Title of unit: Health and Medicine 1: Causes of illness

Definition of topic:

Medieval people did not understand the causes of most disease. Famine and were probably the main killers of this period. Bad harvests etc meant malnourishment enable people to caught diseases more easily. Dysentry, typhoid, smallpox and measles were all wide spread. It is estimated that 10% of England's population in 14th Century died of these diseases. Childbirth was dangerous, 30% of children died before the age of 7. Towns were often unhealthier than the countryside, it was very difficult for people to keep clean.

1069	**Anglo-Saxon rebellion, resulting in famine**
1300	Englands population around 4.75million
1315-17	Harshest famine in England & Europe due to rain
1461	Battle of Townton, 22,000-28,000 soldiers killed
1348	Black Death arrives in England
1665	Great Plague of London & 25% of the population
1831-32,	Cholera Epidemics, also in 1848, 1854, 1866
1897-98	Typhoid breakout, Mainstone, Kent
1918	Spanish Flu pandemic, infected 20% of world population
1981	AIDs first identified

KPI: Problems in the Medieval era:

Poor Diet- a bad harvest led to hunger. Only 25% of rural families had enough land to support themselves. Child mortality was high and malnutrition was common.

Living Conditions- houses were crowded together, water was taken from rivers contaminated with waste and floors were covered in straw. Water- Wells were often too close to Cesspools.

War- wounds inflicted by a sword could become gangrenous, armies laid siege and starved people to death. At the battle of Towton in 1461 an estimated 22,000 to 28,000 were killed.

Famine- happened in 1069 and 1315-1317 where torrential rains ruined planting and harvesting.

KP2: Plagues

Bubonic plague- was spread by fleas and black rats, buboes appeared in the armpits and the groins. The Pneumonic plague was spread by people coughing germs onto one another.

Black Death- entered Britain in July 1348 through the port of Melcombe on the south coast. Estimates vary, with up to 40% of the UK population killed by the disease.

Great Plague- In 1665, around 100,000 people died of the Plague in London, nearly 25% of the population. Wealthy people left the city, just spreading the plague to other areas.

Keywords and concepts	**Definition**
Poverty	Lack of necessary means, food, clothing & shelter
Famine	Food shortages
Warfare	War or conflict
Fodder	Food for cattle & livestock
Child mortality	Child death rate
Supernatural	Paranormal, magic, spirits
Pestilence	A fatal epidemic disease
Cesspits	A pit of liquid waste/sewage
Miasma	Unhealthy smell/vapour
Epidemic	Widespread occurrence of a disease
Pandemic	Disease across whole country/world
Consumption	A wasting disease, tuberculosis
Cholera	Waterborne bacterial disease
Typhoid	Bacterial fever
Contagious	Spread from one to another
World Health Organisation (WHO)	Advise & support international public health & medicines

KP3:The Effects of Industrialisation

Industrialisation result in the spread of factories and the growth of industrial towns such as Glasgow, Manchester, Birmingham and Sheffield.

Manchester Population – 1801-75,000 – 1851-303,000 – 1901-645,000

Squalid living conditions meant that outbreaks of disease were common. Tenements were overcrowded, large families lived in cramped conditions. Sewage contaminated drinking water, which led to outbreaks of cholera and typhoid. Cholera originated in Bengal, India and gradually spread across all of the trade routes.

Epidemics: 60,000 people died of Cholera in 1848. In Maidstone, Kent 1800 caught typhoid.

Life expectancy: Young boys were forced to climb up the chimneys and in factories. In 1842, rich people from east London lived on average to 45 whilst labourers lived until the age of 16. 57% of children died before the age of 16.

KP4: Bacterial and Viral Diseases in the 20th Century

Spanish Flu 1918-19- Spread by troops returning back from WW1, a pandemic spread which killed over 40 million people. It infected 20% of the world's population. It could kill a person within a day and hospitals could not cope. It killed 280,000 people in the UK. It was also known as 'the Spanish Lady'.

