

Syllabus for OLLI course: Plagues, Pestilences, Poxes and Pandemics

Fall 2020 Semester

Introductory Note:

Thank you for registering for this course.

I will provide a serious, yet amusing tour of the “4P’s”(Plagues, Pestilences, Poxes and Pandemics) and how history and geography have influenced their spread throughout different populations. Much of the information may be dry scientific facts, but I will always emphasize the human aspect, or the significant anecdote. I will definitely impress upon the learners the need to know about these illnesses and how to anticipate, prepare and prevent them. The final take-home point is that we are never going to be rid of the 4P’s, and like the fencers of old, we should always be “En Garde”!

1. Instructor Information:

Néstor A. Ramírez, MD, MPH, FAAP is a retired physician with a specialty in Neonatal-Perinatal Medicine (care of premature and ill newborn infants). See the OLLI Classes Fall 2020 catalogue for more details. You can contact the instructor at nestorbabydoc@gmail.com

2. General Course Information: Purpose and Plan of this Program

Provide a peripatetic, panoramic perusal of the particulars of the past, present and potential plagues, pestilences, poxes and pandemics that produce pervasive panic and persistently put peoples’ permanence on this planet at prolonged peril, plus presenting possible positive principles of prevention.

3. Course objectives:

- ❖ The participants will be able to analyze how some diseases have spread to become epidemics and pandemics.
- ❖ The learners will analyze how human behavior influences transmission of disease.
- ❖ The participants will understand the interactions and respective roles of multiple species with the human populations.

4. Course policies:

Registered OLLI members can participate in any or all sessions of the 8-week course. If special accommodations are required, they must be requested from and arranged through OLLI

administration. Attendees may download all presentation materials from the OLLI website. Out of respect for the time of all participants, short questions and comments during the session (through the session host only) are permitted and encouraged. Longer discussions should be done after the end of the class.

5. Grading and Evaluation:

There will not be any type of testing or grading.

6. Learning Resources:

The Powerpoint presentations will be available on the OLLI website several days before each session as a PDF version. (In order to get the full effect of the graphics, you will need the Powerpoint software. If you email me, I can send you the Powerpoint lecture. In the Internet, you can find free software to watch the presentations on your device.)

A *suggested optional* supplementary list of reading materials will also be posted on the website. This is alphabetized by title. Many of the references are available at the U of I library and/or the Champaign and Urbana libraries.

7. Course Calendar:

Duration: 8 weekly sessions, Tuesdays from 1:00 PM to 2:30 PM, September 1-October 20,2020

- ❖ Session 1 September 1, 2020 : Definitions and Biblical debacles.
 - Epidemiologic and descriptive terms.
 - Plagues in the Old Testament.
 - Plagues in the New Testament.
 - Old Notions of disease.

- ❖ Session 2 September 8, 2020 : The PLAGUE
 - 1st, 2nd and 3rd Plague pandemics.
 - Causes and mechanisms of transmission and spread.
 - Old and new treatments.
 - The named plagues: Athens, Rome, London, Marseilles and others.

- ❖ Session 3 September 15, 2020 : Other Epidemics and Pandemics.
 - Cholera.
 - Yellow Fever.
 - Malaria.
 - Polio.
 - Sleeping sickness and “Sleepy sickness”.

- ❖ Session 4 September 22, 2020: The Columbian Exchange.
 - Diseases from the Old World to the New World.

- Diseases from the New World to the Old World.
- Brief mention of agricultural and cultural exchanges.

- ❖ Session 5 September 29, 2020: 20th Century Pandemics.
 - The Spanish Flu.
 - The Swine Flu.
 - The Hong Kong Flu.
 - Routes of transmission, controversies and behaviors.
 - Lessons learned and forgotten.
 - Déjà vu, all over again.

- ❖ Session 6 October 6, 2020: HIV/AIDS.
 - Root cause analysis.
 - Spread, fears misconceptions.
 - Prevention, treatment, spread.
 - Unintended consequences.

