

A satellite-style map of the Great Lakes region in North America. The five Great Lakes (Superior, Michigan, Huron, Erie, and Ontario) are shown in shades of blue and cyan, contrasting with the surrounding green and brown landmasses. The text "Great Lakes Region" is centered over the lakes in a large, black, sans-serif font.

Great Lakes Region

Plan for the Course

Plan for Session 5

- Review of Great lakes history.
- Native American settlements, First Nations.
- The Méti.
- European settlements: French, British, Dutch.
- Immigrants: Germany, Scandinavia, Poland, Lithuania

GREAT LAKES REGION HISTORY

Great Lakes Region

International Conflicts

- In the early 1600's, French fur traders entered the region, and British settlers and American colonists began to move in during the 1700's.
- Many conflicts between the French, English and Dutch resulted in:
 - British & French controlling the North side of the Great Lakes.
 - United States controlling the South side.
 - American Indians who remained were settled on reservations.

Great Lakes Region

International Conflicts

- The prospects of fur monopolies and discovery of a fabled Northwest Passage to Asia generated sporadic but intense competition among the three most powerful northwest Europe imperial nations to control the territory.
- 150 years of naval and land wars among France, The Netherlands and Britain resulted finally in British control of the region, from the Ohio River to the Arctic, and from the Atlantic to the Mississippi.

Great Lakes Region

International Conflict

- Beyond the region, North American claims remained disputed among Britain, France, Spain and Russia.
- Britain defeated France decisively at the Battle of the Plains of Abraham near Quebec City in 1759, and the Treaty of Paris (1763) that ended The Seven Years' War, known in America as the French and Indian War ceded the entire region to the victor.

Great Lakes Region

International Conflicts

- Indian Reserve is the historical term for the largely uncolonized area set aside in the Royal Proclamation of 1763 for use by Native Americans who already inhabited it.
- The British weaned to establish an Indian barrier state in the portion of the Reserve west of the Appalachian Mountains, and bounded by the Ohio and Mississippi rivers and the Great Lakes.
- Britain's claims were intensely disputed by a confederation of Indians during Pontiac's Rebellion, inducing major concessions to sovereign Indian nations which never conceded sovereignty to either Britain or US.

Great Lakes Region

International Conflicts

- During the American Revolution, the region was contested between Britain and rebellious American colonies, who occupied village settlements, like Cahokia, Kaskaskia and Vincennes, with passive support from Francophone inhabitants.
- Britain, which entertained ambitions to repossess the area if US failed to govern it, retained control over its forts and licensed fur trade for fifteen years.
- The British continued to supply their own troops and a wide alliance of Native American nations by trade and military routes across the Great Lakes, through Detroit, Fort Niagara, and others until these posts were turned over to the United States following the Jay Treaty (1794).

Great Lakes Region

Immigration

- During the 1800's and 1900's, waves of immigrant farmers came from Germany, Scandinavia, Holland and Poland attracted by cheap, fertile land.
- These communities retained their ethnic character by cooking their traditional foods and doing their healing with adopted local ingredients.
- To date, the population of the Great Lakes region continues to be largely German, Scandinavian, Dutch, and Polish.

Detroit

- An early wave of immigrants came from Greece in the late 1890's, and thrived as peddlers, grocers, and restaurateurs.
- They settled in a “village” known as Greektown.
- Most families remained connected to the Greek Orthodox Church.

Detroit

- Detroit is a major port on the Detroit River one of the 4 major straits that connect the Great Lakes system to the Saint Lawrence Seaway.
- The Detroit-Dearborn metropolitan area has the largest Arab-American population in the US, as Detroit is the principal port of entry for Arab immigrants.

Detroit

- Jews from Eastern Europe added to the already diverse demographics of Detroit, adding about 34K top the established Jewish community.
- Relationship between wealthier, more Americanized German Jews and the poorer, less integrated immigrants was a tense one.
- Black neighborhoods remained crowded, a result of the Great Migration of blacks to the city, so skin color became more important than religious belief in the Americanization process.

