

## How could you survive in Tudor England?

**Presented by Ruth Goodman**

### **Escape the plague: Video transcript**

Tom Pinfold: Right, where do you want your mats?

Ruth Goodman: Oh, yeah, stick them out the way for a minute, cos I've got the hygiene to sort out first. OK. I've got a whole load of herbs to scatter on the floor.

And they serve two basic functions. The first thing is about smell - people in this period believed that disease was carried by evil miasmas, by bad smells in the air.

And, if you breathed that evil miasma, you would get sick. So, wherever you lived, wherever you were spending time, you wanted it to smell as sweet and clean as possible.

But then there's also a role for insecticides - things like my tansy, my wormwood, fleabane. They're for keeping insects out of the house, things like flies or ants or, or body lice, fleas.

Anything like that can be driven out. And it will make the whole living experience, not only healthier, but much pleasanter.