

## Would you want to go and see a Tudor Doctor?

Luckily for us medicine has advanced a great deal over the last 500 years, to see a Tudor doctor would have surely made us really uneasy.

### Medicine – Humours and Stars

Prayers and charms apart, the sick of Tudor and Stuart Britain relied for help on the medical profession. Depending on their wealth and status, they might consult a college-based physician, a more practical surgeon, an apothecary or pharmacist, or simply the local ‘cunning man’, wise woman, or travelling quack.

All these practitioners shared much the same beliefs about the human body, derived via medieval Arabic or Jewish physicians from Classical Greek theory. The body, they believed, mirrored the universe. As the universe consisted of four elements – earth, air, fire and water so the body was made up of four ‘humours’. Melancholy (like earth) was cold and dry, composed of gloomy ‘bile’. Blood (like air) was hot and wet, giving rise to a cheerful ‘sanguine’ temperament. Bad-tempered ‘choler’ (like fire) was hot and dry, while ‘phlegm’ (like water) was cold and wet, producing a slow moving phlegmatic person. Good health depended on maintaining a ‘holistic’ balance between these humours.

1, Can you match the elements to the body humours?

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2. If the Tudor Doctor calls could you tell him your star sign?

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3. What did the Tudor Doctor believe influenced the humours?

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Can you guess what the instrument found in the Tudor Doctors bag below did?





The answers and more facts about Tudor life can be found here:  
<https://cadw.gov.wales/learn/education/teaching-resources/treasure-chests>

## Games

In the Tudor period, people would play games for entertainment, much the same as we do now'

Would you like to play a game of 3 Men's Morris?

First of all get a piece of paper, or a piece of cloth and draw this design:



Then find 6 pebbles in the garden, 3 of each colour.

This design, with 9 'points' and grooves between them, is used to play a simple game for 2 players.

Each player has 3 counters, and uses one per turn. The aim of the game is for a player to make a straight line of 3 in any direction on the board, while the other player tries to stop them by placing counters in their way.

What is this old game called today?

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## Let's do a word search

Can you find the following words?

BLOOD PLANETS WORMWOOD TOOTH ASTRONOMY HUMOURS TUDOR  
BILE HEALTH LANCET TREPAN EGG WOOL QUACK DOCTOR SKIN

B	B	L	O	O	D	O	F	E	W	S	Q	D	S
E	L	I	W	H	T	O	O	T	R	T	U	R	A
L	Z	A	R	I	A	B	C	U	E	E	A	D	S
I	W	O	R	M	W	O	O	D	X	B	O	O	T
T	Q	T	D	O	C	M	M	N	B	F	E	C	R
Q	U	A	C	K	U	E	I	F	L	N	O	T	O
S	S	D	E	H	E	A	L	T	H	I	P	O	N
X	I	T	O	B	L	E	G	G	T	L	R	R	O
T	M	R	E	R	W	I	N	L	A	C	E	D	M
P	R	I	T	E	S	K	I	N	T	X	N	N	Y
I	F	E	H	B	O	O	E	F	D	O	T	A	N
O	A	S	P	E	G	T	S	Y	W	O	O	L	Y
Y	T	D	Y	A	S	I	I	G	G	T	X	F	L
R	E	A	L	A	N	C	E	T	E	O	Z	I	K

## Gruesome Fact

Among the most extraordinary beliefs about wounds was that they could be cured by applying potions to the weapon which had caused the injury, rather than to the wound itself. The 'cure by the weapon' of 1608 comes from the Household Book of the Fairfax Family.

*'Take of the moss on the skull of a strangled man two ounces, of the mummia of a man's blood an ounce and a half; of earthworms washed in wine an ounce and a half; of hemetitis two ounces; of the fat of a boar and a boar pig, two drams each; oil of turpentine two drams. Pound them and keep them when the sun is in Libra. Dip the weapon into the ointment, or if the weapon cannot be got, a sallow stick made wet with blood in opening the wound. And let the patient wash his wound in the morning with his own urine and bind it with a clean cloth.'*

Draw the contents of the Tudor Doctors medical bag