1 The People’s Health, c.1250 to present

Page 7: Improve the answer

[1] Medieval people lived in houses which had a high roof. [2] There were no windows and the smoke cooked meat that was hanging from the ceiling. There were animals all over and they slept in the houses. [3] People got germs because they could not get rid of waste. Poor people and rich people lived horrible, disgusting lives. [4] People in medieval times ate meat and vegetables. [5] Poor people drank ale which was made by boiling water and adding barley. Some drank cider too.

People went to the toilet in their garden in things called middens. This was pretty horrible and shows how filthy they must have been but midden privies lasted for many years to come. [6]

[1] The structure of the answer could be improved by thinking in terms of second order concepts. For example, similarity and difference. In the medieval period there were some big differences between rich and poor but also some similarities. One paragraph of the answer could be focussed on similarities, the other on differences.

[2] This is over simplified. There were different types of housing.

[3] There is evidence that animals shared living spaces because they were valuable but this would have been much more typical of life in the countryside.

[4] It is not true to state this.

[5] The medieval diet depended on wealth. The rich ate more meat than the poor.

[6] Medieval waste disposal was organised. There were public latrines in the towns. Middens were usually found in the countryside and the waste was often used as a fertiliser.

Page 7: Test yourself

1 A good harvest meant a plentiful supply of wheat and rye to make bread.
2 A gongfermor was someone who removed toilet waste from the towns.
3 In the countryside a manorial lord lived in a large manor house. Peasants in the countryside lived in huts made of sticks covered in mud. In the towns, houses were built close together and only the wealthy had gardens.

Page 9: Test yourself

1 God’s punishment, the movement of the planets, miasma and humours being unbalanced.
2 People who whipped themselves hoping that this would lead to God’s forgiveness.
3 Live toads or chickens on the buboes to draw out the disease or bloodletting to balance the humours.

Page 9: Eliminate irrelevance

Medieval people lived during the years 1066 to around 1500. During this time they faced many issues which affected them. [1] One of these was the Black Death which hit England in 1348. They thought that there were lots of causes of the Black Death. For example, bad air, the planets moving, God’s punishment and the work of the Devil. This was because they did not understand germs. [2]
Medieval people responded to the Black Death in different ways. One of the ways they responded was through religion. This was because people believed that the disease was a result of God punishing them. God was very important in the lives of medieval people. They did not understand science so they believed in heaven and hell. As a result of this strong religious belief, medieval people listened to the advice of the Church when it came to the Black Death. Priests encouraged people to confess all their sins and ask for forgiveness. Some people became flagellants. This meant that they went on pilgrimages from town to town. They stopped in market squares and whipped themselves. They felt pain, hoping that God would see this and remove the Black Death from their lives. This response was typical because of the belief that the plague was a result of God’s anger.

[1] Irrelevant because the answer should focus on responses to the Black Death.

[2] Irrelevant because it is about what people thought caused the Black Death rather than responses to it.

Page 11: Complete the paragraphs

Paragraph 1

Town authorities used the law to deal with those who were polluting the urban environment. For example, people were made responsible for getting rid of their household waste. They could not simply throw it into the street or river without expecting some sort of consequence. In Norwich, medieval fly-tippers were named and shamed. This was clearly a major step forward in the town authorities taking a role in improving public health.

Paragraph 2

Monasteries were critically important in helping to improve public health. For example, water pipes were provided for the towns and stretched over long distances. This happened because of the need to ensure that water was available for baptisms and washing. Over time, technology improved and more towns and cities had fresh water piped from clean spring water supplies outside of the urban areas.

Page 11: Test yourself

1. For baptisms, washing and cleaning linen.
2. Dung heaps moved to the edge of towns, guilds set up to improve food standards, waste dumpers named and shamed.

Page 13: Spot the mistakes

What people ate affected their health. People who lived at the time ate a lot of meat. [1] There were various meats eaten such as beef, pork, turkeys, liver, ducks, goose and pheasants. These meats were generally very healthy and were rich in vitamins. [2] Poor people and rich people enjoyed this food. Sometimes people would vomit to make room for more food. [3] This was very unhealthy. Poor people had a healthy diet but lacked some essential vitamins and there were sometimes periods of famine.

[1] This is a mistake because the statement is too general, too vague. The rich ate large quantities of meat but the poor only ate meat occasionally.

[2] The rich ate food which was very high in protein which led to digestive problems.

[3] It would have been most unusual for people to vomit to make room for food; only Roman emperors did this!
1 The People’s Health, c.1250 to present

Page 13: Test yourself
1 The diet of the rich was protein-based with lots of meat; the diet of the poor was healthier but lacked Vitamin C and iron.
2 Burning wood and coal in open fires which created lots of soot and smoke.
3 1596

Page 15: Support or challenge?

