

The Four Humours

Galen was an Ancient Greek. His ideas informed what people thought about medicine for hundreds of years. Galen thought that every living thing was made out of 4 elements, called 'humours'. Each 'humour' had a different nature, and if you had too much or too little of one humour, you would get ill.

Here is a list of the humours and the feelings linked to them:

Blood – hot and wet

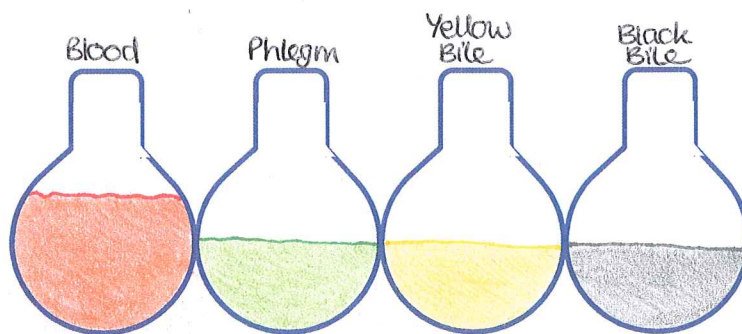
Phlegm – cold and wet

Yellow bile – hot and dry

Black bile – cold and dry

Here is an example:

If someone had a fever and was sweating, they were hot and wet. This meant they had too much of the 'blood' humour. We can show this by colouring in the bottles:



Now it's your turn. Colour in the bottles to show someone who feels cold and is very thirsty.

