention because being elastic women were allowed more comfort. They were made by hand and therefore they were very expensive.

4. The great innovation of the century for the elegance of a lady was a small animal, the Sable which was thrown over one shoulder as an ornament, worn around the neck, rolled up at the wrist. It was often attached to the belt by means of a chain (often gold) and the nose of the animal, embalmed, was coated with gold and precious stones or even completely re-done in gold.

5. Italian gloves, elegant, fragrant, carved, were in use more and more frequently in the Renaissance and were increasingly popular abroad. They were scented during tanning and maintained that perfume permanently

6. In 1533, Caterina de ' Medici wore high heels on the occasion of her marriage to the Duke of Orléans. Besides looking 7 cm taller, the heels made her more imposing. In fact Caterina was tiny compared to the Duke and she wasn't a great beauty either. She was fourteen years old, she felt insecure about that arranged marriage and her new role of Queen at the Court of France, but especially she feared competition with the mistress of the Duke, certainly taller than her, Diane de Poitiers (she died poisoned by infusions of gold that she drank to stay young and beautiful)

7. Another item of fashion in the Renaissance was the belt, still rather high on the waist at the beginning of the century, later it was made to go down and follow the bust line descending like a triangle on the belly, where it ended with a bow or a jewel. Tied to the belt more often than not was a curious fan in the shape of a dome, with goose or ostrich feathers completed with a silver or ivory handle. The outfit was made even more elegant with a handkerchief, which a lady carried in her hand. Handkerchiefs sported corners trimmed with lace and bows.

8. Lady's hair which at the beginning of the century was divided on the forehead and let fall over the shoulders was raised to give



more prominence to ruffs.  
Sometimes hair was collected in pigtails and turned around the head, sometimes it was tied in a bun and put in nets trimmed with veils or flowers (fresh or silk, or even of coloured glass).

9. The sixteenth century was also the century of jewels that adorned not only the person but also different items of clothing. The use of drop earrings became more and more popular. Golden nets covered the lady's hair, the forehead was marked by a chain with a gem. Gold medals and name letters were highly favoured, as much as big gold chains and pearl necklaces or bracelets with gems. The rings were very frequent enriched with gems.

10. Perfume was used in great abundance; scented water was rubbed on the whole body, the rooms in the house were sprayed with perfume and also harnesses were given scents. Perfumes were made using very expensive raw materials, animals and plants, such as musk, myrrh, Civet, Ambergris, rose, orange blossom, jasmine.

11. Noblemen and rich merchants used to wear an elegant piece of clothing with sleeves and buttons down the front, it was called jerkin. It was close-fitting and thigh-length.

12. Typical winter garment for the elegant man was the **cloak**. Actually the mantle was much used by every citizen in all seasons. It was dark (mostly black), long to the ground and wheel wide; It was often lined with light and vibrant colours. In Venice, the Doge used to wear one made of gold. During wartime, it was worn also by the Captain General of the armed forces, it was fastened on the right shoulder as in ancient times.

13. Men generally wore shirts with sleeves, the fashion claimed for wide and billowy sleeves with an open neck and a curled collar. Cuffs were also highly fashionable. Rich men wore materials such as cotton, satin and velvet, while the poorer classes made do with flannel or other cheap fabrics. Sometimes, ruffles were incorporated into fancier versions.

14 Jewels were in fashion also for gentlemen in the Renaissance. Especially medals and cameos were pinned to the hat and even on garments, large gold necklace adorned cloaks. Rings, though beautiful were used sparingly. A Sumptuary law of 1540, in Bergamo, forbade the use of earrings for men and this suggests that they were adopted in some cases also by gentlemen.

15. "Black Death" is referred to the instance of plague occurring in Europe between 1347 and 1352. Plague affected the whole population, not just small elite. Coming out of the East, the Black Death reached the shores of Italy in the spring of 1348 unleashing a rampage of death across Europe unprecedented in recorded history. Having no defense and no understanding of the cause of the pestilence, the men, women and children caught in its onslaught were bewildered, panicked, and finally devastated. No doctor's advice, no medicine could overcome or alleviate this disease.