The HIV/AIDS threat-

In 1981, the first case of HIV was reported in America. It is spread through the exchange of bodily fluids or by sharing needles. By 2000, an estimated 30 million had been infected by the disease and 8 million people had died from it.

KP5: The Four Humours

The Theory of the Four Humours was an important development in medical knowledge which originated in the works of Aristotle. Hippocrates is credited with developing the theory. It then became a mainstay of medical belief for two thousand years.

The Greeks believed that the body was made up of four main components or Four Humours. These Four Humours needed to remain balanced in order for people to remain healthy. Four liquids define the Four Humours, black bile, yellow bile, blood & phlegm.

Title of unit: Health and Medicine 2: Attempts to prevent illness & disease

Definition of topic:
It was very difficult to prevent illness and disease effectively when you don't know the causes. For much of this period people treated the symptoms rather than the disease, nevertheless, even the Ancient Greeks advocated healthy living as a means of keeping well and since then, as people increasingly identified causes of illness, preventative measures have become increasingly important. So much so that today as much effort is put into preventing disease as in treating it.

AD410	Romans left Britain along with aqueducts, baths & toilets
1348	Black Death arrives in England
1660	Royal Society, set up King Charles II
1721	Inoculation introduced to England by Lady Mary Montagu
1753	James Lind identified cause of 'Scurvy' in sailors
1802	Edwin Jenner awarded £10,000 by the government to develop his work on vaccinations.
1854	London Cholera Epidemic
1955	Polio vaccine
1963	Measles vaccine
1998	MMR vaccine

KPI: Early methods of prevention of illness & disease

Travellers had to spend up to 1 month outside the town walls in the quarantine.
Infected families were boarded inside their homes.
Some held scented flowers to avoid bad air or miasma.
Some took potions like theriac (an ointment) in an attempt to kill off the plague.
Flagellants whipped themselves so that God would not punish them.

KP2: Alchemy, Physicians, Soothsayers

Alchemy came to Europe in the late middle ages with ancient writings translated into Latin. It was a mixture of science, philosophy and mysticism (the belief there is a hidden meaning).
Alchemists attempted to find the 'elixir of life' to make a person immortal for life. In doing so, they produced hydrochloric acid and nitric acids whilst discovering the elements: arsenic, antimony and bismuth. These discoveries laid the foundation for the development of chemistry.

Physicians trained at medical school in Italy or Paris and used a variety of methods including urine charts, 'zodiac man' charts and other odd methods.
Apothecaries experimented with herbs to find medicines.
As there were very few trained doctors in England, most people depended on the 'wise woman' or soothsayer. They would collect plants and herbs, special stones and carry them in a willow basket. They would make special charms to protect against evil.
Mother Shipton was a famous fifteenth century soothsayer.

Keywords and concepts	**Definition**
Apothecaries	People who prepare or sell medicines
Alchemy	An ancient branch of philosophy of how to change basic substances
Barber Surgeons	Medieval doctors who performed surgery & hair cuts
Astrology	Study of planets & stars to decide what action to take
Supernatural	Paranormal, magic, spirits
Chid-bed fever	An infection after childbirth
Cholera	Infectious disease caused by drinking/eating contaminated water
Vaccination	Injection of a mild form of a disease to stop you getting a more dangerous version of the disease
Inoculation	Early form of vaccination where the skin is scratched rather than injected
Royal Society	A National organisation for science & learning designed to promote changes in scientific knowledge
Laissez-faire	A belief that some things were not the job of government but should be 'left alone' or left to individuals to do for themselves
WHO	Advise & support international public health & medicines

KP3: Application of Science in the prevention of disease in the late 18th and 19th centuries

Helped by the development of the microscope in 1590, modern science began to develop. The ideas of the ancient writers, like the Four Humours Theory were proved wrong.
New discoveries like the foxglove plant as a utensil to treat heart disease by William Withering were made.
During the eighteenth century, there was a focus on the thesis 'prevention is better than cure', fresh air and exercise were all the range for those that could afford it. It was a time of fads, vegetarianism became popular as did teetotalism.
John Snow discovered the cause of cholera in 1854 and James Lind discovered the cause of scurvy in 1853.

