

The history of medicine

2019

Robin Král

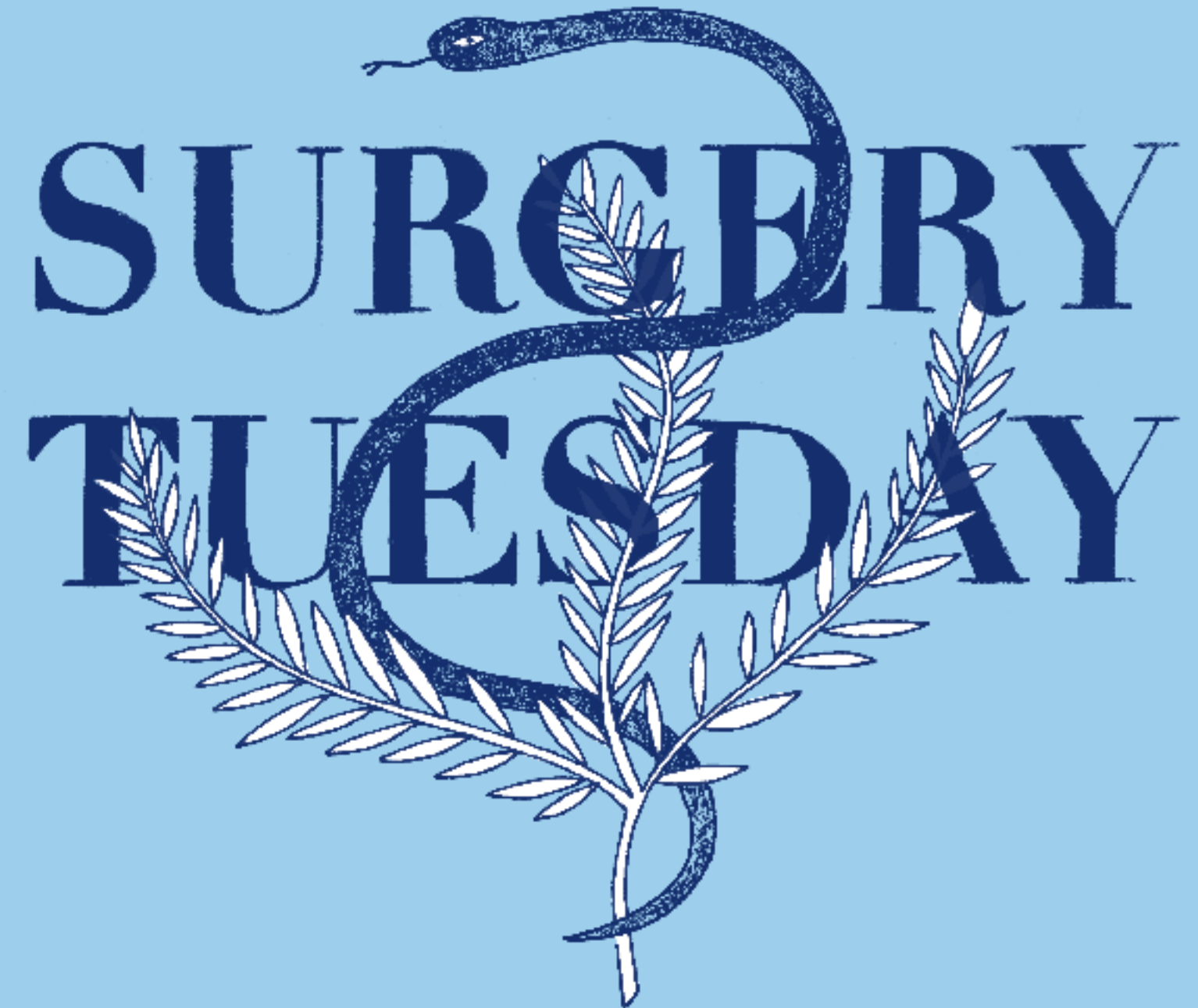
Petr Svobodný

# BEWARE THE DOC!

Nikola Logosová

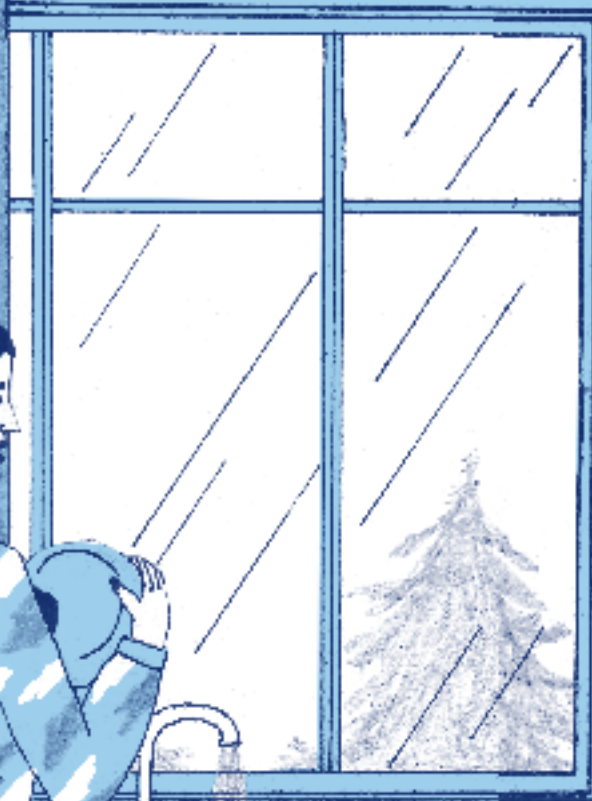
in seven days

Zuzana Lednická



# SURGERY TUESDAY





"And don't forget your braces, you know your check-up is right after school!"

"Oh... not that tormentor again! Since when are doctors allowed to torture little children, anyway?"

"Since about 2000 years ago. Even the ancient Greeks had doctors and hospitals. Remember that massive plane tree we saw during our holiday on Kos Island. They say that it was under that very tree that the famous doctor Hippocrates used to treat his patients."





More olives, fewer figs,  
here and there a little loving,  
long walks early in the morning,  
and some exercise that fits,  
let go, too, of all your worries,  
listen to friends' funny stories,  
read a favourite book,  
and try a happy look!  
After bath, know what to do:  
let someone rub oil on you.  
Live peacefully, keep stress at bay,  
and be healthy  
for another day!







Since ancient times, through the Middle Ages up to modern times (approx. the 18th century), medicine has been associated with the **Greek doctor and philosopher Hippocrates** ↑, who lived between the 4th and 5th centuries AD on the Greek island of Kos. He was the embodiment of a doctor-theoretician, teacher, and practitioner. Many of the principles of the Hippocratic oath are still upheld by today's doctors and health professionals.



← **Hippocrates included in his oath requirements** that are still considered the basic of medical ethics today: to perform the profession as best as one can, to not harm the patient, to not give a lethal drug, to not aid the termination of a pregnancy, and to keep medical confidentiality. The oath also includes information about the medical profession and how it specialised as early as ancient times, and about the foundational principles of medicine of the times (the higher power of gods).



Ancient and medieval medicine was founded on something called **humoral pathology**. The basic requirement for good health was the equilibrium of the four bodily fluids (blood, yellow bile, black bile, and phlegm), and their imbalance meant illness; treatment sought to supplement them (via drink or

drug) or remove them (via sweating or drawing of blood) and so to restore their equilibrium. Bodily fluids were associated with organs, elements (fire, water, wind, earth), their qualities (warmth, dampness, drought, cold), and **human nature** ↑ (sanguine, choleric, melancholic, phlegmatic).