16. The wealthy people during the Renaissance ate much better than the peasants. Like the Greeks and the Romans they studied, they enjoyed having huge feasts with lots of fancy dishes. Like the peasants, they ate soups and broths, but these soups were spiced with exotic spices and often sweetened with sugar. The rich also ate more meat. They would have large roasts of beef, stag, or pig. Roasts would be boiled in a large vat and then basted with juices and rose water to add flavor.

17. Renaissance hygiene was extremely basic in terms of the disposal of waste products and garbage. However, personal hygiene was better than the perception of the renaissance Hygiene. People did wash, bath and clean their teeth. The terrible outbreak of the Black Death made people look for a link between health and hygiene.

18. Life in the city was soon to change drastically. During the late Middle Ages and early Renaissance



(1350-1450) the bubonic plague, also called the "Black Death," devastated one half of the population of Europe. The plague, which was almost always fatal, spread most rapidly in cities, where people were in close contact with each other. The only way to avoid the disease was to leave the city for the country. This solution was, unfortunately, available only to those wealthy enough to make the trip.

19. The average person during the Renaissance was a peasant. Peasants would eat soup or mush for food just about every meal. They would also generally have some black bread. The soup would be made of scraps of food, usually vegetables such as carrots or eggs. Mush was made from some kind of grain like oats or wheat and then cooked in water.

20. At banquets, women sat at tables apart from men, or at least the seating arrangements and service were carefully contrived so as to protect men and women from each other

19. The wealthy nobles ate few fresh vegetables and little fresh fruit - unprepared food of this variety was viewed with some suspicion. Fruit was only usually served in pies or was preserved in honey. Vegetables and fresh fruit were eaten by the poor - vegetables would have been included in some form of stew, soup or pottage. Vegetables which came from the ground were only rarely considered fit to feed the poor. Only vegetables such as rape, onions, garlic and leeks graced a Noble's table of the Medieval era. Dairy products were also deemed as inferior foods and therefore only usually eaten by the poor. Little was known about nutrition and the Medieval diet of the rich Nobles lacked Vitamin C and fibre. This led to an assortment of health problems including bad teeth, skin diseases, scurvy and rickets.

20. During medieval times in Europe, bathing was viewed either as a form of debauchery or as an opportunity for the devil to enter your body. While those opinions shifted over time, many people continued to believe bathing was unhealthy and a way for disease, if not the devil, to enter your body. However, during the Black Plague, personal hygiene gained in popularity with people beginning to wash their hands in warm water, warm wine, or sometimes vinegar. It must be noted that bathing was expensive due to the high cost of firewood, and so most people shared their bathwater. Generally, men bathed first, followed by women, and then onto the children with the eldest first and on down to the youngest. This, then, is the origin of the saying, "Don't throw the baby out with the bath water."

21. It was believed in many parts of Europe that water could carry disease into the body through the pores in the skin. According to one medical treaty of the 16th century, "Water baths warm the body, but weaken the organism and widen pores. That's why they can be dangerous and cause different diseases, even death." It wasn't just diseases from the water itself they were worried about. They also felt that with the pores widened after a bath, this resulted in infections of the air having easier access to the body. Hence, bathing became connected with spread of diseases, not just immorality.

22. Renaissance women dry shampooed their hair using fine powdered clays that were combed through to absorb the grease and dirt in the hair. In order to have smooth and soft hair like in the "Pantene Pro-V" commercials, women would often wash it in hot water with a powder of natron and vetch. After their hair is all dried, they would sprinkle powder that is made of a mixture of dried roses, clove, nutmeg, and watercress stirred in rose water onto their hair. Then, they would comb it to evenly spread out the mixture to promote a better fragrance smell.