KP4: Vaccination

Smallpox was spread by coughing, sneezing or contact with an infected person. In the eighteenth century, two methods of preventing this disease were discovered: inoculation and vaccination.
Inoculation involved spreading a small dose of the disease from an infected wound. This was popular yet not completely safe, some patients died as they contracted a fatal form of the disease.
In 1796, Edward Jenner developed a safer method to prevent smallpox. He experimented with milkmaids (who had cowpox) and first tested the vaccine on a small boy, James Phipps. He called it vaccination after the Latin word 'vacca' (cow). Since 1977, there has been no cases of smallpox and in 1979, the WHO declared smallpox extinct. In the twentieth century other diseases have been eliminated such as polio and measles.

KP5: The discovery of Antibodies and developments in the field of Bacteriology

In the 19th century, Robert Koch began to identify bacteria that caused specific diseases. Louis Pasteur discovered germs in 1861. Koch also realised that antibodies could help to destroy bacteria and build an immunity. This meant that if you were able to introduce an antibody you would be able to prevent the disease.

Title of unit: Health and Medicine 3: Attempts to treat & cure illness & disease

Definition of topic:
Throughout history, people have fallen ill and doctors of various types & specialisms have attempted to cure them, perhaps not always successfully. Increasingly a scientific approach based on observation, experimentation & measuring has led to new discoveries, medicines & techniques.

1846	**Robert Liston successfully used ether to amputate a leg**
1847	James Simpson uses Chloroform
1847	Ignaz Semmelweiz, pioneer in antiseptics
1871	Joseph Lister invented carbolic spray machine. Also known as the 'Father of Antiseptic Surgery'
1881	Charles Chamberland, invented steam steriliser for medical instruments.
1943	Penicillin used during WW2
1957	First kidney transplant
1967	First heart transplant
1972	Hip replacements introduced

KPI: Traditional treatments and remedies common in the medieval era

Herbal remedies- herbs were ground with pestle and mortar and liquids were added to make a drink.
Books like the 'Leech book of Bald' provided guidelines on remedies. Furthermore, Herbals were published which described the medical properties of plants for instance, William Turner's 'A new Herbal' (1551).
Barber surgeons were the most common medical practitioners. They ran bloodletting, extracting teeth, minor surgery, selling medicines and cutting hair. They advertised in the street with a red and white pole, red stood for blood, white for bandages. They were very limited in skill and knowledge.
Blood letting was a method used based on the Four Humours theory, as according to that, imbalances in the human body caused illness. This was done by venesection (opening the vein) or by putting leeches on a person's body.

KP2: Joseph Lister and the use of Antiseptics

During the nineteenth century, the discovery of anaesthetics and antiseptics changed the process of surgery forever.
James Simpson carried out experiments using different chemicals before discovering that chloroform could help relieve pain for women during childbirth. Surgeons did not know what dose to give patients and a patient died during an operation in 1848.
Queen Victoria used it in 1857 as pain relief which helped change public opinion.
Pain during surgery had been overcome, but there was still an obvious risk of infection. Almost half of all patients who had leg amputations died from blood poisoning. Joseph Lister believed in 'germ theory' put forward by Pasteur. Lister used carbolic acid to wash his hands and all instruments before applying them to wounds. He published his findings in 1867.
The discovery that a bacterium caused blood poisoning in 1878 supported Lister's ideas. By the 1890s, operating theatres were cleaned, surgical instruments were steam-sterilised, and sterilised rubber gloves were first used.