- ❖ Session 7 October 13, 2020: 20th and 21st Century Viruses.
 - Ebola.
 - Zika.
 - Dengue.
 - Noro.
 - Hanta.
 - Others.

- ❖ Session 8 Corona and other coming plagues?
 - Pessimistic view.
 - Optimistic view
 - Balanced view.
 - Accumulated questions and comments.



OLLI Fall 2020 Semester

Plagues, Pandemics Poxes and Pestilences

Supplementary, Optional Reading/Viewing List, Alphabetical by Title

1. **A History of Bubonic Plague in the British Isles.** Shrewsbury, JFD. Cambridge University Press, Cambridge, UK, 2005.
2. **American Plague (The),** The Untold Story of Yellow Fever, the Epidemic that Shaped Our Country. Crosby, Molly Caldwell. Berkeley Book, New York, NY, 2006.
3. **Angel of Pestilence (The).** Video Lecture No. 3 in: *Mysteries of the Microscopic World.* Fleury, Bruce E. The Great Courses, Chantilly, VA, 2011.
4. **Armies of Pestilence,** The Impact of Disease on History. Bray, RS. Barnes & Noble Books, New York, NY, 1996.
5. **A Short History of Medicine.** Gonzalez-Crussi, F. The Modern Library Chronicles, New York, NY, 2007.
6. **Asleep,** The Forgotten Epidemic That Remains One of Medicine's Greatest Mysteries. Crosby, Molly Caldwell. Berkeley Books, New York, NY, 2010.
7. **Awakenings.** Sacks, Oliver. Vintage Books/Random House, Inc. New York, NY, 1999.
8. **Biblical Plagues (The).** Wengler, Gabrielle (Director). Documentary, 3 episodes, on You Tube "Hazards and Catastrophes" series. 2014. Available on Amazon Prime.
9. **Biblical Tradition for the Plague of the Philistines (The).** Conrad, Lawrence I. Journal of the American Oriental Society, Vol 104 No.

- 2, University of Michigan, Ann Arbor, MI, 1984. (Accessed from their website through JSTOR).
10. **Black Death (The)**, Did Humans Spread the Plague? Armstrong, Dorsey and Fleury, Bruce. Audio Lecture, The Great Courses, Chantilly, VA, 2015.
 11. **Black Death (The)**, The World's Most Devastating Plague. Armstrong, Dorsey. 24 Video Lectures. The Great Courses, Chantilly, VA, 2016.
 12. **Black Death (The) and The Dancing Mania**. Hecker, Justus Friederich Karl. FV Editions, Amazon Kindle E-Books, Online, 2007, (translated from an 1832 original in German).
 13. **Blood & Guts**, A Short History of Medicine. Porter, Roy. W.W. Norton and Company, New York, 2002
 14. **Burdens of Disease (The)**: Epidemics and Human Response in Western History. Hays, JN. Rutgers University Press, New Brunswick, NJ, 2009.
 15. **Chimp (The) and The River**, How AIDS Emerged from an African Forest. Quammen, David. W.W. Norton & Company. New York, NY, 2015.
 16. **Cholera Years (The)**, The United States in 1842, 1849 and 1866. Rosenberg, Charles E. The University of Chicago Press, London, UK, 1962.
 17. **Coming Plague (The)**, Newly Emerging Diseases in a World Out of Balance. Garrett, Laurie. Farrar, Straus and Giroux, New York, NY, 1994.
 18. **Deadly Feasts**, The "Prion" Controversy and the Public's Health. Rhodes, Richard. A Touchstone Book, Published by Simon & Schuster, New York, NY, 1998.

