

Session 7

Northeast Atlantic and Northwest Pacific Seaboards

Plan for Session 7

- NW Indians
- The Sámi
- Chinese & Japanese
- Volga Germans
- Russia
- NE
- Acadia
- Dominican Republic

PACIFIC NORTHWEST



NORTHWEST INDIANS

Healers

- Among some Northwest Coast Indian tribal healers, the role of shaman is generally held by males who pass it on to sons, or occasionally to nephews.
- Indian healers don't have contrasexual descent of power, but Non-Indian healers may pass on their curative powers from father to daughter.
- The circumstances of birth play an important role in determining those likely to be thought of as born healers.

Healers

- The power of twins is favored in Indian healers, but special faith is vested in the "left" twin (a surviving twin), as the survivor inherits the vital power of its dead sibling.
- According to Ackerknecht, some medicine men have been known to kill their sons to increase their own supply of magical power.

Healers

- Bodily defects like disabilities or disfigurement predispose people to the role of a healer in the eyes of the tribe.
- Among the Tlinkit tribe of Alaska, a child with peculiar marks on its body will grow up to be a medicine man.

Healers

- Epilepsy, the *divine madness*, is viewed as a trait indicative of healers in some tribes.
- A healer acquires extra power if he has survived a dreaded disease or has recovered from insanity
- The idea may be that the victim has gained knowledge through his sickness and suffering.

Healers

- Medicine men display power and inspire awe with their distinguishing dress, masks, wigs, and long hair.
- The masks of Tlingit shamans represent the spirits who inform the healer about the cause of disease and the measures required to cure it in his patient.




Healers

- Healers guard their medical secrets, and are careful when handing down the traditions of their office.
- This is best seen in the chants and incantations that go with the healing rituals.
- Healers always speak phrases, prayers or say magic words as they treat their patients.
- These words are always unintelligible and serve to cloak the utterances of the healer in a veil of mystery.

SALAL

- Puget Sound American Indians use the leaves of salal (*Gaultheria shallon*) for tinctures and teas because of their astringent effect.
- The leaves decrease bladder inflammation, treat heartburn, fever, cramping, reduce sinus inflammation and strengthen the defense against infections.
- Made into a poultice, they are used to treat insect stings and bites.
- The Native people had a large variety of uses for it, but they did not overuse it, so salal grew abundantly within the Puget Sound bioregion.

A close-up photograph of Salal berries and leaves. The image shows a large, vibrant green leaf with prominent veins in the upper half. Below it, a reddish-brown stem is covered in fine hairs and bears several dark, shriveled berries. The background is a soft, out-of-focus green.

SALAL

Berries

- Its berries are used in pies or eaten dried.
- Medicinal purposes:
 - As a poultice externally to treat cuts and burns.
 - As an infusion for indigestion, colic and diarrhea.
 - As tea and inhalant for respiratory distress, colds or TB.
 - As a tonic for persons convalescing from disease.
- Even in late October, it still has deep purple berries appearing a little hairy, shriveled and with a dry, woody, not sweet flavor.

SALAL

A healer, when asked where salal plants could be found, said:

