

# OUT OF HUMOUR QUIZ

Ancient Greeks believed that the body contained four fluids called humours: blood, black bile, yellow bile, and phlegm. The humours influenced everything – how you looked, what illnesses you got, and the stinkiness of your feet! The Greeks even thought your personality type was down to which humour was dominant in your body.

**COMPLETE THE QUIZ TO DETERMINE YOUR DOMINANT HUMOUR!**

Flip over the sheet to find out which one you are...



1. How would your friends describe you?

- a) Optimistic
- b) Sad
- c) Grumpy
- d) Calm

2. Which of these four elements do you identify with the most?

- a) Air
- b) Earth
- c) Fire
- d) Water

3. What season were you born?

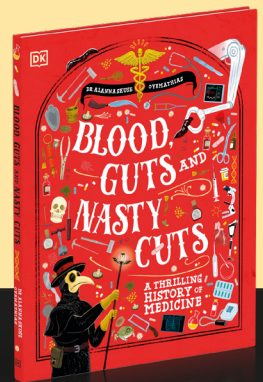
- a) Spring
- b) Autumn
- c) Summer
- d) Winter

4. What is your preferred climate?

- a) Warm and damp
- b) Cold and dry
- c) Hot and dry
- d) Cold and damp

5. What of the following have you experienced most recently?

- a) Nosebleed
- b) Headache
- c) Liver problems
- d) Cold or runny nose



## ...YOUR DOMINANT HUMOUR REVEALED!



**If you picked mostly A,  
your dominant humour  
is blood!**

These people were considered "hot and moist", linked to the element of air, the season of spring, and youth. Blood was thought to be the best humour, and was more associated with men. Typical.



**If you picked mostly B,  
your dominant humour  
is black bile!**

Melancholy people were said to have dark hair and eyes. You would have found them moping around writing poetry and getting headaches.



**If you picked mostly C,  
your dominant humour  
is yellow bile!**

The Greeks thought you could spot a choleric person easily, because they would usually be trying to start a fight! Their hot and dry humour made them prone to fevers and quick to get angry.



**If you picked mostly D,  
your dominant humour  
is phlegm!**

Phlegmatic folk were thought to droop around like limp noodles, and always have coughs and colds (and stinky feet). They didn't cause much trouble, but that's just because they couldn't be bothered.