19. **Drunk with Blood: God's Killings in the Bible.** Wells, Steve. SAB Books, Lahore, Pakistan, 2013.
20. **Ebola**, Through the Eyes of the People. Close, William T. Meadowlark Springs Productions, Marbleton, Wyoming, 2002.
21. **Ebola**, The Natural and Human History of a Deadly Virus. Quammen, David. W.W. Norton & Company. New York, NY, 2014.
22. **English Sweating Sickness (The) 1485-1551: A Viral Pulmonary Disease?** Taviner, M, Thwaites, G, Gant, V. Medical History, Vol. 42: 96-98, 1998.
23. **Epidemics and Society: From the Black Death to the Present.** Snowden, Frank M. Open Yale Course Series. Original lecture texts (Spring 2010) accessed from website. (Revised edition available as a book from Amazon May 2020.)
24. **Epidemiological analysis of the Eyam plague outbreak of 1665–1666.** Whittles, Lilith K. and Didelot, Xavier. Proceedings of the Royal Society, B283: 20160618, London, 2016. (Accessed online).
25. **Fourth Horseman (The)**, A Short History of Epidemics, Plagues, Famines and other Scourges. Nikiforuk, Andrew. M. Evans & Company, Inc. New York, NY, 1991.
26. **Germs, Genes, & Civilization**, How Epidemics Shaped Who We Are Today. Clark, David. Pearson Education, Inc. Publishing as FT Press, Upper Saddle River, NJ, 2010.
27. **Get Well Soon**, History's Worst Plagues and the Heroes Who Fought Them. Wright, Jennifer. Henry Holt and Company. New York, NY, 2017.
28. **Ghost Map (The)**, The Story of London's Most Terrifying Epidemic - and How it Changed Science, Cities and the Modern World.

- Johnson, Steven. Riverhead Books, Penguin USA Group, New York, NY, 2006.
29. **Great Mortality (The)**, An Intimate History of the Black Death, The most Devastating Plague of All Time. Kelly, John. Harper Perennial, New York, NY, 2006.
 30. **Great Plague (The)**. Porter, Stephen. Sutton Publishing, Limited. Redwood, Trowbridge, Wilshire, UK, 1999
 31. **Guns, Germs and Steel**, The Fates of Human Societies. Diamond, Jared. W.W. Norton & Company, New York, NY, 1999
 32. **History of Medicine**, With Medical Chronology, Suggestions for Study and Bibliographic Data. Garrison, Fielding H. W.B. Saunders Company, Philadelphia PA, 1929.
 33. **History of the Black Death (The)**, Parts 1, 2, and 3. Sil, Nitin, Producer. Flash Point History Documentary Podcast. April 2020. (Accessed on You Tube).
 34. **Hot Zone (The)**, A Terrifying True Story. Preston, Richard. Random House, New York, NY, 1994.
 35. **How Black Death Reshaped Town and Field**. Harreld, Donald J. Video Lesson 4 in *Economic History of the World since 1400*. The Great Courses, Chantilly, VA, 2016.
 36. **Little Book of Pandemics (The)**, 50 of the Most Virulent Plagues and Infectious Diseases. Moore, Dr. Peter. Key Porter Books/Elwin Street Ltd., London, UK, 2007.
 37. **Malaria: Diseases in History series**. Cunningham, Kevin. Morgan Reynolds Publishing, Greensboro, North Carolina, 2009.
 38. **Meningitis**. Knieb, Martha. (Epidemics: Deadly Diseases Throughout History series). The Rosen Publishing Group, Inc. New York, NY, 2005