23. Despite progress in some areas of medicine, Early Modern doctors did not advance understanding of the causes of disease. **Paracelsus** declared "Galen is a liar and a fake" but still believed in the four humours. He believed in alchemy, and believed it was possible to find the elixir of everlasting life. **Thomas Sydenham** insisted that doctors should visit the sick, rather than the other way round, which showed some progress in his thinking - but he taught that disease was caused by 'atmospheres'. **Nicholas Culpeper** believed that illness was caused by the stars. **Anton van Leeuwenhoek** discovered bacteria in 1683, using a single-lens microscope, but no one realised their significance, or that they caused disease.

## THE AGE OF DISCOVERY

### What Was The Age of Exploration?

The Age of Exploration, also known as the Age of Discovery, is the period in European history when overseas exploration began to grow in popularity. This era began in the late 1400's and lasted through the 1700's. It is responsible for influencing European culture, initiating globalization, and introducing colonialism around the world. For many Europeans, the Age of Exploration signifies a time when new lands were discovered.

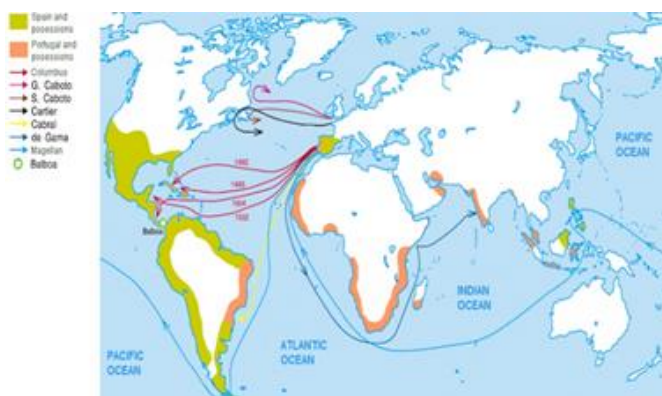
However, for many others, this Age is remembered as a time their lands were invaded and settled by newcomers.

Overseas travel, exploration, and discovery paved the way for trade between Europe, Asia, and Africa (the Old World) and Australia and the Americas (the New World). This trade brought about the exchange of new foods, animals, and plants. Additionally, it saw the introduction of new human populations, including an increase in the trade and sale of slaves and the use of slavery. The Age of Exploration facilitated the exchange of ideas and religions between the hemispheres, but also resulted in the spread of communicable diseases,

which severely reduced and, in some cases, wiped out some populations. The Portuguese are often credited with making the first discoveries of the Age of Exploration. These exploration parties traveled down the west coast of Africa and eventually to the Cape of Good Hope and into the Indian Ocean by 1488. A decade later, Vasco de Gama discovered the way around the Cape of Good Hope and to India, which established the first sea route between Portugal and India. Portuguese exploration continued to Japan in 1542 and to Brazil in 1500. Late in the 15th century, Spain became involved in sea exploration as well in order to overcome the monopoly that Portugal held over the west African trade route. In 1492, Christopher Columbus left Spain, manning 3 ships, and crossed the Atlantic Ocean. His exploration crew first landed in the already inhabited Canary Islands before proceeding to the Bahamas.

He wrongly believed that he had landed in the West Indies. By the beginning of the 1500's, the governments of other countries sent explorers to search for a shorter route to the "West Indies". This resulted in the North Atlantic route to

Explorers began to learn significantly more about these new lands and by 1513, the Pacific Ocean was reached by crossing the Isthmus of Panama. present-day Newfoundland in North America. During the Age of Exploration, the slave trade grew significantly which had a profound impact on the economy and on society as a whole. The introduction of agricultural practices and crops was so successful that some areas now rely on introduced foods as major dietary staples (this includes potatoes in Europe and manioc and corn in Africa). Many of these new staples helped to increase the population sizes in their new countries.



# THE FIRST WORLD WAR

## 1. What nutrients were in a small quantity in a soldiers' diet?

Soldiers fighting in the front lines needed to be supplied with their daily rations, but cooked food prepared at field kitchens was sometimes spoiled by gas attacks. The trench ration was the answer. It was a variety of canned meats (salmon, corned beef, sardines, etc.) that were commercially procured and sealed in a large tin box covered in canvas.