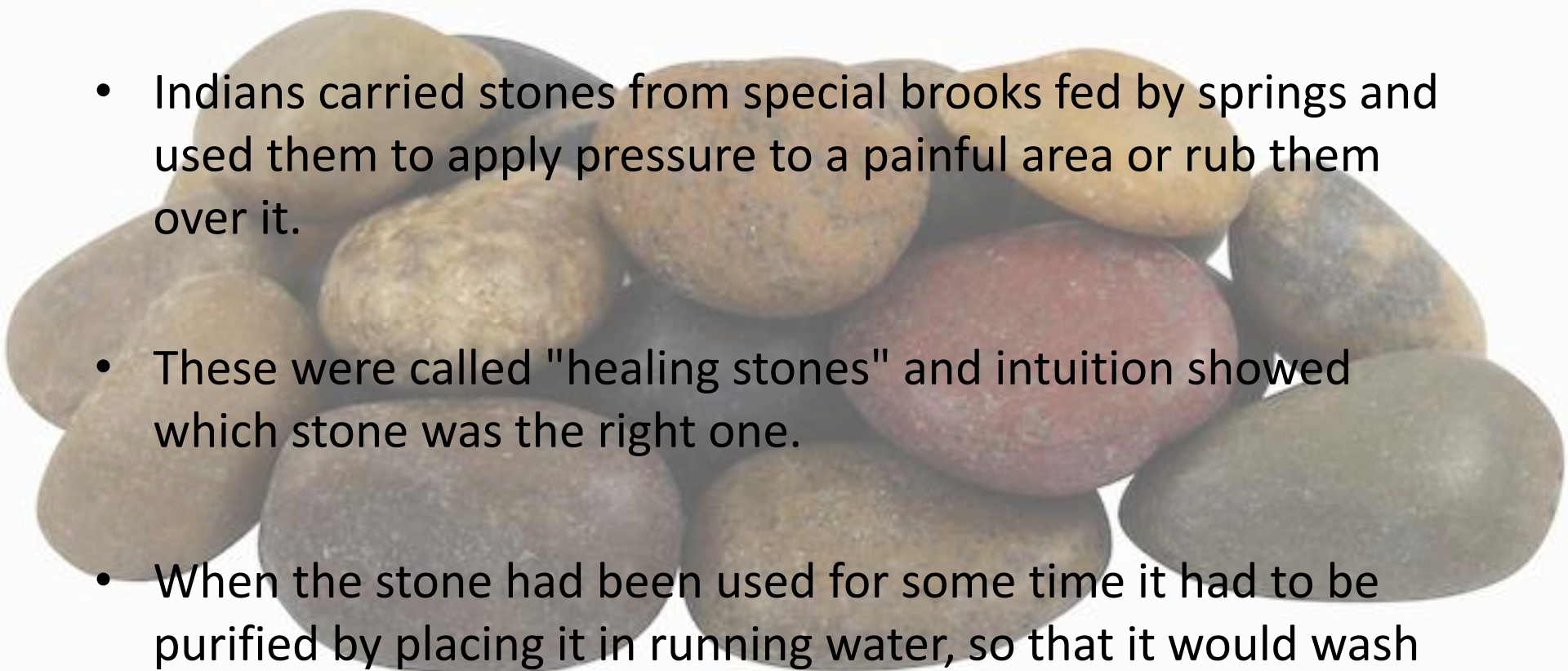
“They live in lowlands, where Douglas fir grows; some lands have a lot of maple trees but salal doesn’t grow under maples.

Where trees make shade, the brush is very nice and green.”

Sea Salt

- Sea salt confers protection against hypertension, kidney damage and heart disease.
- Skin conditions and oral conditions can be remedied with the healing properties of the trace minerals in sea salt.
- It helps to soothe and heal skin that is inflamed, broken out in a rash, itching or even oozing, like acne, eczema, poison ivy, poison oak, poison sumac and psoriasis.

Stones

- 
- Indians carried stones from special brooks fed by springs and used them to apply pressure to a painful area or rub them over it.
 - These were called "healing stones" and intuition showed which stone was the right one.
 - When the stone had been used for some time it had to be purified by placing it in running water, so that it would wash away the pain which the stone had captured.

Stones

- There are also certain stones, which, by carrying them, increased a woman's fertility.
- Mountain crystal was a powerful healing stone.
- Certain places (often large boulders) were especially good to sit on while trying to heal a complaint or illness.



Arrival of Sami herders at Bethel, 1903.

The SÁMI

A map of Northern Fennoscandia (Norway, Sweden, and Finland) with the Sámi region highlighted in blue. The word "Sámi" is written in large black text over the highlighted area.

Sámi

- The Sámi are an ancient people that live in the Northern Fennoscandia region (previously known as Lapland).
- Their subsistence was through fishing and reindeer grazing and herding.
- During the 19th century, the Christianization of the Sámi increased and conflicts with Swedish, Norwegian, and Finnish governments created critical problems for subsistence.

Sámi



- The US government spread the partial truth of Alaskan natives starving because of excess harvesting of seals, whales and otters by Russian industrial ships.
- It decided to import reindeer and Sámi herders to teach the Inupiaq and Yup'ik about reindeer.
- In 1898, 87 Sámi individuals embarked in the S.S. Manitoban with 530 reindeer, for a long trip.
- They went from the farthest northern parts of Norway, by ship to New York, then by train to Seattle and then a boat from Seattle to Alaska.

Sámi

- When the Sámi contracts expired in 1900, some stayed, some joined the gold rush, and some returned to Sapmi.
- Today, there are no Sámi reindeer herders in Alaska, but indigenous Alaskans have Sámi heritage.
- There are at least 30K people in North America who have Sámi ancestry.



Sámi

Folk Medicine

- Animal medicines came mostly from bear and reindeer.
- Bears are so powerful that it was enough to hold a pad of a bear paw against the cheek to cure a toothache.
- Pure bear fat was used as a salve or mixed as the base for a salve with other ingredients.