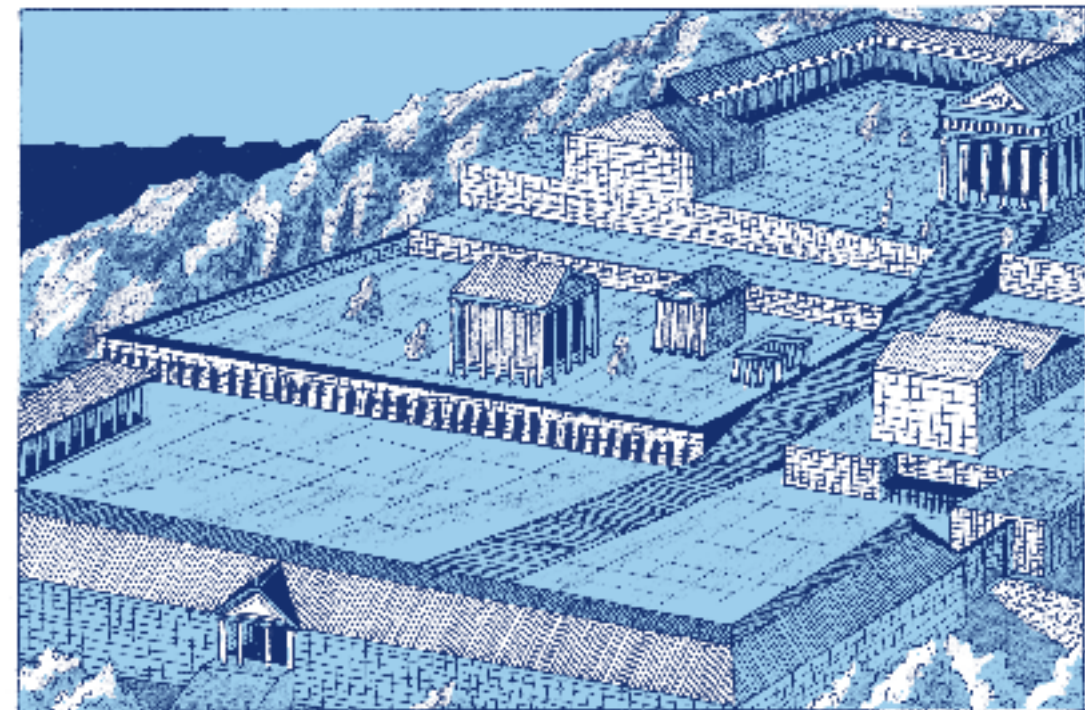
A doctor taking his professional oath in the times of Hippocrates prayed to the authority of the gods Apollo, Hygeia, and Asclepius. He promised special reverence to the one that would teach him the medical art. He swore not to perform surgery, which was (in medieval and early modern times as well) part of a separate craft. Also, the fact that drugs to terminate pregnancies were forbidden suggest that such practice did exist, usually in midwifery.



In ancient times, the island of Kos had institutions that would later evolve into medical facilities. Hippocrates himself followed tradition and treated his patients under a plane tree which can still be seen there today. The god of medicine, Asclepius, gave his name to the **ancient Greek hospital, the askleion** →. Patients came here to bounce back to health by relaxing in beds, the medical effect was a combination of mystical influences of gods visiting them in their sleep and rational methods (rest, climate conditions).



Regardless of whether treatment was carried out by doctors according to humoral pathology, surgeons by drastic interventions in the patient's body, or an experienced woman helping during childbirth, the means of ancient medicine were very limited. In Greece and later in the Roman empire, some hygienic principles can be traced, as well as the administration of medicine and surgical or healthcare interventions. Prevention, maintaining a healthy diet, and attending physiotherapy in ← **spas**, all gave good results.







The top of the sceptre of the Faculty of Medicine, Charles University, from the end of the 19th century.

For centuries, the methods and options available to healers did not change in any major way; only in the 19th century did the medical profession, organisation, financing and healthcare develop into a system that resembles the one we have today. Different categories of medical and healthcare professionals began receiving quality education with the development of medical science, and their numbers grew along with the number of patients who can afford treatment at specialised institutions. The success rate of treatments grew as well.

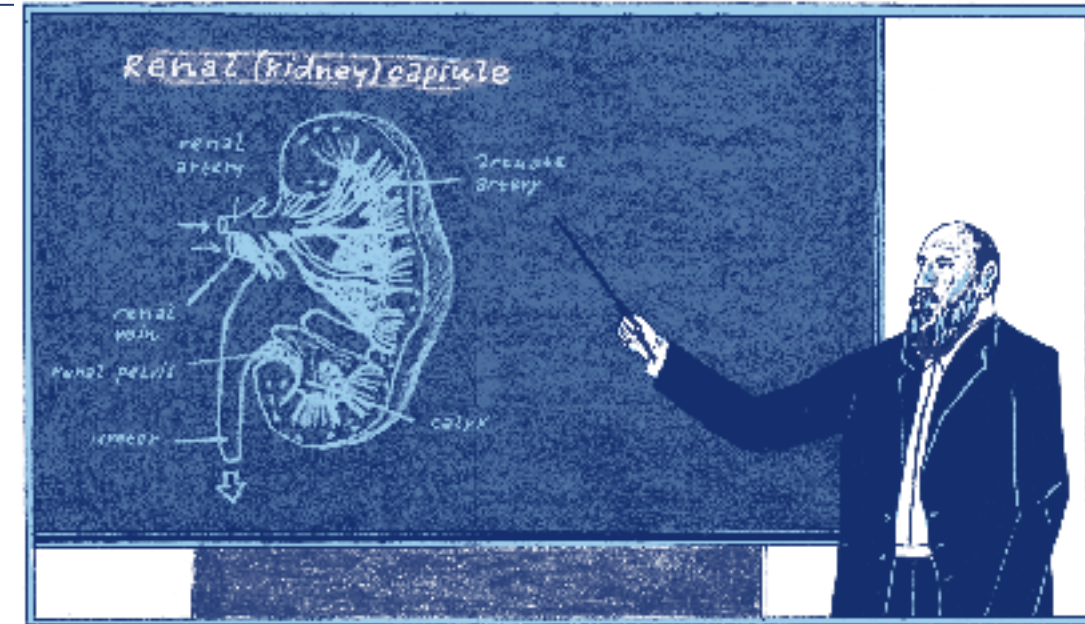
Until the end of the 18th century, university educated medical professionals were separate from other types of healthcare professionals (e.g. surgeons or midwives). In the 19th century, surgery and midwifery became part of the curriculum. In practice as