Great Lakes Region

Dutch

- 17th century French and Dutch colonies were modest in comparison to Spain's colossal global empire.
- New France and New Netherland remained small commercial operations focused on the fur trade and did not attract a large influx of migrants.
- The Dutch confined their operations to Manhattan Island, Long Island, the Hudson River Valley, and what later became New Jersey.
- Dutch goods were traded widely among the peoples in these areas and were taken deep into the continent along pre-existing native trade routes.

Great Lakes Region

French

- French *habitants*, or farmer-settlers, eked out an existence along the St. Lawrence River.
- French fur traders and missionaries, ranged far into the interior of North America, exploring the Great Lakes region and the Mississippi River.
- These pioneers gave France inflated imperial claims to lands that remained firmly under the control of native peoples.

Great Lakes Region

Food Acculturation

- American Indians who taught later European settlers how to hunt the local game, fish, and gather wild rice and maple syrup, as well as how to grow and eat corn and native squashes and beans.
- The European immigrants, mostly from Germany, Scandinavia, Holland, Poland, and Cornwall, England, each shared their traditional dishes with the rest of America.
- The Germans contributed frankfurters (hot dogs), hamburgers, sauerkraut, potato salad, noodles, bratwurst, liverwurst, and pretzels to the American diet.
- Scandinavian foods include *lefse* (potato flatbread), *limpa* (rye bread) lutefisk (dried cod soaked in lye) *lutefisk* , and Swedish meatballs, as well as the smorgasbord (a table laid out with several courses of small foods).

Great Lakes Region

Food Acculturation

- The Polish introduced *kielbasa* (a type of sausage), *pierogies* (a type of stuffed pasta), Polish dill pickles, and *babka* (an egg cake).
- Pancakes are a Dutch contribution, along with waffles, doughnuts, cookies, and coleslaw.
- Miners from Cornwall brought their Cornish pasties, and small meat pies that were easily carried for midday meals.
- Later immigrants from Arab countries settled in Detroit, Michigan, and introduced Americans to foods like *hummus* (puréed chickpeas), *falafel* (deep-fried bean patties), and *tabbouleh* (bulgur wheat salad).

OJIBWE HERBAL REMEDIES

Great Lakes Region

Native Tribes

- The first inhabitants of the Great Lakes basin arrived about 10K years ago.
- They had crossed the land bridge from Asia or perhaps had reached South America across the Pacific Ocean.
- They founded hunting and fishing communities throughout the Great Lakes basin and along the St. Lawrence river.

Great Lakes Region

Native Tribes

- Many thousands of years ago, Woodlands American Indian tribes, including the Iroquois, Ashinabe, Ojibwe, Potawatomi, Huron, and others initially populated the Great Lakes region.
- They gathered wild rice, berries, and maple sap, hunted deer, fished and grew crops like corn, squash and beans.
- 6K years ago, descendants of the first settlers were using copper from the southern shore of Lake Superior.

Great Lakes Region

Native Tribes

- Charms are those things which affect either humans or nature without actual contact or ingestion.
- Medicines are substances which are given directly to a person for curative or malevolent purposes.

Great Lakes Region

Native Tribes

- A way of preserving individual health was by faithfully observing certain taboos.
- In some instances, the breach of taboo affected the transgressor, but more often it resulted in injury to someone else.
- Most taboos did not concern health, but breaking menstrual and mourning taboos could cause bodily injury or death.

Great Lakes Region

Native Tribes

- A person in mourning was not allowed to touch children until after the Removal-of-Mourning ceremony.
- During this period, the mourner's touch could produce sickness or cause the death of a child.

Great Lakes Region

Native Tribes

- People believed that contact with a menstruating woman or anything she touched was exceedingly harmful, so girls were warned not to bathe in the lake for fear of killing the rice crop.
- A menstruating woman was never to step over a young child or over a man's clothing, for sickness or even death could result.
- During the puberty fast at the time of their first menses, they were isolated in a special hut for a week or more, during which they were brought food to cook on their own fire, and eat it in special dishes reserved for this purpose.

Ojibwe

Herbal Medicine

Agrimonia gryposepala, (tall hairy grooveburr) is used for urinary problems.

The resin of *Pinus strobus* (northern white pine) is used to treat infections and gangrene.