Zodiac Chart	Represents which parts of the body are linked to which astrological sign.
Leeches	Predatory worms which suck blood, their saliva contains a natural anti-coagulant
Anaesthetics	Something used to lessen the pain
Antiseptics	Prevents the growth of disease causing microorganisms
Aseptic	Free from contamination caused by harmful bacteria i.e. sterile
Gangrene	Decay of a body part
Septicaemia	Blood poisoning by infection
Homeopathy	A system of alternative medicine, based on healing people with natural substances rather than chemical medicines.
The British Medical Association	Professional & registered trade union for Doctors in the UK.
General Medical Council	Regulates & certifies Doctors

KP3: Twentieth Century Developments

Marie Curie and her husband were the first to isolate radium and polonium. These radioactive elements played a role in destroying tissue, opening up a way to treat cancer. Her 1911 Nobel peace prize was for discovering how to measure radiation. She developed x-ray units during WW1 which made diagnosis and treatment of injured soldiers easier.
In 1928, Alexander Fleming discovered penicillin, a mould that killed bacteria. In 1929, he published a report on the antibiotic powers of penicillin. It took 10 years to find a way to mass produce it. Howard Florey and Ernst Chain perfected this for WW2, by 1945 it was available to citizens.
1952 saw the first kidney transplant. Even if it failed, dialysis could keep them alive. The heart-lung machine in 1953 allowed for an operation on the inactive heart. In 1958, Christiaan Barnard created a heart unit in Cape Town. He December 1967 he performed the first heart transplant. The subject survived for 18 days, dying of pneumonia. Development of immunosuppressive drugs solved the problems of rejection.

KP4: Modern Advances in cancer treatment and surgery

Cancer is the uncontrolled growth of cells caused by a change in the DNA. It can be treated by radiotherapy (attacking with radiation), chemotherapy (attacking with chemicals), surgery (removing them).
Heart disease is the most common cause of death in the UK, accounting for 1/3 of deaths. Treatment of heart disease can be, diet and exercise, drugs, or surgery (the use of a stent to widen an artery).
Recently, the use of fibre optic cables and computers have allowed keyhole surgery to happen, it involves an endoscope. Keyhole surgery avoids having to make large incisions and speeds up the recovery process. Recent advances in microsurgery have enabled surgeons to re-join nerves and small blood vessels, enabling limbs such as fingers to be re-attached after being served and restoring feeling.

Title of unit: Health and Medicine 4: Advances in medical knowledge

Definition of topic:
It is easy to assume medical knowledge in medieval times was limited, yet there is plenty of evidence of successful medical treatment if you had access to a doctor, even from the Stone Age. It was perhaps the Renaissance and the later arrival of scientific method that really changed our understanding of illness and made significant advances in medical knowledge, something which continues apace today. This unit explores the 'turning points' in the growth of medical knowledge.

900AD	**First Medical University in Italy**
1476	William Caxton invented the Printing Press
1543	Andreas Vesalius published '*De humani corpois fabrica libri septem*' which completely changes attitudes to medicine.
1628	William Harvey published *'On the Motion of the Heart'* which challenged the work of Galen & medicine forever.
1882	Robert Koch identified Tuberculosis bacteria
1910	Paul Ehrlich developed Salvarsan 606 known as 'magic bullets' which identified specific germs which cause illness.
1914-1918	Mobile x-ray units set up to check for bullets, shrapnel etc
1953	Crick, Watson & Franklin publish a paper about DNA
1996	Cloning (copying cells) & modifying DNA to eliminate genetic diseases

KPI 1: Common medical ideas of the Medieval Era

Medieval physicians used **astrology** to help treat patients. They believed the movement of the planets affected people's health. The **'Valemecum'** is the book that contained the signs of the zodiac and the **'zodiac man'** charts. They used this to work out which treatments could be used on certain parts of the body at that time.
The theory of the **four humours was developed by Hippocrates** in Ancient Greece.
The humours are **four liquids, phlegm, blood, black bile and yellow bile**. These are each related to the four elements and the four seasons. For example, blood represents Spring, and Air (hot and moist).