## 2. Which were the two sides competing in the famous soccer game played during the Christmas truce of 1914?

During WW1 many soldiers would use sports in the trenches to pass time and give them some enjoyment. The one specific event that took place during the war was the famous soccer game played during the Christmas Truce of 1914 between the allies and Central powers. The game took place during the Christmas Truce of 1914 when both sides met in "no man's land", which was a safe zone where both sides could come together and treat everyone with respect. This soccer game shows that sports have had a great impact on everyone around and has brought people together for centuries.

## 3. What did the doctors create in order to save their soldiers ?

The First World War created thousands of casualties. New weapons such as the machine gun caused unprecedented damage to soldiers' bodies. This presented new challenges to doctors on both sides in the conflict, as they sought to save their patients' lives and limit the harm to their bodies. New types of treatment, organisation and medical technologies were developed to reduce the numbers of deaths.

## 4. What alternative methods of preventing wound infections did doctors use in WW1 ?

Infection was a serious complication for the wounded. Doctors used all the chemical weaponry in their arsenal to prevent infection. As there were no antibiotics or sulphonamides, a number of alternative methods were employed. The practice of 'debridement' – whereby the tissue around the wound was cut away and the wound sealed – was a common way to prevent infection. Carbolic lotion was used to wash wounds, which were then wrapped in gauze soaked in the same solution. Other wounds were 'bipped'. 'Bipp' (bismuth iodoform paraffin paste) was smeared over severe wounds to prevent infection.

## 5. How did WW1 change the situation in hospitals?

The First World War changed the ways that soldiers were cared for when they were wounded. New technologies including blood transfusion, control of infection and improved surgery ensured that, although many men were permanently wounded, many more survived than died as a result of their injuries.



## 6. What were the so-called 'canaries' ?

While Britain's men fought in France and elsewhere, the women stepped into crucial roles at home. Thousands took dangerous jobs in munition factories. They worked long hours, often in poor conditions and with dangerous chemicals. The so-called 'canaries' were women who worked with TNT, which is very toxic and turned their skin yellow.

## 7. What was the shell shock ?

The Shell shock was another new illness during World War One. It was not a physical illness, but a mental one. The constant noise of explosions and guns, along with the smell and danger of the trenches made many soldiers very scared and uncomfortable. Shell shock caused soldiers to act strangely. They found life on the front line very hard to deal with and would stop being able to follow commands and do their duties properly. To begin with, officers and doctors did not understand the illness and thought the soldiers were weak. Some were sent to special hospitals to recover. Others had to carry on fighting.

## 8. Who used the flamethrowers for the first time?



The Chinese invented flamethrowers but the Germans were the first to use flamethrowers in WWI. Their flamethrowers could fire jets of flame as far as 130 feet (40 m).

### **9. Were dogs used in WW1?**

During WWI, dogs were used as messengers and carried orders to the front lines in capsules attached to their bodies. Dogs were also used to lay down telegraph wires.

### **10. What was a cause of a Trench foot diseases:**

Diseases were a big problem in WW1 due to the fact that there was little medicine and medical knowledge. Diseases such as influenza, typhoid, trench foot, trench fever, malaria and diabetes were present during the war.

Trench foot is a disease which makes your foot turn blue or red and makes your foot very numb. It often involves blisters and open sores which allows fungal infections to enter. Trench foot is caused by exposure to damp and wet conditions. It can take about 3-6 months to fully recover. It was bad for soldiers because it delayed them to fight in the war.



### **11. When did early techniques of facial reconstruction first appear?**

Shrapnel was the cause of many facial injuries in WW1 and unlike the straight-line wounds inflicted by bullets, the twisted metal shards produced from a shrapnel blast could easily rip a face off. Horrified by the injuries he saw, surgeon Harold Gillies, took on the task of helping victims and pioneered early techniques of facial reconstruction in the process.

### **13. Who established the first blood bank on the Western Front?**

The British Army began the routine use of blood transfusion in treating wounded soldiers. Blood was transferred directly from one person to another. A US Army doctor, Captain Oswald Robertson, established the first blood bank on the Western Front in 1917.