Sámi

Folk Medicine

- Different kinds of fat were also used from the reindeer.
 - The fat that was boiled out of the hoofs was given in small portions as a laxative for infants.
 - The fat of the hoof was used as a salve, just like the bear fat.
 - Broth made with reindeer antlers was used in case of a bad cold.
- A special tendon from the back legs of the reindeer was kept to tie around a hurting extremity as a remedy for pain.

Sámi Folk Medicine: Birch

The spring birch sap was drunk as a preventive medicine for upcoming sicknesses throughout the year.

The sap was also good for many different kinds of rashes.

If injured while chopping down a tree, a person would bandage the site with the inner thin bark of the birch until they could get to a healer.

Birch bark is free of bacteria, stops bleeding and has healing properties.

Even the parasite fungi (polyporus and fungi) on the birch were used medicinally.

Sámi

Folk Medicine: Birch

- Birch leaves could be put on a burn, to decrease pain and heal.
- Tea from the leaves purified the blood and was good for the kidneys.
- Fresh birch leaves could also ease pain when they were used to cover the ailing part of the body.
- If leaves were not fresh, splashed warm water softened them.
- If there was rheumatic pain throughout the body, the patient would be covered with leaves during the night in their sleeping place.

Sámi

Folk Medicine: Birch

- In case of a toothache, a birch splinter was inserted into a crack in the birch.
- The toothache was transferred from the tooth to the birch.
- If a person chopped down the birch, they would then get a toothache.
- Back pain could be rubbed away against a pine.
- Is this why so many lumberjacks have backaches?

Sámi

Folk Medicine

- Returning to where the illness began was an effective cure.
- If somebody got a rash from dirty water or mud, that person should return and again put their hands in the water or mud.
- If someone was injured by a rock, the part of the body that was hurt was put against the part of the rock that caused the problem and say: “Let my hurt return to the rock.”
- This method of *returning* or *putting away* a hurt was used for many pains .

Sámi

Folk Medicine

- Those who staunch (stop) bleeding are the most common healers.
- This power is passed on from an older to a younger male relative.
- The blood stauncher uses his mental power and some specific formula to stop the bleeding.

Sámi

Folk Medicine

The formula varies, but a common type often refers to a biblical passage and ends up with the Trinity:

Stop blood!

As the water stopped

In the river of Jordan.

In the three Holy names,

God the Father and the Son,

And the Holy Spirit.

Stop blood!



Sámi

Folk Medicine: *Tunder*

- When people *burned tunder* (Old Norse word for tinder) they used birch bark or the birch shelf fungus.
- It was lit and placed on the skin at predetermined locations depending on site of pain.
- It was to glow on the skin until there was a sore from the burn, so that the pain runs out through the discharge.
- To prolong discharge, something irritating was placed on the burn, like a Daphne berry, a very strong irritant even on healthy skin.



Daphne berry

Sámi

Certain sicknesses came from the air, the earth or the water

- The forest Sámi performed healing stone steam baths.
- 1 stone was taken from the water, 1 from beneath the surface of the ground and 1 from the open air.
- A hole was dug in the ground and a fire was made to heat the stones until they were extremely hot.
- The fire was then put out and the sick person sat on a stool above the hot stones inside a small tent erected for the purpose.
- Water was poured onto the stones, and steam filled the tent.

Sámi

- One of the stones would often crack.
- The stone that cracked showed where the sickness had originated.
- A cracking stone showed the person was healed by the steam bath.
- The stones were then returned to the same place from which they had been removed.

Sámi

Angelica root

- Norwegian or wild celery, in Latin it is called *Angelica archangelica* (angel archangel).
- Legend is that during the black plague, the Archangel Gabriel himself came holding *Angelica* and gave it to people to show them the remedy for the plague.
- To make tea, add 1 cup of boiling water to 1 teaspoon of dried angelica and steep covered for at least 10 minutes.
- Drink 1/3 cup of tea 30 minutes before each meal.

Sámi

Angelica root

- The root was dug up in the early summer before flowering, was dried and used as a preventive and as a cure for colds (the dried root is called *urtas* in Sámi).
- Many older Sámi used to chew bits of the *Angelica* root to avoid catching a cold.
- On mountain wanderings, the Sámi would scrape a bit of dried root into their teas to avoid colds, other sicknesses and to gain new strength.
- On long outings, the Sámi often carried some reindeer cheese, a marrowbone and a bit of *urtas* inside their tunic.

Sámi

Angelica root

Leaves were put on sores to help healing.

Seeds were put into wine for a few weeks, then removed, the mixture dropped on a clump of beet sugar, and used as cough medicine.

Leaves were smoked in a pipe made from the plant's hollow stem.

Smoking *Angelica* was done as a child, often at the age of 6 or 7.

Older people smoked *Angelica* mixed with tobacco as a preventive and as medicine against cough.

