Read through the following methods of medieval treatments and preventions and complete the table.

Statement	Religious, supernatural or humoural?	Treatment or prevention?	
People were encouraged to pay for a **special mass** to be said for the sick person, to fast or to say **healing prayers**.	Religious Supernatural Humoural	Treatment	Prevention
Regular prayers, confessions and offerings to the Church would ensure minor sins were forgiven and God would not inflict you with illness.	Religious Supernatural Humoural	Treatment	Prevention
Different foods were also used to balance the humours, such as **blanc mangier,** made from chicken and almonds, often recommended for medieval invalids.	Religious Supernatural Humoural	Treatment	Prevention
People went on **pilgrimages** to the tombs of people who were noted for having healing powers. They could touch **relics**, make an offering, or light a candle to heal.	Religious Supernatural Humoural	Treatment	Prevention
Bathing was used regularly to warm the body and dissolve blockages in the humours. The body could steam out impurities and ease aching joints. Herbs and plants could be added to the water.	Religious Supernatural Humoural	Treatment	Prevention
Purging was often used to balance the humours after eating the wrong foods, The digestive system would be ***purged*** of left-over food by giving them something to make them vomit (an **emetic**) or a laxative or **enema**.	Religious Supernatural Humoural	Treatment	Prevention
As kings ruled by **divine right**, it was believed monarchs had healing powers, especially healing scrofula. Edward I aimed to touch 2,000 people a year.	Religious Supernatural Humoural	Treatment	Prevention
Phlebotomy, (**bloodletting)**, was a method of balancing the humours. Physicians believed that bad humours could be removed from the body by removing blood.	Religious Supernatural Humoural	Treatment	Prevention
Wealthier patients could be issued with a **Regimen Sanitatis**. This was a set of instructions issued by a physician. Instructions included: taking exercise, not overeating, get enough sleep, avoid stress, bathe	Religious Supernatural	Treatment	Prevention

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regularly, avoid drunks and barking dogs, being kind to your neighbour.	Humoural		
There were three methods of bloodletting: cutting a vein, leeches and cupping. As this was such a common procedure, physicians often let wise women or **barber-surgeons** carry out the task.	Religious Supernatural Humoural	Treatment	Prevention
During the period c1250-c1500 people also took **remedies**—usually herbal infusions—to drink or sniff. A common remedy was called **theriaca.** This was a mixture of up to 70 ingredients (e.g., ginger and pepper, and perhaps opium and viper flesh). Used for many illnesses. Galen had a book on **theriaca's.**	Religious Supernatural Humoural	Treatment	Prevention
People tried to purify the air by spreading sweet herbs (e.g., lavender). People also carried herbs in jewellery (a **pomander**) carried around the waist. These methods would keep the air free from miasma. Local authorities kept towns clean by ensuring rotten animals were cleaned up and smelly toilets pulled down.	Religious Supernatural Humoural	Treatment	Prevention
People were encouraged to have a **balanced and healthy diet**, particularly to avoid dysentery.	Religious Supernatural Humoural	Treatment	Prevention
Bad smells indicated a **miasma**. So, people tried to keep clean. Wealthy people took private baths with hot water and poorer people swam in rivers and public baths. Everyone washed hands before eating and houses were kept clean.	Religious Supernatural Humoural	Treatment	Prevention

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