### **14. Why did Coco Chanel's style catch on so quickly?**

Coco Chanel's rise began WW1. Her first shop opened in Deauville in 1913 and became a favourite with wealthy women who bought her reworked sportswear. Another store opened two years later in Biarritz and by 1916, news of her work had reached the American press.

### **15. Who were the first to use chemical weapons during WW1?**

Chemical weapons were first used in WW1. Using poison gas was considered a war crime, but tear gas wasn't considered to be a conflict by the troops. The Germans were the first to use lethal gases when they used a chlorine gas attack. Later they also developed and used the most effective gas of the First World War — mustard gas. The British were shocked at the German use of poison gas, but developed their own gas warfare to retaliate.

### **16. What was the name of the British passenger ship sunk by the Germans at the beginning of WW1?**

America joined World War I on April 6, 1917. This was because a German submarine had sunk a British passenger ship, Lusitania, that killed 1,195 passengers. 128 of those were American citizens and the people were outraged — putting pressure on the U.S. government to declare war. The President, Woodrow Wilson, wanted a peaceful end but the Germans announced that they would sink any ship that approached Britain. This was when President Wilson entered the war to help restore peace to Europe.

### **17. How many soldiers died in WW1?**

Over 8 million soldiers died in World War 1, and another 21 million injured. A staggering 65 million soldiers were mobilized during the war

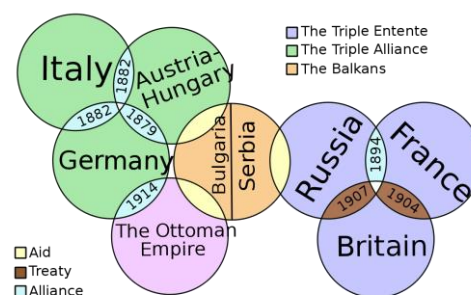
### 18. Where was the treaty officially ending WW1 signed?

WW1 officially ended on June 28, 1919. This was exactly five years since the assassination of Franz Ferdinand. The armistice on November 11, 1918 ended the fighting, but it took another six months to negotiate peace before the Treaty of Versailles could be prepared. The Treaty of Versailles had a lot of requirements. Germany had to accept full responsibility for causing World War I. Also, they had to surrender some of its territories and colonies, and limit the size of its military.

### 19. What countries created the “Triple Entente?”

France, desperate for allies after the Franco-Prussian war, had cultivated a friendship with Russia. Great Britain, too, felt isolated in the increasingly factionalised European environment, and sought out an alliance with another of Europe's great powers. This led to the Entente Cordial with France, which was to develop into the "Triple Entente" between Britain, France and Russia.

### 20/21 What countries created the „Triple Alliance”? Which were the so-called „Central Powers”?



One factor which helped to escalate the conflict was the alliance system of the late nineteenth century. Although there had always been alliances between different European nations, the diplomatic trend during the nineteenth century was to have secret alliances, committing states to defensive military action. These were encouraged by Bismarck who, in the process of unifying Germany, sought to pacify those surrounding states which might prove hostile. Although Germany had originally allied itself with the empires of Austria and Russia at this time, by the beginning of the twentieth century alliances had shifted. Germany found itself allied with Austria-Hungary and Italy, the so-called "Central Powers"; together the countries formed what was known as the "Triple Alliance"

### 22. How did WW1 change people’s perception about war generally?

World War I introduced the first time that total war was employed - that is, the full mobilization of society occurred in participant nations. In addition, it marked the end of war as a "glamorous occupation," showing how brutal and horrifying war could be when fought by industrial nations with mass production of weapons, and mass armies drawn from whole populations.

### 23. What forms of modern art appeared in the 1900s?

The 1900s led to the creation of the new, modern art movement. Fauvism is a type of modern art that emphasized wild, extreme colors, abstraction, simplified lines, freshness, and spontaneity. Cubism is another form of modern art, which utilizes a geometrical depiction of subjects with planes and angles. The modern art movement arose because, with the advent of photography, art subjects no longer needed to be a realistic portrayal.