Sámi

Angelica root

- From the parsley family, with large leaves, umbels of white or greenish-white flowers the size of a grapefruit, and bright green stems that are sometimes tinged with purple.
- It is unique among the parsley family for its aromatic odor, different from fennel, parsley, anise, or caraway, it has been compared to musk or juniper.
- In the wild, the plant dwells in damp spots, especially along streams, rivers, and ocean beaches, where there is plenty of sunlight.
- The thick taproot is the useful medicinal part, although the stems are eaten, similar to celery.

Sámi

Angelica root

- Warming, decongesting, aromatic, and bitter herb used as a carminative and appearing in many formulas for traditional *digestifs*.
- Stimulates appetite and eases indigestion, bloating, and gas and used to combat a sluggish liver.
- It has antiviral constituents that can help fight some skin viruses (warts and others?).
- It has a moderate antianxiety effect.

Sámi

Angelica root



Angelica root

- The root helps stimulate circulation, so it relieves menstrual cramps by warming, relaxing, decongesting, and stimulating blood flow.
- It can also bring on delayed menses or benefit symptoms associated with menstruation.
- For this purpose, it is combined with hibiscus flower and rose petal.
- The circulatory benefits make it helpful for migraine treatment.



Hibiscus

Sámi

Angelica root

- Has an expectorant effect on the lungs and can help soothe and heal asthma, cough, bronchitis, and cold or flu symptoms.
- Historically, it has also been used to treat bladder infections and rheumatic conditions.
- As a hot diaphoretic tea, it will bring down fevers.
- A stomach tea is made with 20% *Angelica* root, 40% Gentian root (*Gentiana lutea*), and 40% caraway seed (*Carum carvi*).

Sámi

Angelica root

- In children, the root is often used to treat gastrointestinal disorders.
- *Angelica* is considered safe, but prudence dictates abstaining during pregnancy.
- People taking *Angelica* should avoid excess sun exposure because the herb can increase the skin's sensitivity to sunlight.

CHINESE

China

Folk Medicine

- Chinese were brought in to build the railroads.
- Later they went northward towards Alaska when the gold rush occurred.
- Their medical customs remained separate and distinct from the many other cultures.
- They imported traditional medicinal substances from China (herbs, insects, animal parts, etc.).

Tools of Chinese Medicine

Traditional Medicine

- Acupuncture and Adjuncts.
- Herbal Medicine.
- Dietetics.
- Lifestyle.

Physical Therapies

- Active:
 - Qigong (Qui Gong).
 - Taiji (Tai Chi).
- Passive:
 - Tuina (Tui Na) .
 - Acupressure.

Therapies of TCM

(Restore balance of *yin* and *yang*)

Acupuncture:
needles to
cure
disease or
relieve
pain (cold).

Moxibustion:
heated
pulverized
wood passed
along
meridian(hot.

Cupping:
draws blood
& Lymph to
skin,
removes
cold & damp
“evils”.

Tui Na:
“pushing
and pulling”
massage,
manual
acupuncture.

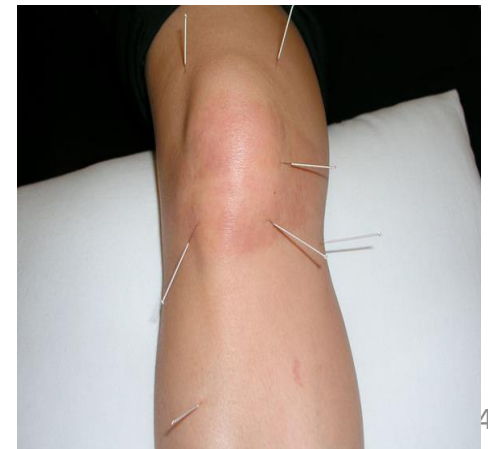
Herbology:
herbs
gathered at
night or day
depending
on type.

**Animal
parts:**
deer antlers,
rhinoceros
horns, snake
flesh, etc.

**Metals &
minerals:**
lime calcium,
quicksilver,
copper,
lodestone.

Acupuncture

- Insertion of very fine needles into points that are specific to each patient's needs.
- Points located on 12 energy pathways (meridians or channels) that are well defined on the body.
- Each meridian is associated with a *primary organ*, and influences its function.