The roots of *Symphyotrichum novae-angliae* (New England aster) are smoked in pipes to attract game.

Allium tricoccum (spring onion) is eaten as part of Ojibwe cuisine, and a decoction is used as a quick-acting emetic.

An infusion of the *Silene latifolia alba* (white champion) is used as laxative.

Ojibwe

Herbal Medicine

A decoction of the *Viola canadensis* (canadian white violet) root is used for pains near the bladder.

Root of *Uvularia grandiflora* (large bellwort) is used for pain in the solar plexus (pleurisy?).

A compound decoction of the root of *Ribes glandulosum* (skunk currant) is used for back pain and for "female weakness".

The corms of *Sagittaria cuneata* (northern arrowhead) are taken for indigestion, and also as a food, eaten boiled, fresh, dried or candied with maple sugar.

Infusion of the *Antennaria howellii* (Howells's pussytoes) are used after childbirth to purge afterbirth and to heal.

A decoction of *Solidago rigida*, (stiff goldenrod) root is used as an enema and an infusion of the root for "stoppage of urine".

Ojibwe

Abies balsamea (Balsam fir)

- The decocted root is used as an herbal steam for rheumatic joints.
- Decoction of the bark is used to induce sweating.
- Bark gum:
 - Is used for healing cuts and sores.
 - Mixed with bear grease is used as a hair ointment.
 - With inhalations of the leaf smoke is used for colds.
 - Is melted on warm stones and the fumes inhaled for headache.

Ojibwe

Abies balsamea (Balsam fir)

Bark gum is also taken for gonorrhea.

The plant is used as a cough medicine.

A mix containing leaves is used as a wash.

Liquid balsam from bark blisters is used for sore eyes.

Twice-boiled tree resin is added to suet or bear fat to make canoe pitch.

Ojibwe

- When an individual dies, a fire is lit in the home of the family, who are also expected to continuously maintain the fire for 4 days.
- Over the 4 days, food and tobacco are offered.
- On the last night, a feast is held by the relatives, ending with a final smoke of the offering tobacco or the tobacco being thrown in the fire.

FIRST NATIONS INDIANS

First Nations

- The First Nations are the Indigenous peoples in the 3 Prairie Provinces:
 - Manitoba
 - Saskatchewan
 - Alberta
- Plus:
 - Parts of Ontario
 - Some of the Northwest Territories
 - Parts of the Northern United States

First Nations

- First Nations peoples have been using traditional or sacred tobacco for thousands of years.
- Traditional or sacred tobacco is grown and dried without additives to be used in ceremonial rituals for healing and purifying.
- First Nations elders teach that tobacco is one of the 4 sacred medicines (Tobacco, Cedar, Sage and Sweetgrass), given by the Creator to the first peoples of this land.

Métis

- Descendants of people born of relations between First Nations women and European men (mostly French).
- Métis traditionally regard tobacco as a medicinal plant with both ceremonial and social uses.
- Many Métis who lived around the Great Lakes were *voyageurs* (employed) or *coureurs de bois* (independent).

Métis

- Typically worked 14 hours a day for many weeks at a time, paddling large canoes laden with goods for many thousands of miles.
- During these long and arduous journeys, a stop was made for a few minutes each hour to allow the men to rest and have a pipe.
- This was so important among the early voyageurs that distances came to be measured in pipes: 3 pipes might equal 12 miles of travel, or an 18 mile lake might be described as a 4-pipe journey.

Métis

Medical Treatments

arthritis

asthma

diabetes

gastrointestinal issues

tuberculosis

cancer

headaches

toothaches

colds

kidney stones

gallstones

venereal diseases

menstruation

cuts and rashes

Métis

- The medicinal plants are used as painkillers, anti-inflammatory agents and digestive aids.
- “Our drug store was half a mile up the road in a meadow called Omisimaw Puskiwa (oldest sister prairie) where yarrow, plantain, wild roses, fireweed, asters, nettles, and pigweed could be found in great abundance. Some of it was just medicine and some of it like fireweed, nettles, and pigweed were both medicine and food.”