KPI 2: The influence of Vesalius, Paré, and Harvey on Medical Knowledge

During the sixteenth century, there was a '**Renaissance'** in learning and science. The invention of the mechanical printing press in Germany helped spread new ideas. **There were also new inventions like the thermometer and the microscope** which helped improved observation.
Andreas Versalius was a professor of anatomy at Padua university. In **1543** he published the book **'Fabric of the human body'**. He insisted on the dissection of human bodies and so helped improve medical knowledge.
Paré was an army surgeon who spent years treating wounded soldiers. He discovered that instead of **cauterising** wounds, it would heal more quickly if covered with bandages and ends of arteries were tied by **ligatures**. **In 1562, he published his 'Five Books of Surgery'** which provided the latest research.
William Harvey studied medicine at Cambridge and Padua. He believed in the importance of observation. **He dissected live animals to study the movement of blood to the heart. He realised that blood went away from the heart and then flowed back**. In **1628**, he published his findings in a book, **'An Anatomical Account of the Motion of the Heart and Blood in Animals'.**

Keywords and concepts	**Definition**
Poultice	A soft, moist mass of material often made from bran, flour, herbs. Applied to the body to relieve soreness & inflammation.
Indulgences	If you bought an indulgence from the church, the church would lessen the punishment for your sins, allowing you to get to heaven more quickly when you die.
Renaissance	Meaning rebirth or renewal, usually refers to the period from 14th – 17th century where great advances were made in learning, science & art.
Ligatures	A cord used to tie something very tightly, in this case in order to stop bleeding.
MRI	Magnetic Resonance Imaging – uses radio waves to build up a detailed picture of organs & tissues within the body
PET scans	Positron Emission Tomography – injects a radioactive tracer into the bloodstream to produce 3D images of tissues & bones.

KPI 3: Louis Pasteur and Robert Koch

Louis Pasteur carried out medical research in Paris. **Pasteurisation** was discovered, boiling a liquid killed harmful germs, it was used to stop milk, beer and wine from going sour. Germ theory meant that microbes in the air caused decay, this was discovered in **1861**. In 1879, he also took the germ that caused chicken cholera and injected chickens with a weaker form of the disease. He did the same for anthrax and rabies. **Koch was a German doctor** who furthered the work of Pasteur. He linked particular germs and microbes to particular diseases. **In 1872, he began to study Anthrax**, he studied the blood of animals that were affected and those that weren't affected, and so discovered the bacteria that caused it. He developed a solid culture on which to breed colonies of germs and later identified the tuberculosis and the cholera germ. **Koch was the pioneer of bacteriology and was awarded the Nobel peace prize for his research in 1905.**

Title of unit: Health and Medicine 5: Developments in patient care

Definition of topic:

In the UK today if you are sick & in need of medical treatment you either visit your GP or a hospital. All these services are provided under the state-run NHS. However the development of these care facilities has taken centuries. During the medieval period the Church dominated medical provision but from the mid-16th century voluntary & charity institutions began to take responsibility for nursing & patient care. During 20th century the government began to take an active role in looking after the welfare of its citizens.

1287	St Leonards Hospital in York, could accommodate 225 sick patients
1530's	Dissolution of the Monasteries
1770's	Dispensaries (pharmacies) were set up to issue medicines
1800	Approx. 3000 patients in hospitals in England & Wales
1854-6	Crimean War
1863	Florence Nightingale published *'Notes on Hospitals'*
1906	Liberal government introduced Free School Meals, compulsory by 1914
1911	National Insurance Act – first steps towards the Welfare State
1942	Beveridge Report – Highlighted what welfare provision was needed
1948	NHS National Health Service was launched

Keywords and concepts	**Definition**
Leprosy	A chronic infectious disease mainly affecting the skin, nerve etc
Almshouse	Charitable, sheltered housing
Monasteries	Communities of either Nuns or Monks
Royal Hospitals	Endowed (gifted) with royal funds
Philanthropist	A person who seeks to promote the welfare of others through donations or good causes
Welfare State	Introduced after WW2 to provide free health service, unemployment support, council housings & free secondary education
Nationalisation	To take over something by government, so government runs the service, factory or industry

KPI: The role of church & monasteries

Medieval monasteries played an important role in caring for the sick. The infirmary was a type of hospital for sick patients. It was separated to stop infection spreading. In the twelfth century, the first 'hospitals' were set up which offered 'hospitality'. Only a small number of these hospitals actually cared for the sick, there were no doctors, monks would pray for the souls of the patients.