Acupuncture

Moves the *Qui*

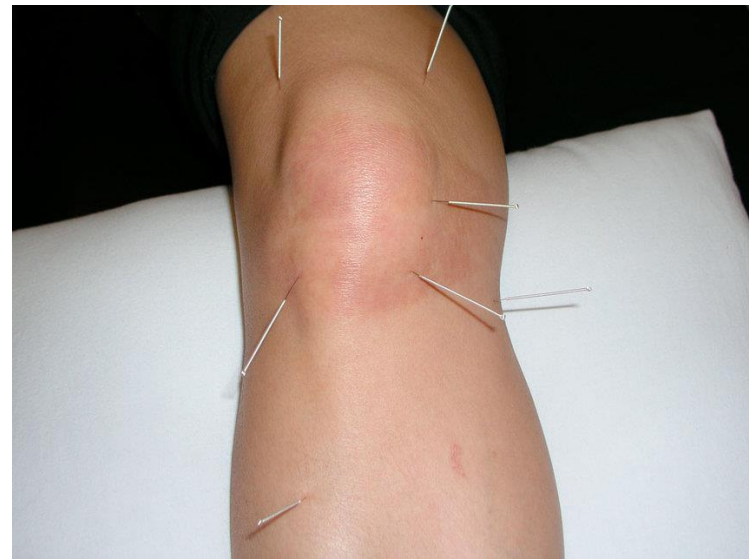
Stimulates its
flow when it
is weak.

Redirects *qui*
to areas that
need more of
it.

Draws *qui*
away from
areas that
have an
excess.

Opens up
obstructions
and allows
qui to flow
freely.

Acupuncture



Moxibustion

Three Methods

- Direct scarring: small *moxa* cone placed on skin at an acupuncture point and burned until skin blisters.
- Direct non-scarring: burning *moxa* cone removed before skin blisters. (There is also stick-on moxa.)
- Indirect: a “cigar” made of *moxa* is held near the acupuncture point or is held on an acupuncture needle inserted at the point.

Moxibustion



Tui Na

- *Tui na* applies massage and manipulation techniques at specific points along the body's meridians seeking to reestablish the normal flow of *qi*.
- *Tui na* (“push and grasp”) includes pressing, kneading, and pulling of the muscles, tendons and soft tissues.
- The range of maneuvers, from light stroking to deep tissue work combine acupressure and musculoskeletal manipulation to treat injuries and chronic pain.

JAPANESE MEDICINE

Japanese *Kampō* Medicine (1)

- *Kampō* medicine is the study of traditional Chinese medicine in Japan since the 7th century.
- It was adapted and modified to suit Japanese culture and traditions.
- Japanese traditional medicine uses most of the traditional Chinese therapies, herbology and food therapy.

Japanese *Kampō* Medicine ⁽⁴⁾

- Western herbalists and naturopaths use a single herb for each condition.
- Practitioners of *Kampō* or TCM will often use various combinations of herbs at one time.
- Classical herbal formulas typically use 5 to 10 different herbs in specific combinations that have been used for thousands of years.
- Combining different herbs enhances the positive effects of certain herbs while neutralizing the negative effects or toxicity of others.

In Portland

VOLGA GERMANS

Volga Germans

- There were no medical doctors in most of the Volga German colonies.
- As they had for centuries, certain people in the village, known as *Braucherei*, practiced folk medicine to cure common ailments.
- Some of the early immigrants who arrived in Portland, continued these traditional practices well into the 1940's.

Volga Germans

The *Braucher* would often recite poems to cure an illness, like jaundice:

Here I lie (Name of the patient) in the position of the Holy Cross.
I have been measured (cut a rope to the length of the patient).
I suffer yellow jaundice and have to suffer all bad illnesses.
It wants to bury me.
But no, I will bury it.
In the name of the Father, the Son, and the Holy Ghost.

Volga Germans

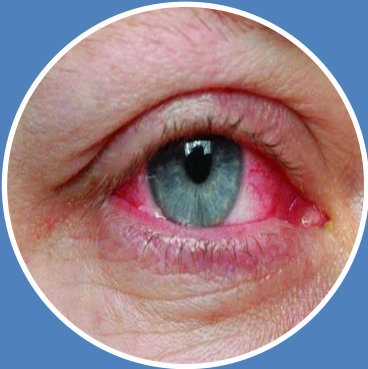
Midwives treated a baby with colic:

- Scrape bird droppings from the board fence.
- Mix with some milk.
- Feed it to the baby.
- Baby will sleep peacefully and wake cured.

A patient with high temperature was treated by bleeding:

- Barbers did this work in the US in predominantly Volga German neighborhoods.
- It was called *schreffing*, by making small incisions on a fingertip which were allowed to bleed.
- This would bring the fever down.

Volga Germans



A common remedy for burns, pinkeye and other eye maladies, was to flush the eye out with patient's own urine.



If a child burned himself on the hot stove the parents would tell him to go to the potty and wee-wee on the burn so it would quit hurting and feel better.