### 24. How many people died in the Battle of Verdun?

The front in France became the focus of mass attacks that cost huge numbers of lives, but gained very little. Britain became fully engaged in France, raising a large conscript army for the first time in its history. 1915 saw the first attacks with chlorine gas by the Germans, and soon the Allies responded in kind. During much of the year 1916, the longest battle of the war, the Battle of Verdun, a German offensive against France and Britain, was fought to a draw and resulted in an estimated one million casualties.

### 25. When was the machine gun first used:

The deadliest product of the war industry was the chemical warfare, with countless fighting men suffering and dying in gas attacks. Submarines also were used with effect, leading to the advent of depth charges and sonar. Rudimentary tanks and mechanized warfare also entered the battlefield near the end of the war. Finally, the machine gun took its toll for

the first time in World War I. All this was aimed at breakthrough in trench warfare, in which both sides would dig deep trenches, and attempt to attack the other side, most often with little or no success.

## WORLD WAR II

### The Dunkirk evacuation, code-named Operation Dynamo or the Miracle of Dunkirk

The **Dunkirk evacuation**, or Battle of Dunkirk, code-named **Operation Dynamo**, also known as the **Miracle of Dunkirk**, was the evacuation of Allied soldiers from the beaches and harbour of Dunkirk, France, between 27 May and 4 June 1940, during World War II. The operation was decided upon when large numbers of Belgian, British, and French troops were cut off and surrounded by the German army during the Battle of France. From 27 May–4 June, 338,226 men escaped, including 139,997 French, Polish, and Belgian troops, together with a small number of Dutch soldiers, aboard 861 vessels (of which 243 were sunk during the operation).



Over 26,000 French soldiers were evacuated on the last day, but between 30,000 and 40,000 more were left behind and forced to surrender to the Germans. British propaganda later exploited the successful evacuation of Dunkirk in 1940, and particularly the role of the "Dunkirk little ships", very effectively. Many of them were private vessels such as fishing boats and pleasure cruisers, but commercial vessels such as ferries also contributed to the force. These "little ships" acted as shuttles to and from the larger ships, lifting troops who were queueing in the water, many waiting shoulder-deep in water for hours. The term "Dunkirk Spirit" still refers to a popular belief in the solidarity of the British people in times of adversity.

### How the wounded were treated

TESTIMONY 1: Chateau Coquelle, Rosendäel, 4 kms from Dunkirk port:

Some nurses were so exhausted that they were lying on the floor and sleeping, while others were scrambling furiously to respond to the calls ("nurse... please... water.. ") of the wounded men that sounded like drowning men in the darkness. There had been no water in the water system for three days, the well had dried up, and the only available water resource was the pond in the castle garden. It did not matter, as long as the wounded had water. The first priority was food. No one had eaten for three days and we had no food supply..After some time we managed to find baked beans. We had no kitchen utensils and each patient took a handful and did what they could with it.



TESTIMONY 2: After a few days, the soldiers were evacuated and all our patients were taken out of the old torn tents and brought into the rooms of the "Château Coquelle" in Rosendäel, near Dunkirk. Two surgical teams started working in very depressing conditions. Some severely wounded soldiers had been waiting for an operation in the lorries for several hours, with tourniquets on their injured arm or leg to stop the bleeding. A quick intervention was necessary, but never possible. As a result, gangrened limbs had to be amputated. It was the time before antibiotics, and surgery was very different from now. Auxiliaries had very little experience, but knew the recommendations praising a good cup of tea as first aid. Whenever possible, doses of morphine were used to ease the pain of the most seriously wounded.

TESTIMONY 3: at the maritime hospital in Zuydcoote

One night, at 4 a.m., a chemist came and said that he was coming back from the beach. We had completely forgotten how near the sea was. We decided to go. The beach was covered with shipwrecks, burn-out cars and lorries and the remains of a small fighter plane. The next day, we went back and tried to gather some supplies. We found some packets of pasta, biscuits and jam among the things scattered on the beach and in the vehicles..We could not stay long, because the Germans started firing at us.