39. **Microbe Hunters**, The Major Discoveries of the Microscopic World. De Kruif, Paul. Harvest Books, Harcourt Inc. San Diego, CA, 1926.
40. **1918 Flu (The)**. Fleury, Bruce E. Video Lectures Nos. 11, 12, and 13 in *Mysteries of the Microscopic World*: [11] A Conspiracy of Silence, [12] The Philadelphia Story, and [13] The Search for the Virus. The Great Courses, Chantilly, VA, 2016.
41. **Next Outbreak? (The), We're Not Ready**. Bill Gates. TED Talk, April 3, 2015. Accessed on You Tube April 2020.
42. **Pandemic**, Tracking Contagions from Cholera to Ebola and Beyond. Shah, Sonia. Sarah Crichton Books, Farrar, Straus and Giroux, New York, NY, 2016.
43. **Pandemic Century (The)**, One Hundred Years of Panic, Hysteria and Hubris. Honigsbaum, Mark. W.W. Norton & Company, New York, NY, 2019.
44. **Pandemic: How to Prevent an Outbreak**. NETFLIX Documentary Series, Season 1, Episodes 1-4. Online at www.Netflix.com. January 2020.
45. **Pandemics**, Global Perspectives. Green, Robert. Cherry Lake Publishing, Ann Arbor MI, 2008.
46. **Pandemics: Deadly Disease Outbreaks**. Denton, Michelle. Lucent Press/Greenhaven Press, New York, NY, 2020.
47. **Plague (The)**. Camus, Albert. Translated from the French *La Peste* by Stuart Gilbert. Alfred P. Knopf, Inc. New York, NY, 1948.
48. **Plague!** Epidemics and Scourges Through the Ages. Farndon, John. Hungry Tomato Ltd./Lerner Publishing Group, Minneapolis, MN, 2016.

49. **Plague of the Philistines (The)**. Shrewsbury, JFD. Journal of Hygiene Vol 47 No.3, pp 244-252. Cambridge University Press, Cambridge UK, 1949. (Published online 2009)
50. **Plague and Pestilence**, A History of Infectious Disease. Altman, Linda Jacobs. Enslow Publishers, Inc. Aldershot, Hants, UK, 1998.
51. **Plagues in World History**. Aberth, John. Exploring World History series. Rowman & Littlefield. Lanham, MD, 2011.
52. **Plagues and Peoples**. McNeill, William H. Anchor Books/Random House, Inc., New York, NY, 1976.
53. **Plagues, Pestilences and Pandemics: Are you ready?** Griffith University, Queensland, Australia, Online Course, FutureLearn, 2020.
54. **Plague, Pox & Pestilence**. Kiple, Kenneth F, Editor. Wiedenfeld & Nicholson, London, UK, 1997.
55. **POLIO**, An American Story, The Crusade that Mobilized the Nation Against the 20th Century's Most Feared Disease. Oshinsky, David M. Oxford University Press, New York, NY
56. **POX**, An American History. Willrich, Michael. The Penguin Press, New York, NY, 2011.
57. **Real Typhoid Mary (The)**. Loh-Hagan, Virginia. 45th Parallel Press/Cherry Lake Publishing, Ann Arbor, MI, 2019.
58. **Sleeping Sickness and other Parasitic Tropical Diseases** (Epidemics: Deadly Diseases Throughout History series). Ramen, Fred, The Rosen Publishing Group, Inc. New York, NY, 2002.
59. **Speckled Monster (The)**, A Historical Tale of Battling Smallpox. Carrell, Jennifer Lee. Plume/Penguin Books, New York, NY, 2004.
60. **Spillover**, Animal Infections and the Next Human Pandemic. Quammen, David. W.W. Norton & Company, New York, NY, 2012.

61. **Terrible Typhoid Mary**, A True Story of the Deadliest Cook in America. Bartoletti, Susan Campbell. Audiobook read by Donna Postel. Dreamscape Media LLC, Holland, OH, 2015.
62. **Theme of Death in Italian Art (The)**: The Triumph of Death. Valser, Ingrid. Graduate Thesis, Department of Art History, McGill University, Montréal, Canada, 2001.
63. **Timelines of History**, The Ultimate Visual Guide to the Events that Shaped the World, Smithsonian Institution. Second Edition, DK Publishing, New York, NY, 2018.
64. **Totally Gross History of Medieval Europe (The)**. Gitlin, Marty. Rosen Publishing Group, New York, 2016.
65. **West Nile Fever**. (Epidemics: Deadly Diseases Throughout History series). Margulies, Phillip. The Rosen Publishing Group, Inc. New York, NY, 2004
66. **Yellow Fever**, A Deadly Disease Poised to Kill Again. Dickerson, James L. Prometheus Books, Amherst, NY, 2006.