To cure a wart:

- Cut a potato in half,
- Hold it to the wart giving it a quarter turn with each name, and say:
- “Wart, go away in the name of the Father, the Son and the Holy Ghost”.
- Bury the potato.
- Do this for 7 nights.
- If you miscount, you must start over.

Volga Germans

- Mothers chewed up small amounts of vegetable, meat and bread until mixed well, and then would feed the baby out of their mouth with a spoon.
- If mother busy, one of the elder children could substitute.
- People who grew up like this never eat their food separately.
- They take some of each food and eat the items together.
- The food would not be as tasty if eaten separately.

RUSSIA

Russian Folk Medicine

- The first Russians reached America in 1747 when fur traders arrived in Alaska and the Russian Orthodox Church became active in the region in 1795.
- When Alaska was purchased by the United States in 1867 most Russians living in the area returned home.
- Between 1891 and 1900, about 600K Russians and Russian-speaking peoples immigrated back to the US.
- Between 1900 and 1910, over 1.6 M Russian-speaking immigrants entered the country.

Russian Folk Medicine

Russian Immigration First Wave

- Main reason was the wave of pogroms in southern Russia after the assassination of Tsar Alexander II in 1881.
- Most moved to the East coast (Philadelphia and NYC).
- Many moved eastward from Siberia to the West coast of the US.
- This is known as the First wave.

Russian Folk Medicine

- Alexander Mitchell Palmer, Woodrow Wilson's AG, claimed that Communist agents from Russia were planning to overthrow the American government.
- On November 7th, 1919, the 2nd anniversary of the Russian Revolution, over 10K suspected communists and anarchists were arrested in what became known as the Palmer Raids.
- Palmer and J. Edward Hoover found no evidence of a proposed revolution but a large number of these suspects were held without trial for a long time.
- Most were eventually released but about 250 others were deported to Russia.

Russian Folk Medicine

Use of Alcohol

- Alcohol is something of a panacea, as it can cure just about anything.
- If something is aching, the pain can be numbed by going around tipsy, blaming everything on the alcohol.
- Many writings dealing with Russian folk medicine say that in the old days, people took *Brandy cures* because it contains *tannin* from the barrel wood.

Russian Folk Medicine

Use of Alcohol

- Drinkers created the myth that Brandy kills many types of infections.
- So, if you feel ill, drink a large shot of Brandy before going to bed.
- If it doesn't work, repeat the dose until either the recovery is complete, or you fall asleep!

Russian Folk Medicine

Use of Vodka

HEALTH BENEFITS OF VODKA



- Vodka can get rid of hookworm parasites:
 - Mix 1 oz vodka with 2 Tbsps sunflower oil.
 - Slurp down 3 times a day.
 - After 2 weeks the hookworms will die.

Vodka is the Russian spirit of choice.

Russian Folk Medicine

Use of Vodka

- Vodka is recommended for reducing high fevers in small children.
- The naked child should be laid on a towel or blanket, and then sponged with a mixture of vodka and warm water.
- After the rubdown, the child should lie naked for 15 minutes and “do not succumb to the temptation of covering him with a blanket.”
- Mothers do not see any danger, they only suggest “using good quality vodka.”

Russian Folk Medicine

Use of Onions

- If you have a runny nose, the best way to stop it is to use an onion.
- The classic recipe requires the soaking of 2 cotton plugs in onion juice and placing them in the nostrils for 8-10 minutes.
- Another method is to put 3-5 drops of onion juice in each nostril, but a side effect can be mucous burn, nosebleeds, inflammation and irritation.

Russian Folk Medicine

Russian Immigration (Second Wave)

- The Second wave occurred when people left in 1917 because the Soviets took power after the Russian Civil War.
- Between 1917 and 1922, many of them changed their names fearful of persecution by the newly formed Russian state.
- This group are called the *white émigrés* because many of them supported the Menshevik (white) political party.

Russian Folk Medicine

Russian Immigration (Third Wave)

- Between 1922 and 1991, political defectors and Jewish refugees came to the US escaping persecution in the USSR.
- In the 1970's, over 50K Russian Jews fled to the US in search of a better life.
- This was the Third wave.

Russian Folk Medicine

Spitting for Stys

- If you have a sty on your eye, ask someone you know to surprise you by spitting in your eye.
- You have to spit in the person's eye right when they are least anticipating it, totally unexpectedly.
- It won't work if they know it's coming!

Russian Folk Medicine

Use of Urine

- Only human urine can compete with alcohol for the status of an “*infallible remedy for basically any type of illness.*”
- It’s as deplorable and disgusting as it sounds.
- Believers are convinced it can treat all manner of diseases and ailments from epilepsy to aching joints.
- Injecting, rubbing, drinking, compresses – any form of urine will do!