Leper hospitals were outside the town walls. Almshouses were the medieval equivalent of a modern care home. St Bartholomew's was founded in 1123 but did not appoint its first doctor until the sixteenth century.

KP2: The roles of voluntary charities in patient care after the mid-sixteenth century

Henry VIII ordered the dissolution of the monasteries in 1530s, and so closed many of the hospitals. Charities and local town councils had to take responsibility. In London, 5 major hospitals were endowed by royal funds, such as St Bartholomew's.

As new industrial towns expanded in the eighteenth century there was a demand for increased hospital provision. Thomas Guy was an earl philanthropist that financed the establishment of Guy's hospital in 1724. 11 new hospitals were founded in London during the period, with a further 46 across the rest of the country. These included Westminster Hospital and Addenbrooke's hospital in Cambridge.

KP3: **Florence Nightingale and the professionalism of nursing**

Florence Nightingale was a pioneer in improving standards of patient care. Between 1854 and 56 she treated patients in the Crimean war. She secured government funds to go to the hospital at **Scutari, which was notoriously poorly conditioned. She also secured backing from 'the Times' who were to publicise her findings in their newspaper.**

She found that there were over **1700 patients there in filthy wards.** She gave them a wash, clean clothes and new-bedding regularly. Death rate there fell from 42/100 to 2/100 and only 100 of the patients found themselves confined to bed. On return to **England in 1856, Nightingale began a campaign to reform army medical services. In 1859, Nightingale published her 'Notes on Nursing'. *The Times* set up a fund which raised £50,000. In 1860, she set up training schools for nurses at St. Thomas' hospital** and at King's College Hospital in London. New hospitals like the Royal Liverpool Infirmary were built to her designs.

KP4: The Beveridge Report (1944) & provision under the NHS after 1946

It identified 'disease' as one of the 'five evil giants' facing the UK. **Aneurin Bevan (labour MP)** was appointed Minister of Health in 1945. He faced opposition to his **National Health Service Act of 1946, from those that ran hospitals and the BMA who complained doctors would make less money.** From 1948, the NHS offered prescriptions, treatments, dentists, opticians and maternity care. In 1947, **Doctors issued 7 million prescriptions per month, by 1951 this was 19 million. By 1949, 8.5 million had received free dental treatment. In 1950, the budget was under pressure and prescriptions cost 1 shilling. By 1951, only 1.5% of population remained outside the NHS.**

KP5: Early Twentieth Century Reforms

Liberal governments of 1906-14 changed the laissez-faire policies. The reforms tackled provision of education, free school meals and old age pensions. **Medical inspections were introduced in 1907, but poor families could not afford treatment. Pensions were introduced,** only if you had worked all your life and could prove you are not a drunkard**. The National Insurance scheme only applied if you paid regular contributions,** but part of the cause of poverty was irregular employment. **The National Insurance Act of 1911 laid down the first steps for the creation of a welfare state. Chancellor Lloyd George proposed an insurance fund based on regular contributions to a central fund in case you became ill.** The scheme was restricted to certain trades and occupations and it did not cover families, neither did it cover the unemployed, the elderly, the chronically/mentally ill.

Title of unit: Health and Medicine 6: Developments in Public Health & Welfare

Definition of topic:
Throughout history people have tried to keep themselves clean & healthy but not always successfully. There have been attempts by town councils & governments to pass laws to clean up nuisances, keep drinking water clean etc. This unit explores the developments in public health & welfare over the last 1000 years or so.

1420	Waste collection services were recorded in Coventry
1532	Henry VII passed an Act to impose a 'tax' in order to build sewers
1547	People were forbidden to go to the toilet in courtyards of Royal Palaces
1848	First Public Health Act
1848	Cholera Epidemic – killed over 52,000 people in England
1851	More people lived in towns than the countryside
1872	Only 50 councils had a Medical Officer of Health
1875	Public Health Act – huge breakthrough, covering sewage, drains, water supply, housing & disease
1875	Food & Drugs Act – to regulate food & medicines
1919	Housing Act proposed to build 50,000 homes 'Fit for Heros'
1939	Over 1 million homes had been built by councils
1945-51	Another 1 million homes built under Attlee's Labour government
1952	Killer Smog, London – estimates suggest over 12,000 died
1990	Environment Protection Act
1996	Clean Air Act

