

Inside the body of Henry VIII

PART 1

Vocabulary 1: Match the words from the box with their explanations below. There are 4 extra words which don't suit the explanations. (Dictionaries needed, e.g. on-line dictionaries in smartphones, tablets like Diki or Bab.la)

The answer keys are in green.

literally, notorious, conceive (babies), insight, obese, syphilis, diabetes, tuberculosis (TB), tyrant, thrive, autopsy, overindulgence

- an examination of the body after death to determine the cause of death or the character and extent of changes produced by disease (autopsy)
- (the ability to have) a clear, deep, and sometimes sudden understanding of a complicated problem or situation (insight)
- a disease caught during sexual activity with an infected person which spreads slowly from the sex organs to all parts of the body (syphilis)
- a disease in which the body cannot control the level of sugar in the blood (diabetes)
- allowing yourself (or someone else) to have too much of something enjoyable, especially food or drink (overindulgence)
- to grow, develop, or be successful (thrive)
- a serious disease that can attack many parts of a person's body, especially their lungs (tuberculosis, TB)
- to become pregnant, or to cause a baby to begin to form (conceive)

Distractors: literally, obese, tyrant, notorious

Vocabulary 2: Match the pairs of words

conduct	legs
ulcerated	heir
(to be of) paramount	a fever
male	about 0,5 kilo
contract	experiments
infectious	importance
pass	infections
1 pound	disease

The key:
to conduct experiments
ulcerated legs
(to be of) paramount importance
a male heir
to contract a fever
an infectious disease
to pass infections
1 pound is about 0,5 kilo

Listening and watching: Look at the title at the top of the page and at the vocabulary in the exercises above. Can you guess what the film will be about?

Time for watching :)

<https://www.youtube.com/watch?v=ghZZPXA1-Ks1>

Task 1: Watch the first fragment of a documentary about king Henry VIII and decide if the statements are **true or false**.

- T Henry VIII's weight was about 181 kilos when he died.
- F ('body and mind') Archive medical records tell us only about the king's physical illnesses.
- F (in 1547 = 16th century) Henry VIII died in the 15th century
- F (foreign ambassadors) Henry's health was important to his friends overseas and also to England's ambassadors.
- T Tuberculosis is an infectious disease.
- F (he was 17) Henry was 10 years old when he succeeded to the throne.

Compare your answers with a partner.

Task 2: While listening for the second time, check your answers and underline the correct option in the sentences below.

1. Henry VIII was England's biggest monarch, because he was charming/extremely fat
2. Before death he couldn't move / walk, and he could hardly see / hear.
3. The Tudor dynasty needed to fight tuberculosis / have male heirs in order to develop successfully.

_____STOP at 5.33 min_____

¹ Inside the Body of Henry viii (Documentary) by AncientHistory (access date 16.10.2015)

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PART 2

START at 5.33 min

Before watching Part 2, it is recommended to play Part 1 again so that students can bring back and review the vocabulary from the previous lesson.

Task 1: Match the words from the box with their explanations below.
Use dictionaries for help.

to plague, constitution, ailment, visor, migraine, hypochondriac, sanitation, open sewer, paroxysm, smallpox, dashing, endemic, chronic

- to cause worry, pain, or difficulty to someone or something over a period of time (to plague)
- a channel for carrying away waste water and waste from the human body that is above the ground and is not covered (open sewer)
- the systems for taking dirty water and other waste products away from buildings in order to protect people's health (sanitation - higiena, kanalizacja, urządzenia sanitarne)
- an illness (ailment)
- a sudden and powerful expression of strong feeling, especially one that you cannot control (paroxysm -atak, napad)
- regularly found and very common in a particular area (endemic)
- continuing for a long time (chronic)
- a state in which a person continuously worries about their health without any reason (hypochondriac)
- the general state of someone's health (constitution - kondycja, organizm)
- attractive (dashing)
- a part of a helmet that can be pulled down to cover the face (visor-przyłbica)
- severe continuous pain in the head (migraine)
- an extremely infectious disease that causes a fever, spots on the skin, and often death (smallpox)

Time for watching :)

TASK 2: Fill in the blanks

1. Young Henry is a _____ (healthy) teenager when he succeeds to the throne. For the next 5 years he _____ (thrives).
2. Tudor England is _____ (plagued) with disease.
3. In Tudor times malaria was _____ (endemic) in England because of there were a lot of marshlands.
4. Henry suffered from repeated attacks of _____ (malaria) from 1521 onwards.
5. Paranoid Henry feared catching a _____. (disease)
6. Strong _____ (constitution) helped Henry to recover from smallpox and malaria.
7. We know Henry's real body size thanks to his _____, as it was always measured to fit him. (armour)
8. In Tudor times men's beauty was measured e.g. by the shape _____ (of his legs)

Compare your answers with a partner and watch for the second time to check your answers.