Métis

- Métis medicine is holistic and focuses on the mental, emotional, physical and spiritual capacities of the individual.
- Métis women were healers and midwives who provided multiple medicines (*la michinn*) to heal family and community members.
- Métis medicines almost always include traditional Indigenous plants and remedies, although a few medicines have been handed down from the Métis' Euro-Settler ancestors.

Métis

Natural Medicines

- Most medicines are gathered from the natural environment, and many of them are the same across the Métis Nation Homeland.
- Medicines are gathered locally, dried and stored in the home, where they are either ground into a powder or made into tinctures, teas, poultices and salves.
- When gathering the plants, a prayer of thanks to the Creator is required and tobacco or another “gift of thanks” must be offered.
- Medicine gatherers should harvest only what is needed, and no plants should be harmed while harvesting.

Métis

Natural Medicines

- There are four sacred herbs and lead medicines that the Métis use:
 - Sweetgrass (fwayn seukrii, fwayn di bufflo)
 - Cedar (li sayd)
 - Sage (l'aarbr a saent)
 - Tobacco (li tabaa).
- These herbs are used for cleansing, for sacred offerings and for prayer.

Métis

Natural Medicines

- Hemlock (carrot moreau)
- Juniper (aen nipinet)
- Labrador tea (mashkek)
- Oak bark (kors di shenn)
- Rat root (Belle-angelique)
- Rosehip (lii bon tiiroozh)
- Seneca root (la rasinn)

- Snakeroot (rasinn coulyv)
- Spruce gum (gum sapin)
- Stinging nettle(mazhaan)
- Wild mint (li boum),
- Wild onion (zayo faroosh)
- Wintergreen (pipisissew)
- Yarrow (li fleur blaen).

Métis

Natural Medicines

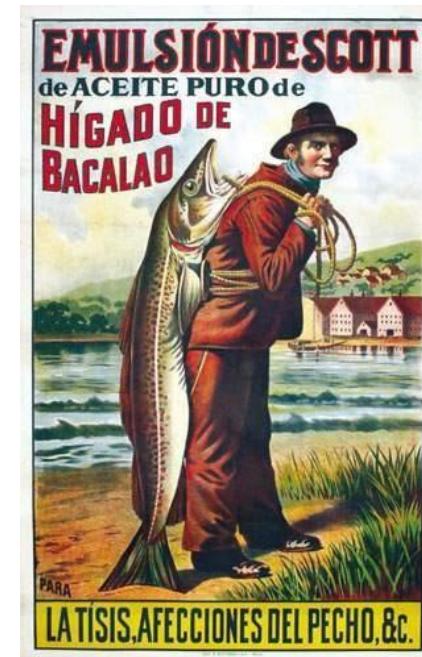
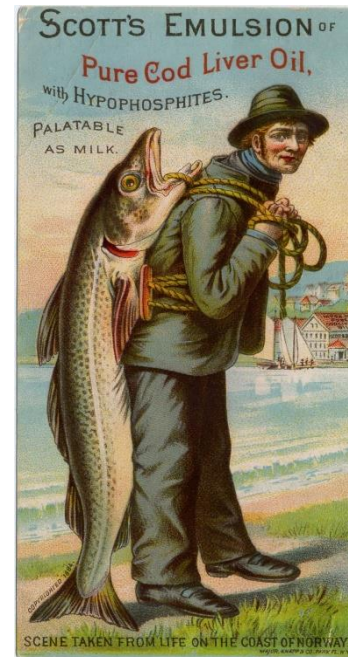
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| <ul style="list-style-type: none">– Balsam (la gratelle)– Blueberries (greenn bleu)– Broad-leaf plantain (plaanten)– Burdock (li grachaw)– Chokecherries (lii greenn)– Cow parsnip (berce)– Dandelion (pisanli) | <ul style="list-style-type: none">– Ginger root (rasyn)– Hazelnut (pakan)– Highbush cranberries (lii paabinaw)– Lowbush cranberries (moosomina)– Wild sarsaparilla (sasperial) |
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Métis

- Medicines that can be harvested from animals include:
 - burbot (freshwater cod) liver oil
 - fish milk (bouyon or broth)
 - goose grease
 - skunk oil (wil de shikaak)
 - sucker heads (catfish/river redhorse)
 - rat root (muskrat)
- Many animals eat plant medicines and as a result, they can be considered medicines as well.

