



# Health Problems

For Preview Only



# Overcrowding



The main health problem facing Victorian people living in towns and cities was overcrowding. This caused many health problems. The large numbers of people living in the squashed slum houses produced a lot of waste, but there was no proper means to dispose of it.



Streets became open sewers which led to many outbreaks of diseases such as typhoid and cholera.

Many children didn't get much sunlight and clean air. They were fed a poor, unbalanced diet. This led to rickets, which is a painful disease causing bone malformation.



The main causes of illness and disease were a lack of sewage systems and clean water supplies. Sewage was thrown into rivers and drinking water was taken from the same river. Diseases such as cholera were easily spread.

## The Great Stink





As there wasn't a proper sewage system in London, the 'Great Stink' happened. In 1858, the River Thames had become so polluted and smelly that people refused to use the river steamers and would walk miles to avoid crossing city bridges.





# Doctors and Disease



Little was known about the causes of disease, and going to a doctor - if you could afford to - could make you feel worse or even kill you. Doctors did not know how diseases spread.



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They believed that a miasma was the cause because many epidemics happened during the summer months when rotting rubbish left in the streets gave off a strong smell. In fact, doctors themselves spread diseases because they did not sterilise their instruments, use antiseptics, or even wash their hands before treating the next patient.



# Disease

Read these symptoms. Click on each of them to find out what disease caused them.

This common illness was caused by a combination of poor sanitation, lack of hygiene, and unusually steamy summers.

Diarrhoea

This disease was caused by not eating enough vitamins and led to deformities and left children vulnerable to other diseases.

Rickets



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A disease spread through cramped conditions, and causing a rash and a 'strawberry tongue'

Scarlet Fever

The disease is passed between humans via food or contaminated drinking water. The symptoms are a very high temperature with bouts of sweating, no appetite, coughing and headaches.

Typhoid