Protecting Knowledge:

Islam; Islam translated texts from Greek to Arabic and Latin. They also spread these texts over Europe. This is why I gave it a 10/10.

Christianity; Just like Islam, they protected knowledge but not the same. This is because the church was in charge of all medical books consequently only books that agreed with their beliefs were protected. That is why I have only given them a 3/10 because they still protected but not fully.

Caring for the sick;

Islam; The Muslims were very good at caring for the sick. For example they had high sanitation levels, also they were the first to use and develop antiseptics. That is why I have gave them a 10/10.

Christianity; Even though they believed that illness was sent by god as a punishment they also set up centres for the sick in monasteries and nuns would care for sick with herbal remedies. This is why they only got a 2/10.