TASK 3: Watch the fragment for the 3rd time. Answer the questions:

1. Why did rats and other disease carriers have perfect conditions to breed?

_____ (because of the lack of sanitation and open sewers)

2. What disease caused the king's paranoia?

_____ (malaria)

3. What was the reason for expelling courtiers from the palace?

(a sign of an illness, e.g. a cough)

4. What was more important for Henry: the country or his health? _____

(England)

5. What was so attractive about handsome Henry? _____ (fine calves, round & beautiful face)

6. How did Henry show off his manhood? _____

(by competing in public sports displays)

7. What caused Henry's migraine headaches? _____

(an accident during a jousting tournament, when he forgot to pull down his visor and was badly injured in the head)

8. Why did Henry's courtiers wear slippers instead of shoes? _____

(in sympathy for the king who was wearing a slipper on his wrenched foot)

9. List the diseases and injuries of Henry VIII: _____

(smallpox, malaria, paranoia, a head injury which caused migraine, a tennis injury=a wrenched foot, and probably thigh injuries)

STOP AT 14:02 min. _____

TASK 4: In pairs make a short gap-filling exercise for the rest of the group using the vocabulary from today's lesson.

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PART 3

START AT 14:02 min. _____

Task 1. Do you remember the diseases and injuries of Henry VIII so far?
Are you expecting any other illnesses or accidents?

TASK 1: Match the words from the box with their explanations below. Use dictionaries for help.

Plaster	blood-letting	to reign (verb)	reign (noun)	urine
lead (Pb) /led/	a fluid	a blood vessel	an ointment	
spit	a stool	varicose veins	a garter	

- swollen and often painful veins, especially in the legs (żylaki). Complications of ~ can include ulcers (**varicose veins**)
- to be the king or queen of a country (**to reign**)
- the period of time when a king or queen rules a country (**reign**)
- a piece of elastic (= material that stretches) used, especially in the past, for holding up a stocking or sock (**a garter**)
- a substance that becomes hard as it dries. It is cast around a part of your body to protect it while a broken bone repairs itself (**plaster**)
- a chemical element - ołów (**lead [Pb] /led/**)
- in the past, a medical treatment in which blood was taken from a person who was ill (**blood-letting**)
- the liquid produced in your mouth to keep the mouth wet (**spit**)
- the yellowish liquid waste that is released from the body (**urine**)
- a piece of solid waste from the body (**a stool**)
- a substance that flows and is not solid (**a fluid**)
- a tube that carries liquids such as blood through the body (**naczynie krwionośne – a blood vessel**)
- a thick substance, usually containing medicine, that is put on the skin where it is sore or where there is an injury, in order to cure it (**an ointment**)

TASK 3: Watch the next fragment of the film and complete the blanks.

1. The ulcers on Henry's leg plagued him for the rest of his (reign).
2. He got the ulcers because the (garters) he wore were too tight and blocked the blood circulation.
3. Henry, as a true Renaissance prince, was interested in science, (astronomy) and geometry. But he loved (medicine) the most.
4. Tudor medicine was based on the Roman idea that human body consisted of four humours. If the humours were out of (balance) with each other, it would lead to a disease.
5. Each (blood-letting) session lasted a few hours .

Compare your answers with a partner and watch for the second time to check your answers.

TASK 4: Watch the fragment for the 3rd time and answer the questions.

1. How did Henry's doctors check his health?
They checked (even tasted) his spit, stool, urine, all the fluids
2. How did Henry's doctors treat his diseases? - the king's plaster, blood-letting
3. What was 'the king's plaster'?
An ointment the king devised himself to treat ulcerous legs . It contained over 25 ingredients, some of them poisonous

STOP AT 19:15 min. _____

Inside the body of Henry VIII

PART 4

START AT 19:15 min. _____

Task 1: Match the words from the box with their explanations below.
Use dictionaries for help.

consciousness	a miscarriage	flesh	to salivate	to rot	to sweat
mercury (symbol Hg)	stillborn	premature	fertility		

stillborn - born dead

premature- happening or done too soon, especially before the natural or suitable time

a miscarriage - an early, unintentional end to a pregnancy when the baby is born too early and dies because it has not developed enough

fertility - the quality of being able to produce

mercury (symbol Hg) - a chemical element that is heavy, silver-coloured and is used in thermometers.

to salivate - to produce saliva/spit

to sweat – to produce drops of liquid on the outside

flesh - the soft part of the body of a person or animal that is between the skin and the bones

to rot - to (cause something to) decay

consciousness - the state of being awake, thinking, and knowing what is happening around you

Time for watching :)

Task 2. Answer, underline or fill in where necessary.

1. Why does the future of the Tudor Dynasty seem uncertain? (no male heir)

2. Out of 7 pregnancies of Henry's first wife, how many babies survived?

One- Princess Mary

3. Stillbirth, premature birth or early infant death could have been caused by syphilis

4. What was the cure for syphilis and why?

Mercury- it made people salivate and sweat, which cleansed them of the bad humours that infected their bodies.

5. Henry for sure had syphilis. **True/False** (False- not proven)

6. In his forties Henry needed a new wife. Why? (to give him a son)

7. Who granted him a divorce? He himself as the head of the new church

8. Henry lost consciousness for 2 hours when he had been crushed by (his horse) in a jousting tournament.

9. To recreate Henry's accident, a dead pig was used to represent **the king's horse/the king.**

10. The experiment proved that 8 washing machines collapsed on Henry. **True/False**

False- the equivalent of 8 washing machines

STOP AT 28:00 min. _____

Task 3: In pairs write what you know about Henry VIII.

*If you are interested in Henry VIII's life and health problems,
watch the rest of the documentary at home.*

Netography:

<http://dictionary.cambridge.org/dictionary/british/insight>

<https://www.youtube.com/watch?v=fCbZ60q9NYo>