Welcome to the fourth issue of Teaching the History and Social Aspects of Pharmacy. This newsletter is issued twice a year (Autumn and Spring) in an electronic format and distributed via email from a list managed by Greg Higby, Executive Director of the American Institute of the History of Pharmacy (please contact Greg at: ghigby@mhub.facstaff.wisc.edu to be placed on the mailing list). The Newsletter also is posted on AIHP’s website (www.aihp.org).

Feedback on previous issues has been very positive, though limited, but unfortunately, there have been very few contributions. The quality of this newsletter represents only what the readers have contributed to it: articles on courses and course materials; book, film, museum, software, and other reviews; announcements for conferences, grants, and publishing opportunities; news stories; interesting websites; viewpoints and commentaries; and most importantly, feedback on its content and format.

This issue contains very interesting course materials. The first set, by Anne Marie Lane, curator of rare books at the University of Wyoming, presents and describes her activity of using rare books to teach pharmacy students about healing methods from the past. I also am very pleased to announce that Anne has agreed to become the newsletter’s first columnist or regular contributor. This issue presents the first of her ongoing column on Remedies from Rare Books. I believe readers will find her column both informative and highly enjoyable. The second set of course materials, by the editor, presents the concept of “mass media as patient information” and offers four exercises or assignments for students to investigate this concept. There also are three announcements.

I eagerly await your comments and suggestions for improving the newsletter, and most importantly, your contributions. The success of this newsletter depends on dedicated and involved readers, especially those of you who have something to say about history and the social sciences in pharmacy. Please contribute your ideas and experiences for the benefit of others and Enjoy!

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Courses & Course Materials

USING RARE BOOKS TO TEACH PHARMACY STUDENTS ABOUT HEALING METHODS OF THE PAST

Professor Paul Ranelli, Dean of the College of Pharmacy, University of Wyoming, has been bringing his students to the Toppan Rare Books Library for presentations since 1998. We had originally met at the University’s “new faculty orientation” where, upon hearing what field he was in, I invited him to come to the library to see one of my favorite books here, a 1595 herbal by Leonhard Fuchs. That book appealed to me because I have had a long-time personal interest in plants used for medicinal purposes. While a library science graduate student at the University of Arizona, Tucson, I first became aware of Fuchs while writing a research paper on herbals, and later helped prepare an exhibit on herbals at the Special Collections Library there. After Paul visited the Toppan Library and realized that I regularly use the books as teaching tools for presentations to various departments, our collaboration began.

Every spring semester, he divides his class “Organizational and Societal Issues within the Health-care System” into three sections for three consecutive visits. Also, in past summers, he has brought in younger students from his High School Institute class “Medications: History, Sources, & Preparations.” For each class visit, I organize books into categories on five tables and talk about them for about forty-five minutes; then, the students have half-an-hour to look through the books for themselves. Paul adds to my lectures by interjecting specific comments and questions. It is interesting for us to observe just what the students are learning for the first time, after exposure to these materials.

Paul has been so encouraged with the positive student reactions that he wrote a notice in the “Have You Heard?” column of Pharmacy in History (v. 41, no. 2, 1999, p. 70); arranged for us to be interviewed for articles published in two newspapers: the University of Wyoming’s Campus Pulse (April 16, 1999), and the Laramie Daily Boomerang, UW Preview Edition (August 12, 1999); and even managed to get the University of Wyoming’s News Service to videotape one of these presentations (along with an interview with him) for distribution to TV stations across the state.

Certainly, many other special collections libraries have larger quantities of books than the Toppan Library does regarding the history of pharmacy. Yet, even a small number of these books are sufficient to awaken in students an appreciation of how the present builds upon the past, and to see connections that relate different time periods and cultures. After all, it is a universal truth that people get sick, and may well die from complications if they do not get healed. So, how HAVE people tried to heal themselves and others through time?

I start the discussion by handing out photocopies of a cuneiform tablet from ancient Mesopotamia with “the world’s oldest known medical text”
(taken from Dora Jane Hamblin, The First Cities, NY: Time-Life Books, 1973, p. 98). The students perk right up when they hear that one of the remedies involves pouring strong beer over resin, heating it, combining it with river bitumen oil, and letting the sick man drink it! Further information about this anonymous Sumerian physician’s tablet (now in the University Museum, Philadelphia) is then read from “The first pharmacopoeia,” chapter 9 in Samuel Noah Kramer, From the Tablets of Sumer (Indian Hill, CO: Falcon’s Wing Press, 1956, pp. 56-60.)