Cod Liver Oil

- This oil has been made since the time of the Vikings, in the most remote regions of Scandinavia.
- In the 18th and 19th centuries the Industrial Revolution refined and purified it for large-scale production.
- Scott's Emulsion formula is a nutritional supplement in children, treats psoriasis, and helps prevent heart attacks.



WILD BERGAMOT

Monarda fistulosa (bee balm)

- The Ojibwe put a wad of chewed leaves of this plant into their nostrils to relieve headache.
- The tops of the plant were dried and used as a sternutatory for the relief of colds.
- The Ojibwe gathered and dried the whole plant, boiled it to obtain the volatile oil and inhaled it to cure catarrh and bronchial affections.

WILD BERGAMOT

Monarda fistulosa (bee balm)

- The Ho-Chunk (Winnebago) used it in their sweat bath, inhaled the fumes to cure colds and made a decoction of boiled leaves as a cure for eruptions on the face.
- Early white settlers used it as a diaphoretic and carminative, and occasionally employed it for the relief of flatulent colic, nausea and vomiting.

WILD BERGAMOT

Monarda fistulosa (bee balm)

- The Iroquois made a tea beverage and cooked meat with it because of the flavor it imparted.
- The Menomini used it as a remedy for catarrh, steeping the leaves and inflorescences in a tea.
- The leaves were placed in soothing warm water baths for babies.

GERMANY

German Folk Medicine



- Includes time-tested techniques evolved from the monastic herbal medicine of Hildegard of Bingen, homeopathy, and naturopathy.
- A German nun in the 12th Century, she wrote 9 books on Natural Science, nutritional therapy, herbal healing and medieval medical treatments.
- Natural medicine was quickly adopted and propagated by monks, who combined expertise from ancient Greek, Roman, and Arabic cultures.
- As Christianity expanded, monastic practice codified, documented, and tested medical practices and their outcomes, so natural herbal healing became the primary focal point of all medicine.

German Folk Medicine

- Treatment of hemorrhoids:
 - A combination of alum and egg white was applied to the affected area just before bedtime.
 - If the hemorrhoids were internal, the same mixture was given as an enema.
 - Treatment had to be repeated for 3 successive evenings to assure a complete cure, even in severe cases.
- To cure a common skin rash, vaguely called *der Fleck*:
 - Apply a mixture of pork lard and turpentine 3 times a day for 7 days.
 - Apply a mixture of sugar and turpentine, same frequency & duration.
 - Apply a poultice of hot milk and bread, same frequency & duration.
 - Apply a cud of used chewing tobacco, same frequency & duration.

German Folk Medicine

- Treatment of an open wound: apply meat from a freshly killed chicken.
- To relieve the discomforts of a boil: apply a slice of salted pork.
- To cure ringworm: rub the smooth sole of a worn baby shoe over the affected area.

Volga Germans

- Volga Germans were peasants from Germany who were enticed to settle the inhospitable and dangerous region of south-central Russia.
- They were promised financial aid and were told they would be given autonomy, but the government dominated their communities and ignored them when they needed protection from Tatar raids and Cossack rebellions.
- Efforts by the government to “Russianize” them did not dampen their desire to stay on the land, and their numbers grew from a few hundred to more than a 250K in a century.

Volga Germans

Folk Medicine

- Many practices of the Volga German folk doctors show a strong admixture of religious elements which appear to be closely related to similar practices in certain rural regions of Germany.
- Some of the folk doctors made use of a prayer in which the help of the Trinity was invoked to control severe bleeding.
- The prayer had to be repeated 3 times and, for some unknown reason, could only be taught to one person at a time.

Volga Germans

Folk Medicine

- A variety of cures and remedies existed for the symptoms of the common cold and of influenza, with alcohol being used as a kind of general tonic.
- To relieve chest congestion, plasters of mustard or of a particular mixture of goose and skunk fat were common.
- If an individual is complaining of difficulties in swallowing due to an enlarged and partially descended uvula, he is treated with “pulling of the uvula”:
 - a pinch of pepper is placed on the patient's outstretched tongue
 - the practitioner grabs the patient's hair near the top of the skull and "gives it a good jerk.”
 - This will call the uvula to retract and relieve the discomfort.
 - If the subject is bald, the practitioners a skull massage to relax the subject before the skin at the top of the head is appropriately pulled upward.

