**Syllabus for OLLI Course**

**America’s Multifaceted Folk Medicines**

**Spring 2022 Semester**

**Introductory Note:**

Thank you for registering for this course.

Much of the information may be dry facts, but I will always emphasize the human aspect, the historical perspective or the significant anecdote.

**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 Spring 2022 Course website for more details. You can contact the instructor any time at [nestorbabydoc@gmail.com](mailto:nestorbabydoc@gmail.com)

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

The purpose is to explore the many aspects of America’s multiple folk medicines, believed and practiced by the very diverse groups of varied ethnic and cultural origins who reside in the USA, and who have woven a unique tapestry of resourceful traditions that help them face the reality of life, illness and death.

**3. Course objectives:**

* Define the terms: folk, folk medicine, religion, cultural geo centrism.
* Explore many of the reasons that made people immigrate to the USA.
* Study the folk medical beliefs of several immigrant populations who live in loosely defined areas of the USA.
* Try to explain the health beliefs in the context of the person’s ethnic, cultural and religious backgrounds.
* Name some folk common remedies used in different ethnic population groups, without giving a judgement about their virtue, value or absence thereof.

**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, usually during the week before each session. Out of respect for the time of all participants, short questions and comments during the session are permitted and encouraged. I usually intersperse at least two question intervals during the presentation, and one at the end. 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 class 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 version of the presentation. If you email me, I can send you the PowerPoint lecture.

In the Internet, you can find free software to watch PowerPoint on your device.

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

**7. Course Calendar:**

Duration: 8 weekly sessions, Tuesdays from 3:30 PM to 5:00 PM, from February 1st to March 22nd 2022, **Live** at OLLI. (Unfortunately, no ZOOM or hybrid option is available.)

**8. Short description of the course sessions:**

* Session 1 February 1st, 2022:
  + Definition of terms.
  + Introduction to types of folk healing practices and principles.
  + Arbitrary division of the country into large areas of ethnocultural folk medical practices.
* Session 2 February 8th, 2022:
  + Native American Tribes of the Southwest.
  + Cultural domination of Spanish military and religious conquests.
  + Confluence and amalgamation with imported Asian laborers’ cultures, often keeping the dictum: “Together, but not mixed”.
* Session 3 February 15th , 2022
  + The Southeast region: Ozarks and Appalachian areas.
  + The magic and healing arts of the area residents.
  + Influence of multiple cultures: Spanish, French, English, local Indians.
  + African American Hoodoo, supernatural beliefs, sympathetic and apotropaic magics.
* Session 4 February 22nd, 2022
  + The Heart of America, corn-belt and wheat-belt states.
  + Central European and Scandinavian immigrant labor.
  + Innovations and old beliefs, mixing of cultures.
  + The Amish and Mennonites.
* Session 5 March 1st, 2022
  + The Great Lakes region.
  + Intermixing of native beliefs with Polish, Russian and French-Canadian customs.
* Session 6 March 8th, 2022
  + The Northeast Atlantic and Northwest Pacific seaboards.
  + Multiple backgrounds from seafaring and fishing cultures.
  + Inuit Alaskan culture.
* Session 7 March 15th, 2022
  + The Region of the First 13 colonies.
  + Local indigenous inhabitants.
  + Pilgrims, Puritans, other European influences.
  + Pennsylvania Dutch.
* Session 8 March 22, 2022
  + The Florida-Louisiana Gulf region.
  + Influence of Caribbean traders.
  + Multiple dominations: British, French, Spanish, Pirates.
  + Afro-Cuban and Haitian traditions.
  + Santería, Voodoo, Obeah.

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OLLI Spring 2022 Semester

**America’s Mutifaceted Folk Medicines**

Optional Supplemental Reading/Viewing list

Alphabetical by Title (Not a formal bibliography)

