



*Kevin Goodman*

*Presents*

***BOWS,  
BLADES  
AND  
BATTLES***

*Adventures in History  
For Schools and Colleges*

**Tudor Health, Horrible Hygiene,  
Revolting Illnesses and Worse Cures**

(Key Stages 1 and 2)

# **Tudor Health, Horrible Hygiene, Revolting Illnesses and Worse Cures**

**Covers:**

*How a person's status affected their health, illnesses and treatment in Tudor times.*

*How illness was diagnosed in Tudor times using:*

- *Humoural theory (What the 4 humours were and how they influenced health and illness)*
- *Analysis of urine and blood.*
- *Astrology and Numerology.*

*How Illnesses were treated:*

- *Blood Letting*
- *Cauterizing*
- *The use of medicinal herbs, spices and food*
- *The role of astrology in healing*

*Tudor Surgery with:*

- *A display of museum-quality reproduction surgical equipment including reproductions from the Mary Rose.*
- *Demonstrations of how operations were carried out*
- *The anaesthetics used*

*Comparisons with medical diagnosis and treatment today.*

**The presentation comes with a teacher's pack containing the background to the presentation and individual and group activities including literacy essay, discussion and research.**

**Addresses History 1 and 2 Key Stage Unit 8: "What were the differences between the lives of rich and poor people in Tudor times?"**





## **Kevin Goodman**

**Brings the past to life for young and old with tales of:**

- Tales of Archers, Crossbowmen and Knights.**
- Battles from the Hundred Years War to the Crusades**
- Displays of the weapons used and authentic battle dress.**
- Demonstrations of medieval and Tudor medicine, surgery, herbalism and herb-lore**

**For more information and costs**

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**Ideal for:**

**Schools; colleges; museums; historical events; sites of historical interest; society talks and corporate events.**