Volga Germans

Folk Medicine

- One specific treatment to increase the probability of pregnancy consists of abdominal massages “to put things in their right place.”
- These massages, lasting usually $\frac{1}{2}$ an hour, are given beginning with the 3rd day after the termination of the last menstrual cycle and are continued weekly.
- Other massages were done to relieve menstrual cramps or correcting abnormal positions of the fetus through manipulation shortly before the anticipated time of delivery.

Volga Germans

Folk Medicine

- After childbirth, women were given special diets, like prune soup or onion soup, deemed effective in keeping the bowels open.
- Women were encouraged to stay in bed for at least 9 days after delivery with the 9th day being crucial.
- On that day, the Virgin Mary helped the various organs to return to their proper place.

Volga Germans

Folk Medicine

- Confidence and trust in the person of the practitioner outweighs in many instances confidence in the potential of the treatment.
- The faith healer, was usually called upon as a last resort to say prayers for the seriously ill.
- This function and services were much in demand in rural areas of Germany.

Volga Germans

Folk Medicine

- The general attitude towards childhood diseases was to let the disease run its course and to let nature take care of it.
- The persistence of these practices is a testament to the strength of tradition in people who go to their own kind and to the wisdom of their own institutions.
- Years of hostility and rejection by outsiders reinforce this persistence.

Volga Germans

- Widespread poverty and starvation were widespread in Russia during the late 1800s.
- Russians and ethnic Germans from Russia were labeled the same because of region, language, and the inadequate US system of cataloguing immigrants.

Volga Germans

Folk Medicine

- Germans from Russia practiced folk medicine, and had formalized their "folk doctor."
- Each community had the services of these practitioners who used a common repertoire of remedies and practices which had been handed down orally over generations.

Volga Germans

Folk Medicine

- Most of the Volga Germans performed agricultural work, so cuts, abrasions, and infections of the skin were the most common issues requiring attention.
- Cuts were treated by applying axle grease which acted as a sealant.
- To prevent blood poisoning, it was recommended to apply a paste consisting of flour, butter, and egg to the affected area of the skin.
- A similar poultice was also used in the treatment of boils; in both instances the mixture appears to have had a drawing effect on the infected area.

Volga Germans

- For Jews, forced relocation to desolate areas coupled with ongoing persecutions and killings called pogroms inspired mass emigration.
- Between 1880 and 1910, more than 2M Russians set out on foot, bound for port cities where many sailed to the US.
- Almost half of the newcomers put down roots in New York City, Boston, and Chicago, taking jobs in growing factories, many as garment workers.

Volga Germans

- Those who preferred rural living reaped the benefits of the Homestead Act and set up farms across the West, while still others worked in mills and mines in the American heartland.
- Russians contributed their diverse cultural traditions and devout faith (for some Judaism and others Russian Orthodox) to the places they settled.
- Unlike immigrants from other countries, few returned to Russia—America had become their homeland.

SCANDINAVIA

Finland

- About 350K Finnish settlers arrived in America during the Great Finnish Immigration between 1870 and 1929, many of them settling in an area that would come to be known as the Sauna Belt.
- This region encompasses the northern counties of Wisconsin, the northwestern counties of Minnesota, and the central and northern counties of the Upper Peninsula of Michigan.

Finland

- Many Finns chose to settle in the Great Lakes region because the economic opportunities available were extremely scarce in Finland.
- There was also a dream to earn enough money to buy a farm, a need to escape from Russian oppression, and the Finn's deep cultural connection to the land.

Finland

- Finland and the Great Lakes region had similar latitude, climate and very similar ecosystems.
- Both areas have pine-dominated mixed forests, aspens, maples and birches.
- Both regions are located on beautiful peninsulas with a rich variety of fish and woods full of delicious berries.
- The forests of both Michigan and Finland are home to a plethora of birds, bears, wolves, moose, elk, and reindeer.