### Flooded fields near Dunkirk during the Second World War

The most devastating event for agriculture was without doubt the strategic flooding ordered by the French military command. On May 20th, 1940 it was decided to flood the polders from Bray Dunes to Watten, covering some places with a layer of water 20 to 150 cm deep. On May 30th, the Ringsloot dam broke because of the water pressure: the French Moères were completely submerged. On June 5th, a German officer tried to get some information at the Dunkirk



town hall on how to stop the flooding. Following the instructions of the occupying army, some work was done to repair the locks and dams and control the water level. The local population worked very hard, with the help of some Belgians, but they could not get back to their homes for good until August 19th. That polder area below sea level had been transformed into a lake destroying all cultures and crops and drowning part of the cattle. The flooded lands produced proper crops in 1942 only. That agricultural deficit caused an obvious prejudice.

## PENICILLIN DURING THE SECOND WORLD WAR

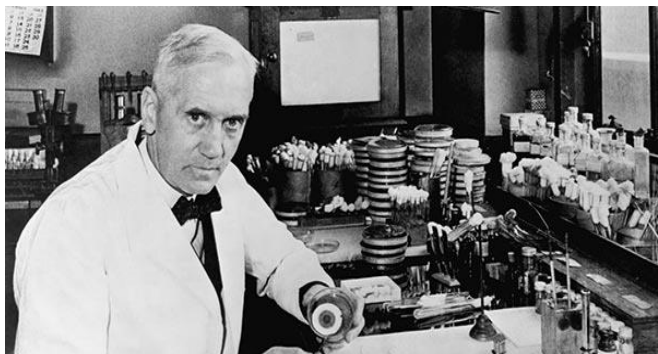
In 1928, Scottish biologist, Alexander Fleming, discovered that the Staphylococcus culture he had mistakenly left growing in open was contaminated with a mould which had destroyed the bacteria.

After isolating a sample and testing it, he found that it belonged to the *Penicillium* family. At first, it was difficult to convince people about its potential uses.

But later (1939), using Fleming's work, two medical researchers, Howard Florey and Ernst Chain managed to purify penicillin in a powdered form. In 1941, they successfully treated a human and in 1943, they produced penicillin on a large scale.

They helped immensely during WWII to treat casualties that had bacterial infections due to their wounds.

Penicillin antibiotics were among the first medications to be effective against many bacterial infections caused by staphylococci and streptococci. Penicillin is still widely used today, though many types of bacteria have developed resistance following extensive use.



## RATIONING

After the fall of France (June 1940), the Germans divided the country into an unoccupied and an occupied zone. In the German occupied part of France, the Germans imposed very strict restrictions to the population. It was an organized and legal form of looting, and resulted in massive food shortages, and consequently, malnutrition (especially in children and the elderly). As a result, the main obsession of the French population became to get food and keep warm.

The French government instituted a system of rationing in autumn 1940. To buy most rationed items, each person had to register at chosen shops, and was provided with a ration book containing coupons. Depending on age and activity, the people were allowed food representing from 1200 to 1800 calories per day and per person. In Paris, with his ration ticket, an adult could buy 275grams of bread per day and, 350 grams of meat, 100 grams of fat and 70grams of cheese per week. As the war progressed rationing was extended to other commodities such as clothing. As they could not buy stockings, some women painted their legs to imitate stockings. People also suffered from the cold, especially during the very cold winters of 1940 and 1941. To survive the shortages, the French people had to change their eating habits, develop new social relationships, and reorganize their lives. They started eating weird vegetables and animals and used "ersatz" (sugar was replaced by saccharin, coffee by toasted barley and chicory,...) They bought food directly to farmers or on the black market where the prices were extremely high. Food shortages and poor nutrition resulted in many health problems for the French. Diphtheria became a major health concern. Cases of tuberculosis and influenza also increased.



*The folder providing the background information is the compilation of the facts sheets prepared by all the partner schools and was prepared as the final product of the AH 4 A Trip in Time by Zespół Kształcenia Podstawowego I Gimnazjalnego nr 17 z klasami sportowymi in Gdansk.*