1. **American Folk Medicine**, The most complete collection of time-tested home remedies made from herbs, simple kitchen products, garden vegetables and fruits and other natural ingredients. Meyer, Clarence. Meyerbooks Publisher, Glenwood, IL, 1973.
2. **Amulets & Talismans for Beginners**, How to Choose, Make & Use Magical Objects. Webster, Richard. Llewellyn Publications, St. Paul, MN, 2004.
3. **Ancient Cures, Charms and Usages of Ireland**, Contributions to Irish Lore. Wilde, Lady. Ward & Downey, Covent Garden, WC, London, 1890.
4. **Caring for Patients from Different Cultures**. Galanti, Geri-Ann. University of Pennsylvania Press, Philadelphia, PA, 2008.
5. **Crow Indian Medicine Bundles**. Wildschut, William, edited by John C. Ewers. New York Museum of the American Indian, Heye Foundation. J.J. Agustin, Glückstadt, Germany, 1960.
6. **Curandero**, A Life in Mexican Folk Healing. Torres, Eliseo “Cheo”. University of New Mexico Press, Albuquerque, NM, 2005.
7. **Dancing Healers (The),** A Doctor’s Journey of Healing with Native Americans. Hammerschlag, Carl A. Harper Collins Publishers, New York, NY, 1988.
8. **Effect of Russian Traditional Medicine on the Health Care of Russian Immigrants to America (The).** Long, Roy. Honors Thesis for the University Honors College, Texas Tech University, Lubbock, TX, 2011.
9. **Eighteenth Century Medicine in America**. Shyrock, Richard H. Proceedings of the American Antiquarian Society, Vol. 59 No.2, 1949. Worcester, MA.
10. **Encyclopedia of American Folklife (4 Volumes).** Bronner, Simon J., editor. M.E. Sharpe Inc., Armonk, NY, 2006.
11. **Folk Healer (The)**, The Mexican-American Tradition of Curanderismo. Torrres, Eliseo. Nieves Press, Kingsville, TX, 1984.
12. **Folk Medicine**. Sieling, Peter. North American Folklore Series. Mason Crest Publishers, Broomall, PA, 2003.
13. **Folk Medicine**, A Chapter in the History of Culture. Black, William George. The Folk-Lore Society for Collecting and Printing Relics of Popular Antiquities, Etc. Publications of the Folk-Lore Society XII, Elliott Stock, 62 Paternoster Row, EC, London, 1883.
14. **Folk Medicine Cures & Curiosities**, Strange Brews, Potent Potions and Medical Myths through the Ages. Dolan, Edward F. Ivy Books, New York, NY, 1993.
15. **Folk Medicine in America Today**, A Guide for a New Generation of Folk Healers. Heinerman, John. Twin Stream Books, Kensington Publishing Corp., New York, NY, 2001.
16. **Folk Medicine Use Among the Gullah**: Bridging the gap between Folk Medicine and Westernized Medicine. Banks, Tiara. Thesis, Georgia State University, Atlanta, GA, 2013.
17. **Folk Religion of the Pennsylvania Dutch**, Witchcraft, Faith Healing and Related Practices. Orth, Richard LT, McFarland & Company, Inc, Publishers, Jefferson NC, 2018.
18. **From Disease to Holiness: Religious-Based health remedies of Italian folk medicine (XIX-XX Century).** Romeo, N, Gallo, O, and Tagarelli, G**.** Journal of Ethnobiology and Ethnomedicine, Vol 11:50, 2015.
19. **Hoodoo Tarot (The),** 78-Card Deck and Book for Rootworkers. McQuillar, Tayannah Lee. Destiny Books, Rochester, VT, 2020.
20. **La Santa Cruz de Caravaca,** Oraciones Contra Malestares, Dolencias, Enfermedades, Encantamientos, Maldiciones y Toda Clase de Hechizos. *(The Holy Cross of Caravaca, Prayers Against Ills, Enchantments, Curses and all Types of Hexes.)* Berbera Editores, México DF, México, 2005.
21. **Lowcountry Voodoo**, Beginner’s guide to Tales, Spells and Boo Hags. Zepke, Terrance. Pineapple Press, Inc, Sarasota, FL, 2009.
22. **Medical Care in Pioneer Illinois.** Crellin, John K. The Pearson Museum of Southern Illinois University School of Medicine, Springfield, IL, 1982.
23. **Ozark folk medicine in a modern world.** Weston, Brandon**.** Accessed on YouTube,[https://youtu.be/2T5spJRCP-Q](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2F2T5spJRCP-Q&data=04%7C01%7C%7C27e448d1ea7c49aaec2b08d9b0f6dcf6%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637735396580051621%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=z5LUBPRX%2Fi1JzRG6xTs6BJEKTxqOX8yU7U3i1yH2AD0%3D&reserved=0) . TEDxFayetteville, October 9, 2019.
24. **Shamans, Healers and Medicine Men**. Kalweit, Holger. Shambhala Publications, Inc, Boston MA, 1992.
25. **Swimmer Manuscript (The),** Cherokee Sacred Formulas and Medicinal Prescriptions. Mooney, James. (Revised, Completed and Edited by Frans M. Olbrechts). Smithsonian Institution Bureau of American Ethnology, Bulletin 99. US Government Printing Office, Washington DC, 1932.
26. **Texas Folk Medicine**, 1,333 Cures, Remedies, Preventives & Health Practices. Anderson, John Q. The Encino Press, Austin TX, 1970.
27. **Walking in the Sacred Manner**, Healers, Dreamers & Pipe Carriers ̶ Medicine Women of the Plains Indians. St. Pierre, Mark, and Long Soldier, Tina. Touchstone Books, Simon & Schuster, New York, NY, 1995.
28. **Witches, Midwives and Nurses,** A History of Women Healers**.** Ehrenreich, Barbara and English, Deirdre. The Feminist Press at The City University of New York. New York, NY, 2010.
29. **Women Healers, Portraits of Herbalists, Physicians and Midwives.**  Brooke, Elisabeth. Healing Arts Press / The Women’s Press Ltd., Rochester, VT, 1995.

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