

Victorian Medicine Worksheet

Activity One:

Victorian diseases were quite nasty and would often result in death! Medicine was not as advanced as it is today, and hygiene was not as important. As a result, these diseases often spread rapidly. There are 8 Victorian diseases in this word search. Can you find them?

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

CHOLERA
WHOOPIINGCOUGH
GOUT

DIPHThERIA
DYSENTERY
SMALLPOX

TYPHUS
AGUE

Activity Two:

The diseases you found in the word search were some of the most common in the Victorian era. Each disease had different symptoms that were often very unpleasant; can you match the disease to the description?

Cholera

This disease leads to swelling of your joints. It was very common in the upper classes as they often ate too much rich food!

**Whooping
Cough**

This disease caused puss filled blisters and a fever. 1 in 5 people who caught it in the 1800s died!

Gout

This disease killed a lot of young children in the 1800s. Its symptoms were violent coughing and being sick!

Smallpox

This disease killed a lot of soldiers in the Crimean War! It was spread by contaminated food and water.

FACT: before there was anaesthetic, surgeons used to carry out operations on patients while they were still awake! This meant they had to operate very quickly which often led to complications.

Activity Three:

These diseases were cured by some strange medicines. Often herbs and spices were used to cure illnesses and infections. Can you match these spices we would often find in our kitchens to their use in the Victorian era?

Cinnamon Sticks



This herb is often used in cooking. However, it is still believed today to hold medicinal qualities.

In the 1800s it was thought this herb could be used to help indigestion as well as an antiseptic.

Sage



This spice can be found in popular biscuits as well as festive treats. It is still believed to have medicinal qualities today.

In the 1800s this spice was used as a stimulant to treat diarrhoea and joint ache.

Thyme



We often use this spice today in cooking and baking. Sometimes you will find hot drinks with this flavour, especially around Christmas time!

In the 1800s this spice was used as a stimulant and an antiseptic.

Ginger



We often use this herb in cooking. You may find it is used when making roast dinners!

In the 1800s this herb was used as a tonic for fever or yellow fever.

Activity Four:

Nurses working in the 1800s wore a bonnet and an apron. Their bonnet was traditionally adapted from a nun's habit. Their uniform was traditionally very plain, but each hospital had its own take on the basic apron and bonnet. Can you design your own bonnet and apron?



My bonnet and apron:

A large, empty rectangular box with a thin blue border, intended for a student to draw or describe their own design for a bonnet and apron.