well as in scientific theory, medical fields were further specialised ↓ (internal medicine, surgery, midwifery, obstetrics, and later added specialisations for illnesses of the eye, ear, skin, of children, neurological disorders, etc.).



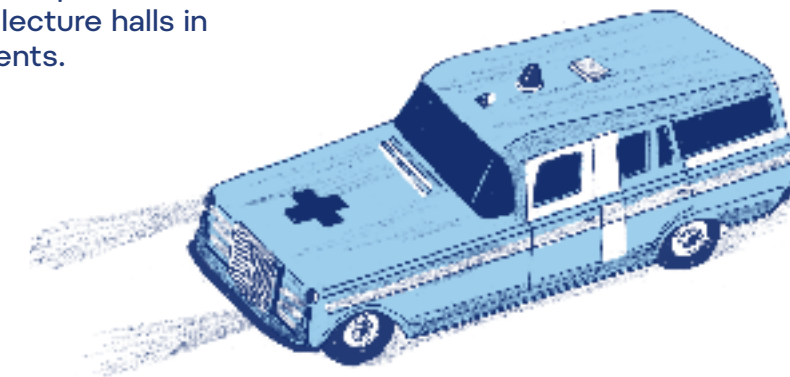
The medical profession was reserved for men until the end of the 19th century, with women first establishing themselves in supporting professions: midwives or ← nurses. Brothers and sisters of charity still served in infirmaries, though their services largely transferred to hospitals during the 19th century. The clerical word "sister" is synonymous with "nurse" in Czech. University education for female physicians was not available until around 1900.

Towards the end of the 19th century, physicians saw their patients in private practices (usually they looked after the whole family) or visited them in their homes. Specialised doctors (e.g. dentists) worked in a similar manner, but their practices ↓ later became converged in polyclinics (out-patient centres). The period around the year 1900 also brought the development of larger hospitals with multiple units as well as smaller, specialised sanatoriums.



In Central European metropolises around the year 1900, on promenades or at social functions, our ancestors would sometimes run into respectable gentlemen in top hats, who were experts in their field. University professors of medicine ↑ were scientists, teachers, and successful and wealthy physicians all at the same time. But it was still a lot more common for patients to see them in their private practices and hospitals, or lecture halls in the case of students.

The 19th century also saw a breakthrough in healthcare organising and financing, which became available to more people. Apart from doctors' care in practices or public hospitals, this growth was enabled by the system of state-organised health insurance (outlined by the Prussian Chancellor Otto von Bismarck in the case of Czech lands), and a number of volunteer organisations including the International Red Cross ↓ (founded in 1863 by Henri Dunant).





The patients in the hospital  
once fit into a single hall.  
But today there's wings and walls  
not unlike our shopping malls.  
It's now far easier to fix  
your malfunctioning appendix,  
to heal nerves, muscles, bones,  
but also minor aches and sores.  
chins and faces, eyes with lids,  
ears, noses, soles and tips,  
and I think that's nearly it!  
Wait, the human! Where is it?





Humans get sick every day  
because germs just like to stay.  
Fighting them requires caution  
But thank goodness for the option.

We've tried every trick in the book  
to get our bodies off the hook.  
Pharmacists and doctors too,  
fashioned to look after you.

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