KP1: Public health and hygiene from the medieval period to 16th & 17thcenturies

In Medieval times, mortality rates were higher in towns and cities than in the countryside. People lived closer together, alongside their animals and their filth. **Henry VII passed a law forbidding slaughterhouses with cities or towns, Henry VIII passed an Act in parliament allowing towns and cities to increase taxes in order to build sewers.**
Towns and cities grew so fast it was impossible to keep them sanitary. **There were 8 outbreaks of plague in the sixteenth and seventeenth century**. After the Great Fire of London in 1666, an Act was passed to limit fire destruction **by making streets wider and insisting houses were made of stone.**

KP2: The Impact of industrialisation on public health in the 19th century

At the start of the nineteenth century, local authorities and parliament were not interested in public health. They believed it was not their job to be concerned with this sort of matter. **Serious outbreaks of cholera in 1832 and 1849 made this change more quickly.**
Edwin Chadwick was appointed **Poor Law Commissioner in 1832**. He believed in the 'miasma theory' but was convinced there was a link between poor health and bad living conditions. In 1839, he was commissioned by the government to head a Royal operation, investigating conditions of working people.
In 1842, Chadwick published his **'Report on the Sanitary Conditions of the Labouring Population of Great Britain'**. In this, he suggested laws should be passed in parliament to change it. Local authorities were to be responsible for improving drainage and water supplies.
In 1848, a Public Health Act was passed **which set up a Board of Health**, run by 3 commissioners. Towns could volunteer to set up their own board of health - **182 towns** had done so by 1854. The cholera epidemic of 1849 encouraged change, but there were no requirements put in place, it was only recommended. **In 1854, the government closed down the board of health.**
In 1859, Joseph Bazalgette was appointed to oversee the building of London's new sewage system. *Parliament passed **The Sanitary Act of 1866, which forced local councils to build sewers**. ***The Public Health Act of 1875** made it compulsory to layer sewers, drains and pavements. ***The Artisans' Dwellings Act of 1875 gave councils the power to take over slum districts**.

Keywords and concepts	**Definition**
Latrines	Toilets
Sanitary	Conditions of hygiene & health i.e. clean
Dwellings	Accommodation, house, apartment, home etc.
Slaughterhouses	Also known as an abattoir, a facility where animals are slaughtered most often to provide food for humans.
Municipal Socialism	Government led social reform, i.e. providing public services such as gas & water supplies.
Anticyclone	An area of high atmospheric pressure, in which air sinks; often winds are light
Livewell Guide	A national government campaign to promote a healthy, balanced diet

KP3: Efforts to improve housing and pollution in the 20th Century

In 1918, Lloyd George promised homes **'fit for heroes'**. The Housing Act of 1919 gave councils grants to build homes. There was demolition of back to back houses in the 1920s. **The Beveridge Report of 1942 identified 'squalor' as one of the 'five evil giants'. After the Second World War, there was a housing shortage so 1.25 million homes were built by 1951**. In the 1960s, inner city slums were replaced by blocks of flats. By the mid-twentieth century the air quality in many industrial towns was heavily polluted. **In December 1952 the 'Great Smog' hit London and over 4000 people died of respiratory illness**. It resulted in the **Clean air Act of 1956** which introduced smokeless zones in cities, and tried to locate power stations away from cities.

KP4: Local and National Government attempts to improve public health in the 21st century

Some people argue it is better to spend on prevention rather than finding a cure. **'Walking for health' is a fitness drive to make people walk 10,000 steps per day. 'Be active' is Birmingham Council's scheme to provide free leisure to its residents. Launched in 2008, it is estimated for every £1 spent, £23 has been recouped in health benefits.** The **'Five a Day' campaign makes people eat more fruit and vegetables. The Eatwell Guide (March 2016) is typical of National government campaigns, it depicts a healthy, balanced diet** which includes eating at least 5 portions of fruits and vegetables per day.