Russian Folk Medicine

Use of Ledum

- Evergreen shrub, (*Ledum palustre*, *Rhododendrum tormentosum*) that grows wild in Northern Europe, Canada and as far south as Wisconsin and Pennsylvania.
- It has narrow, dark, aromatic leaves with hairy or wooly undersides.
- The leaves, dried or fresh, are mainly used in Native American and Russian folk medicine.



Russian Folk Medicine

Use of *Ledum*

- Other names for *ledum* include marsh tea, Labrador tea, wild rosemary, James's tea.
- When the British imposed a tax on imported tea, colonists used *ledum* as a tea substitute.
- In Russian, *ledum* is called *bogulnik*.

Russian Folk Medicine

Use of *Ledum*

- Russian folk medicine uses *Ledum* mixed with butter to make an ointment that is applied externally to treat scabby dandruff , bruises, skin infections, wounds and bleeding.
- Used externally, it is believed to act as an antibiotic and an antifungal to reduce infection.
- *Ledum* cream preparations are available in many homeopathic formulations.

Russian Folk Medicine

Use of *Ledum*

- *Ledum* also has beneficial effects when eaten as a vegetable.
- It has been used for treatment of gout , diseases related to aging and CNS disorders.
- *Ledum* is prepared by picking the leaves, small twigs, and flowers in the late summer, in early morning.
- These can be used fresh or dried to make an infusion (tea) or a decoction.

Russian Folk Medicine

Use of Ledum

- Russian folk healing uses infusions of *ledum* to treat coughs, bronchitis, and asthma.
- As an infusion for treating respiratory distress and coughs:
 - 1 oz. of dried leaves is added to 1 qt. of boiling water.
 - Add ½cup of honey,
 - Add ½cup of white vinegar
 - Add ½ cup of vodka.
- Adults take 1 tablespoon 3-4 times a day, children ½ to 1 teaspoon 3-times a day depending on age and size.



ATLANTIC SEABORD

Northeast Seabord

- The Atlantic or Eastern Seabord: Maine, New Hampshire, Vermont, Massachusetts, Connecticut and Rhode Island
- The first immigrants (or settlers) to the United States came to the Northeast region in the 17th century.
- Eventually manufacturing and trade became the most important factors in the regional economy.
- This region is known for its mix of ethnic groups, including Native Indians, British, Irish, Italian and many eastern Europeans.

Northern Seaboard

- In previous sessions, we have explored the Indian, British, Irish and Italian folk medical beliefs.
- For the mainly illiterate, farm-oriented settlers the big industries in cities were not attractive.
- The Eastern seaboard became a pass-through for the Western plains.
- Each culture left a part of its medical beliefs in the areas through which they traversed.



ACADIA

Acadia

- The Acadians lived peacefully with the Mi'kmaq Indians in the Maritimes until 1755 when the British enacted what they called their “great and noble scheme”.
- The forced deportations of the Acadians that took place between 1755 and 1762 have become known as the *Grand Dérangement* or the Great Upheaval.
- About 12K Acadians were displaced from their homeland where they had built a culture for over 100 years.



Acadia

Acadians were an independent people, having more loyalty to their lands than to a seemingly foreign “Motherland”.

They were mostly agricultural, working on their *dykelands* and tending to vast gardens, with food and herbs of both medicinal and nutritional value.

Acadian families were generally quite large because of their Catholic religion, but also to provide farmhands.

Communities were based around large family units and these communities aided each other in all manner of work.

Acadia

- Most Acadians were deported to British American colonies, where they were put into forced labor or servitude.
- Some Acadians were deported to England, some to the Caribbean, and some to France.
- In France, many Acadians were recruited by Spain to migrate to Luisiana (present-day Louisiana).
- Their descendants gradually developed what became known as Cajun culture.

Acadia

- Acadians recognized the importance of local Indigenous knowledge in order to survive, so they kept good relationships with the native peoples of the region.
- The relationship flourished, with some European officials considering Acadians as “half-Indian”.
- Intermarriages between the Indigenous peoples and Acadians expanded Acadian culture beyond its European roots.
- These influences on Acadian culture are exhibited in all aspects of their lives, including their medicinal practices.

Acadia

- Acadian medicine is influenced in equal parts by their French roots and their relations with the Indigenous peoples of the region.
- A large part of Acadian medicine was practiced by les *chirurgiens* (or *chirurgiennes*) who would *soignant au moyen de ses mains* (heal and take care by way of their hands).
- Acadian folk medicine was largely based on natural medicine rather than the mostly religious or magical practices seen in some other folk cultures, but did not totally exclude those practices.