<table>
<thead>
<tr>
<th>Examples</th>
<th>Support</th>
<th>Challenge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isolating victims in their homes</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Miasma was regarded as major cause of the illness</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Laws were passed which provided help for the victims and their families</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Various methods of treatment were used which were ineffective</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>People turned to prayer</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>People avoided the sick</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Harsh sanctions for those who left isolation</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Villages quarantined themselves like the village of Eyam</td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

Page 15: Test yourself
1 Places beyond the city walls where the sick were isolated
2 The disease was stopped from spreading to Sheffield because surrounding villages like Eyam quarantined themselves.
3 People who used sweet smelling posies to fight the miasma.

Page 17: Which is better?
The best answer is B because:
1. Answer B is clearly divided into two paragraphs explaining two different reasons.
2. Answer B uses the words from the question to introduce the reasons demonstrating a clear focus on the demands of the question.
3. Answer B uses specific examples in the form of knowledge to explain.
4. Answer B tackles the issue of ‘government problems’.

Page 17: Test yourself
1 People who collected rubbish and waste
2 Some women drank while pregnant which led to deformities in their children.
3 Any of: there was still waste on the streets, cesspits were still used to collect waste.

Page 19: Test yourself
1 The move from the countryside to the industrial towns.
2 A cheap housing style usually with one room upstairs and one room downstairs.
3 Any from: tuberculosis, influenza, diphtheria, typhoid, typhus, cholera.
Page 19: Practice question

The new industrial towns and cities were unhealthy because the standard of accommodation was so poor. As more and more people moved from the countryside to the towns they struggled to find good places to live. Many rented rooms in cellars which were damp, dirty and overcrowded. These cellars were not ventilated which caused the people to get chest infections and lung diseases like TB. Where people did rent bigger spaces, the houses were back-to-back and built quickly; privies were shared by ten families or more. This led to a problem in getting rid of the waste which was often dumped into rivers.

The new industrial towns and cities were unhealthy because the lack of good food and clean water made the industrial worker’s immune system weak. The diet of an industrial worker was very basic and high in carbohydrates but with a lack of nutrients from fruit and vegetables. This resulted in malnutrition which weakened the immune system and made workers less able to fight the diseases which were rife in the slums.

Page 21: Spot the second-order concept

Responses to the four major outbreaks of cholera differed. Historians can explain these different responses by looking at the times in which they occurred. For example, during the first major outbreak of cholera in 1831, people still accepted the miasma theory. [1] This idea was centuries old and demonstrates that there had been very limited progress in understanding the causes and spread of diseases like cholera. [2] By the 1848 outbreak, there had been advances in scientific understanding, most notably the work of Snow. [3] However, beliefs and attitudes had not changed and his work was ignored. [4] There was a turning point in 1854 when Snow proved his theories by his investigation of the Broad Street water pump. This development had a long-term impact on how both national and local government dealt with improving public health. [5]

[1] continuity – the explanation was still widely accepted
[2] continuity – there had been little progress in understanding the causes of diseases
[3] change – there had been advances in scientific understanding
[4] continuity – no change in attitudes
[5] significance – the proving of Snow’s theories were a turning point which had a long term impact.

Page 21: Test yourself

1 Any two from: 1831-3, 1848, 1854, 1865-66
2 Infected water and the poor sewage systems of most cities and towns.
3 It did not force change to take place, it only recommended it.

Page 22: Test yourself

1 His report of 1842 challenged the government to introduce reform to help the poor.
2 Food which is unsafe to eat, for example bread made with flour mixed with alum.
3 Slum clearances, for example the demolition of the Old Nichol slum by the London County Council in 1891.
There were lots of reasons why there were improvements in housing. One reason is that WW2 destroyed lots of homes which then had to be rebuilt. [1] Another reason was WW1 because soldiers were promised new homes but they were not all built. [2] Mrs Thatcher got people to buy their council houses. [3] The homes which were built after the bombing raids in WW2 were tower blocks. These had modern features like gas and electricity. The government used the opportunity to clear some of the Victorian slums which still existed. [4] Modern homes were not always popular because there was no community spirit anymore and people missed this. [5]

[1] Divide the answer into two distinct paragraphs, each dealing with one of the identified reasons – WW2 bombing destroyed lots of housing. There are three reasons identified here – you only need two explained really well. You can adapt the homes for heroes reason with your points about Mrs Thatcher to cover more of the period.

[2] Omit this as a separate reason and make it part of a wider initiative

[3] Mrs Thatcher’s reforms in the context of the whole council house initiative can be a second reason.

[4] This can be used to support the WW2 reason.

[5] This sentence is not relevant to this question.