Finland

Folk Medicine

- Adapting to the 4 seasons has made Finland's traditional unique treatment methods support the principles of survival.
- These include manual and nutritional treatments developed in order to maintain the vitality of the body.
- They comprise sauna bathing, massage, cupping, bonesetting, nutrition that supports health and particularly the use of wild vegetables, herbs and medicinal plants.

Finland

Sauna and Massage

- Sauna bathing is a traditional cleansing and relaxing remedy for the muscles and the mind that is practiced by nearly all Finns
- There are various forms of massage available, such as sports massage, connective tissue massage, nerve route massage, soft tissue massage and lymphatic massage.
- A massage can be a full-body massage or partial massage, such as foot, back, neck, shoulder, head or facial massage.

Finland

Phytotherapy

- Traditional medicinal use of herbs, is as old as humans, when people mostly ate leaves, berries, fruit, nuts, seeds and roots.
- About 110 different Finnish plant species are used, 30 widely and 80 more rarely.
- Using wild greens in salads provides, good microbes for the intestines, a source of trace minerals, vitamins to support vital functions, and fiber, which supports bowel function.

Finland

Cupping

- Wet cupping, i.e. bloodletting, is also performed in a sauna, on tissues softened by the heat of the sauna and, often, a previous massage.
- Cupping helps remove so-called bad blood, which is stagnant blood and tissue fluids that have clotted in the small vessels of the skin due to increased tissue pressure.
- Leech treatment and treating difficult wounds with maggots are exceptional treatments for exceptional circumstances.

Finland

Bonesetting

- Bonesetting was created in order to repair dislocated joints.
- Different subsections of bonesetting that have developed:
 - Nerve decompression
 - treatments focused on joint manipulation
 - treatments focused on muscle and tendon manipulation
 - joint setting
 - balancing of support structures

Scandinavia

- Denmark, Norway, and Sweden, are commonly grouped together by their close historic, linguistic, and cultural ties.
- Their old bonds flourished during and after the mass immigration to the United States in the 19th and early 20th centuries.
- Scandinavians felt comfortable with each other, and chose to live in close proximity in communities in the Upper Midwest of the United States.
- In the middle of the 19th century, hundreds of thousands left Scandinavia to begin life in the United States and Canada.
- Sweden had the greatest number of its citizens leave for the United States.

Scandinavia

- Scandinavians discovered that whale fat treats skin cancer, stones, kidney cancer and many others.
- The witch doctors of those times saw that the bigger the whale, the more beneficent its fat was.
- They came to the conclusion that - as big whales and fish fed on deep water seaweeds - deep water vegetation was richer in calories and minerals.
- They noticed it by making a comparison with the fat of small or young and thin whales.
- Therefore people dived to great depths and collected the vegetation growing there, which they dried and made into cure for certain affections or, combined with whale or shark fat, for other affections.
- They also used sea mammals' fat to enhance skin resistance to cold and hot.

Scandinavia

The healers, under the protection of Odin:

- Climbed mountaintops where they picked herbs for cirrhosis.
- Picked other plants for affections of the lungs and heart.
- Gathered petals flowers for digestive and renal affections.
- Went into caves to collect the blue mud covering precious stones, and by mixing it with herbs, used it to treat cancers.

Scandinavian folk medicine gave mankind the honey-based treatment:

- In combination with certain herbs, honey turns into an aphrodisiac.
- In a different combination, it strengthens immunity and the central nervous system.

Scandinavian traditional medicine, has a diversity of treatments based on mixtures of flower petals and medicinal herbs:

- Petals of certain flowers are used to treat impotence.
- Stems of certain high-mountain flowers are used to treat sterility.

Scandinavia

- Folk medicine had recipes for cirrhosis made from the bark of certain trees, mixed with flowers and leaves from other trees.
- Trees are deeply-rooted, and depending on their height, they are full of energy, minerals and vitamins.
- Healing is certain when the bark of trees, like the fir, is used to treat eczemas and inflammations and wounds with pus.

POLAND

Polish

The continuity of Polish folk medicine among immigrants is evidenced in:

- Health practices such as faith healing, bone setting and midwifery that require limited and non-specific organic material.
- The use of animal products from farms, like milk, sour milk, butter, lard, eggs and honey.
- The medicinal use of food plants brought from their country of origin.

