



Health Care, 1777

Bennington Museum is looking forward to presenting this program to your class! You may wish to make connections in your classroom to the things your students experience during the program. Below are just a few ideas for pre- and post-program activities that you could do with your students. If you have a great activity idea, and would like to share it with us, please contact Deana Mallory at dmallory@benningtonmuseum.org, or call (802) 447-1571.

Pre-program activities

Rules

If your program takes place at the museum, talk with your students about what rules they might be expected to follow when they get here. We'll talk about this with them, of course, but they could make predictions about what rules we'll ask them to follow, based on what they expect to see and do while they're here.

Set the Scene

In this program, we will be discussing the health care practices of the 1770's. Work with your students to help them understand how different life was then, including what technologies were and were not available. Have them make predictions or on draw on existing knowledge about how illness may have been handled during this time period. After the program, students can compare what they learned to the predictions they made.

Colonial Disease

Have your students research and learn about some of the common diseases that plagued the colonists. One possible resource is this website: <http://www.teacheroz.com/colonies>. (Scroll about halfway down the page for information on Colonial Daily Life and Health.) Do these diseases still exist today? Are they called by another name? How do we treat them? Have students complete the attached worksheet, "What's Worse?" or use it to play a guessing game with your students.

75 Main Street
Bennington, VT 05201
Tel. 802-447-1571
Fax 802-442-8305
www.benningtonmuseum.org

Post-visit Activities

Colonial Cures

During the program, students learned about some unusual remedies for common illnesses. What other colonial remedies can your students find? The website mentioned in the pre-visit activities is one source. What others can they find?

Herbal Remedies

Even now, many people use herbs and other natural products to help with illnesses. Remind the students that they should never try anything they are unsure of, but that herbal teas are generally safe when purchased at a store. Have “tea time” with your class. Bring in a variety of herbal teas, such as chamomile, mint, etc. and have a tasting with the class. Have them read about what each herb is purportedly useful for.

Modern Medicine

While many modern medicines are now chemically produced, a large percentage contain or have their origins in plant materials. Have your students research some of the medicines they are familiar with. As an example, www.bayer.com provides a section about the “History of Aspirin,” starting with the ancient Greek practice of using willow bark to fight high fevers.

What's worse – the sickness or the cure?!

In the 1770s, there were not a lot of doctors – and what doctors there were had some pretty strange ideas about how to cure illness! Below are listed some common sicknesses, and some remedies that were actually used in the 1770s. Play a guessing game and try to match the “cure” to the disease.



<u>Disease</u>	<u>Cure</u>
1. Fever	a. Rub the soles of the feet with a mixture of garlic and lard (animal fat) and keep it on overnight
2. Asthma	b. Apply a large onion, cut across the grain, to the stomach
3. Baldness	c. Medium sized pills made of cobweb
4. Head Cold	d. For three mornings in a row, give the patient a piece of paper with one of these words written on it (in this order): affrat, fraret, frasset
5. Hoarse Throat	e. Eat only boiled carrots for 2 weeks
6. Vomiting	f. Thinly slice the skin of an orange, roll it up, inside out, and put a roll in each nostril
7. Rabies (from a dog)	g. Rub the affected area with onions, until red, then rub with honey. Do this every morning and evening.

What's worse – the sickness or the cure?!

In the 1770s, there were not a lot of doctors – and what doctors there were had some pretty strange ideas about how to cure illness! Below are listed some common sicknesses, and some remedies that were actually used in the 1770s. Play a guessing game and try to match the “cure” to the disease.



<u>Disease</u>		<u>Cure</u>
1. Fever	c.	a. Rub the soles of the feet with a mixture of garlic and lard (animal fat) and keep it on overnight
2. Asthma	e.	b. Apply a large onion, cut across the grain, to the stomach
3. Baldness	g.	c. Medium sized pills made of cobweb
4. Head Cold	f.	d. For three mornings in a row, give the patient a piece of paper with one of these words written on it (in this order): affrat, fraret, frasset
5. Hoarse Throat	a.	e. Eat only boiled carrots for 2 weeks
6. Vomiting	b.	f. Thinly slice the skin of an orange, roll it up, inside out, and put a roll in each nostril
7. Rabies (from a dog)	d.	g. Rub the affected area with onions, until red, then rub with honey. Do this every morning and evening.