Acadia

- The Acadians' large gardens provided most of the necessary ingredients for most traditional recipes.
- The local flora also provided new and alternative ingredients to cure ailments.
- With the help of their Indigenous neighbors, they got access to a wide variety of medicinal plants from.

Acadia

- *Eau de vie*, an alcoholic “water of life” and wine are the most common ingredients used as the base of medicinal drinks, or to wash down a remedy.
- Recipes concerning difficulty with urinating use *plantain juice* as a main ingredient.
- These 3 major ingredients were easily accessible in their own forests, by import, or by making them on their own.



Plantago major

Acadia

- Most ingredients commonly found in Acadia included ginger, honey, white onions, lemon juice, milk and egg whites.
- Some ingredients like tea, flour, and ginger, would have been easily imported from France or America.

Acadia

- The oral history tradition among Acadians has preserved folk medicine.
- This rich tradition inspired the famous poem *Evangeline*.
- The non-written knowledge records the fascinating history of Acadian medicine better than regular documentary evidence.



DOMINICAN REPUBLIC

Dominican Republic

- The DR is the eastern $\frac{5}{8}$ part of the island Hispaniola, the western $\frac{3}{8}$ part is Haiti.
- DR is predominantly Spanish, while Haiti is French.
- People of the DR have been under influence of natives, Spanish, French, British, US troops, enslaved blacks and Caribbean islanders.

Dominican Republic

- Folk medicine has had all those influences and has become a unique mix of beliefs, practices, therapies and principles.
- The emigration to US, created a population of about 2.1M Dominicans.
- Dominican Americans are the 5th-largest Latin American group in the US, after Mexicans, Puerto Ricans, Salvadorans and Cubans.

Dominican Republic

- Around 47% of Dominican Americans live in New York state with 41% in NYC.
- About 40% of all Dominicans live in the Bronx.
- Rhode Island has the highest % of Dominicans in the country and it is the only state where Dominicans are the largest Latino group.

Dominican Republic

Folk Medicine

- Tea with honey, watercress, onion and radish opens up the body, and helps with allergies.
- Onions are good for chest congestion and red onion is very good lung function.
- Drinking boiled oregano every morning gives energy and prevents headaches.

Dominican Republic

Folk Medicine

- Ginger root, cut and boiled with limes for joint pains.
- Cut apples, boiled and taken daily for digestive issues.
- Chamomile tea sweetened with a teaspoon of honey relaxes and promotes sound sleep.
- For upset stomach, or for children's diarrhea, drink oregano tea with vinegar.

Dominican Republic

Folk Medicine

- Recipes are passed down from the older females in their families, like aunts, mothers, or grandmothers.
- Various daily tea preparations are used to promote and preserve health.
- Specific teas were used for digestion and stomach problems, nausea, constipation, diarrhea, chest congestion, and breathing problems.
- Juicing fresh fruits releases toxins from food and relieves stress.

Dominican Republic

Folk Medicine

- Tea of orange leaves is good for the digestive system and to treat vomiting.
- For an upset stomach, use eight ounces of water, 1 lemon, a teaspoon of soda (sodium bicarbonate), a teaspoon of salt; mix well and drink it 2 or 3 times..
- Squeeze a lemon in hot water, it is good for an acid stomach, aids bowel elimination, and stops acid reflux.
- Grated yucca will cure diarrhea right away, or use wheat flour mixed with red wine.

Dominican Republic

Folk Medicine

Yucca starch for children's diarrhea:

- Mix 2 Tbsps yucca starch in 10 oz water.
- Add 1 tsp brown sugar.
- Add juice of 1 small lemon.
- Mix well.
- Chill.
- Feed to the infant 3-4 times/day, 1 oz at a time.

Dominican Republic

Folk Medicine

- Poultices of fresh yucca roots applied to painful or gangrenous ulcerations or to insect bites, give relief and speed healing.
- To clear dark skin spots, mix 3 Tbsps of yucca starch, 1 Tbsp milk and 1 Tbsp lemon juice to form a compact mass; apply to affected area at bedtime. Leave on for 11 minutes and then wash off with warm water. Repeat daily for 3 weeks
- For mastitis, apply poultices of yucca starch with warm milk on the affected breast every 2 hours until relief obtained.

Dominican Republic

Folk Medicine

- For cold and flu symptoms:
 - 4 limes.
 - 4 red onions, without skin, cut in quarters.
 - 1 whole head of garlic, cut in half.
 - 2 ounces black molasses.
 - 1 ounce Dominican rum.
 - 2 quarts water with a pinch of salt.

- Boil, strain, and drink it, 3 times a day for 7 days.