A better answer would look like this:

There were lots of reasons why there were improvements in housing.

One reason is that WW2 destroyed lots of homes which then had to be rebuilt. The homes which were built after the bombing raids in WW2 were tower blocks. These had modern features like gas and electricity. The government used the opportunity to clear some of the Victorian slums which still existed. A reliable supply of heat and electricity in new, attractive, well-ventilated, spacious accommodation meant that health improved as the housing improved.

Another reason was because the government in the twentieth century made sure that there was enough social housing for those who needed it. The 1919 Housing Act made local councils landlords for the first time. The new houses had inside bathrooms and lavatories. By making the local council responsible, good standards of care and maintenance were provided. In the 1980s Mrs Thatcher encouraged people to buy their council houses. The 1980 Housing Act gave tenants the right to buy; many did. This made them homeowners for the first time and this responsibility encouraged less dependency on the state for some.
Page 27: Develop the detail

<table>
<thead>
<tr>
<th>Statements</th>
<th>Statements with relevant, specific detail</th>
</tr>
</thead>
<tbody>
<tr>
<td>TV soaps had characters who had HIV/AIDS</td>
<td>As part of the strategy to get the British public to be more supportive of HIV/AIDS victims, the TV soap 'EastEnders' had a character who had HIV/AIDS. As the character was heterosexual, this caused a wide audience to change their views about the disease being a ‘gay plague’</td>
</tr>
<tr>
<td>Princess Diana changed people’s attitudes</td>
<td>April 1987 – Princess Diana, not wearing gloves, shook hands with an AIDS patient. She made sure the media covered this. This act of kindness helped change attitudes to AIDS showing that contact like this did not pass on the disease.</td>
</tr>
<tr>
<td>AIDS was blamed on gay men</td>
<td>People overreacted to AIDS. One newspaper referred to AIDS as the ‘gay plague’. Some important Church leaders openly said that this was God’s punishment on gay people. Society overreacted by refusing to drink from the same Holy Communion cup in church, stopping mouth to mouth resuscitation and many other examples of irrational alarm.</td>
</tr>
</tbody>
</table>

Page 27: Spot the similarities and differences

<table>
<thead>
<tr>
<th>Similarities in the reactions to Spanish flu and HIV/AIDS</th>
<th>Differences in the reactions to Spanish flu and HIV/AIDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. The media was used to pass on information about the symptoms and how to prevent contamination. Newspapers, films and posters were used during the Spanish Flu epidemic and TV and other media was used to inform people about HIV/AIDS.</td>
<td>1. Responses to HIV/AIDS were negative and at first stigmatised the gay community. It became known as a ‘gay plague’ rather than a medical condition.</td>
</tr>
<tr>
<td>2. There was alarm and fear about both conditions.</td>
<td>2. Education helped demonstrate that HIV/AIDS was not a disease (like Spanish Flu) but a condition.</td>
</tr>
<tr>
<td></td>
<td>3. High profile victims of HIV/AIDS were used to help educate the public about how to avoid developing the condition.</td>
</tr>
</tbody>
</table>

Page 27: Test yourself

1 A bird flu which affected millions in the years immediately following the First World War.
2 Posters, film (shown in cinemas), newspapers
3 Any of: better understanding; acceptance

Page 29: Eliminate irrelevance

Government action in the twentieth century has really improved public health. For example, the Liberal government of Asquith and Lloyd George from 1906 introduced a series of measures which had a hugely positive impact on public health; medical inspections, for example. But the Liberal government had to tackle the issue of women’s suffrage too which stopped them doing more. Women in Britain had campaigned for the vote for years and the NUWSS and the WSPU carried out various strategies, some of them violent, like smashing windows. [1] At the same time, the government introduced school clinics in 1912, at the height of the suffragette militancy. [2]
The National Health Service was also a really important government strategy which improved public health. The Labour government introduced this after the Second World War. If Churchill had won the 1945 election this may not have happened, but the voters rejected him as they did not feel that he would be an effective peacetime leader. [3]

[1] Irrelevant because although the point about women’s suffrage is that it stopped more government action, details about the campaign for the vote are not relevant in that they are not related to improving public health in Britain.

[2] Irrelevant because suffragette militancy has no direct impact on improvements to health. Here the student would have been much better giving examples of how the 1912 clinics improved the 1907 health checks.

[3] Irrelevant because it is an assertion and it does not add anything to the answer. The focus should have been on the motives and actions of the Labour government of 1945 and not the ‘what if’.

Page 29: Test yourself

1. A specialised nurse who helps expectant mothers before and during the birth of their babies.
2. The Local Government Act 1929
3. Any from: free school meals; health inspections in school; school clinics; immunisations.

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