Polish

Folk Medicine

- Polish peasants foraged for medicine and for food plants, as more than 150 species (5.5% of the Polish flora) were used on a daily basis, such as fruit and wild leafy vegetables.
- By the 1600's all of the important Old World food crops had already been introduced to the Americas and available as medicinal resources for Indigenous, Mestizo and European migrants.

Poland

- In traditional peasant culture, everything is related to everything in animate and inanimate nature.
- In this interpretation human life and illness depend on astral (cosmic) forces and stages of the moon, date of birth, solar eclipses, appearance or non-appearance of a comet, etc.
- Other natural elements may have a direct or indirect effect on the state of health and illness, like air and water.
- Diseases were said to arise from air, from water or from other constituents of man's natural environment.

Polish

Folk Medicine

- Therapeutic procedures in the folk medical system stemmed as much from beliefs, habits, customs and practical measures as from folk empirical knowledge.
- All these elements were applied in full conviction that they were appropriate, suitable, purposeful and necessary to save that which was most precious in man's life: health.
- The cultural system of folk healthcare was self-sufficient, complex, integral and oriented towards specific therapeutic actions.
- Prevention of illnesses when an individual had not experienced the clear adverse effect of a disease earlier was regarded as pointless and unnecessary.

Polish

Folk Medicine

- This was the purpose of offerings, prayers, vows, and blessing of objects meant to protect against illness (figurines, crosses and pictures).
- Every disease had its patron saint, who was prayed to for recovery.
- Members of the patient's family walked to the places recognized as holy and offered votive gifts. In the 1960s the especially valued objects protecting people against illness included threads drawn out from the stole, blessed candles and holy water.
- In serious cases, the physician arrived together with the priest.

Polish

Folk Medicine

- An important feature of folk culture, for behavior in illness, is the presence of religious elements arising from the conviction of God's omnipotence, which creates and controls everything.
- The will of God regulates the social order and individual fates, and all natural phenomena.
- Those who violated this order were liable to divine punishment while those who yielded to God's will could count on His favor.
- The earlier medieval influence of the Church established the conviction that illness was a punishment for sinning, so it was necessary to win over the Divine Providence and avert the bad fate.

Polish

Folk Medicine

- An example of behavior in illness with distinct religious elements:
 - Parents were told to carry the child before the sunrise to the crossroads, where is a cross.
 - They were not allowed to say a word until they spoke to the cross.
 - Then carry the baby to the cross to and fro, circle the cross 3 times with the baby and repeat: “Good Jesus dying on the Cross, take this suffering child with you or restore his health.”
- The folk medical system and self-treatment is one of the major parts of Polish folk culture.

Polish

- The rural population created quasi-magical knowledge based on perceived divine actions and religious interpretations.
- Illness 'entered' the human organism from outside, it embodied evil and misfortunes, and it was caused by evil spirits and demons.
- The mystical-magical elements overlapped with empirical folk methods of fighting illness and eliminating it, which were based on centuries-old treatment techniques (herbal healing, setting broken or dislocated bones by bone-setter).

Polish

- Development of illness, which could not be explained by real traumatic events (injury, catching cold, poisoning), were religious elements.
- Illness might have been an inevitable punishment for previous (consciously or unconsciously committed) grave and light sins and transgressions, whose punisher was God as an ‘impartial and just’ judge.
- Conditions with such an etiology were mental diseases.

LITHUANIA

Lithuania

- After the fall of the Polish–Lithuanian Commonwealth in 1795, most of Lithuania was incorporated into the Russian Empire.
- Industrialization, commercial agriculture and the abolition of serfdom in 1861, freed the peasants and turned them into migrant-laborers.
- After the 1867-1868 famine, discontent, suppression of religious freedom and poverty drove many Lithuanians to emigrate to the United States.

Lithuania

- The emigration continued despite the Tsarist attempts to prevent such loss of population.
- Lithuania as a country did not exist at the time, so the people who arrived in the U.S. were recorded as either Polish, German or Russian.
- The prevalence of Polish language, caused their names to be transcribed incorrectly.