In cases where our library does not have originals, I use reproductions or modern reference books to introduce a subject. Thus, we continue the chronological development of ancient pharmacy by looking at books that relate to the Greek physician Dioscorides and the Roman historian Pliny the Elder. “Pharmacy in the Bible” (Vol. 1, chapter III, pp. 46-76) is one fascinating chapter of many contained within the two-volume reference set Chronicles of Pharmacy (Tuckahoe, N.Y.: USV Pharmaceutical Corp., 1972 reprint of the original published in London in 1910).

We then focus on one amazing plant used for medicinal and superstitious purposes through the ages: the mandrake. From the Byzantine reproductions of Dioscorides’ imaginative male and female mandrakes, through Medieval images emphasizing the plant qualities contrasted to Renaissance depictions of full-frontal male and female nude mandrakes, this half-plant/half-human hybrid is depicted simply as a plant by the time of our Fuch’s herbal of 1595 (Plantarum et Stipium Icones, Lyon, no publisher noted, p. 301). It has been brought back, however, into popular awareness today through the Harry Potter story of “baby” mandrakes (J. K. Rowling, Harry Potter and the Chamber of Secrets, N.Y.: Scholastic, 1999, Chapter 6).

We touch upon non-Western cultures by looking at reproduction images from a Persian bestiary that gives remedies made from animal parts (Desmond Stewart, Early Islam, Great Ages of Man series, N.Y.: Time Inc., 1967, pp. 131-139), and then consider traditional medical uses for tobacco in Aztec herbals (see Mike Wolfe’s web page http://www.tobacco.org/History/aztecs.html). To further surprise the students, I read a chapter out loud about an apparently common nineteenth-century activity in America: giving opium syrups in order to quiet babies (Child’s Health Primer, N.Y.: Barnes & Co., 1885, pp. 59-60). This leads into showing a beautiful hand-colored etching of the opium poppy in the three-volume, eighteenth-century Medical Botany set by William Woodville, M.D. (London: Phillips, 1792). We look through the volumes at pictures of many plants
that people still use today for the same or similar purposes, for example, dried plums for constipation and St. John’s Wort for “hysteria” (although we may not call it exactly that).

The categories of “Domestic Physician” and “How-to” books are ones in which the students show great interest. It usually takes some explaining, however, about the typographical convention of the long-s, the often phonetic spelling, and non-standardized capitalization and punctuation, to make the students comfortable with reading through the texts. These seventeenth through nineteenth books often have indices in which you can look up the complaints, for example: “for the swimming of the head,” “for grief in the stomach,” “for the Gonorrhea,” “for women in childbirth,” “for the Leprösie,” “to take away scars of the small pox,” “for pain in joynts,” and so forth (all from Gervaise Markham, The English Housewife, London: Sawbridge, 1668). Late nineteenth century and early twentieth century pamphlets from health resorts and mineral springs. They come complete with testimonials from both physicians and patients about cures of various types affected by “healing waters.” Titles include Asheville, Western North Carolina, Nature’s Trundle-Bed of Recuperation, for Tourist & Health Seeker (by Hinton A. Helper, N.Y.: South Pub. Co, ca. 1886), and the Invalids & Tourists’ Guide Book (World’s Dispensary Medical Association, Buffalo, N.Y., ca. 1879).

The class then talks about the re-emergence of some traditional remedies, like people keeping aloe plants in their homes in case of burns, and drinking herbal teas. The presentation ends dramatically with the display of a magazine ad (Time, November 23,
1936, after p. 44) by a cigarette company (that shall remain nameless), which shows appetizing pictures of dinner courses accompanied by testimonials from people about how smoking cigarettes before, in-between courses, and after the meal, “improves one’s digestion.” The point being, of course, that even in “our own” time (like that of our parents and grandparents), one must stay informed about differing opinions regarding health issues.

In conclusion, this presentation to pharmacy students is an example of what can be successfully accomplished in institutions with special collections libraries in close proximity to pharmacy colleges. Interested librarians reading this might want to get in touch with pharmacy professors; and, pharmacy professors, do not be shy about contacting your local rare books librarian to arrange for a presentation. We truly want the wonderful old books in our custody to bring history alive and become relevant to people today—especially to the younger generations of students.

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MASS MEDIA AS PATIENT INFORMATION: EDUCATING STUDENT PHARMACISTS

Patient demand for specific prescription medications is a growing phenomenon. In a social context, this demand has been influenced greatly by changes in pharmaceutical marketing, in the amount and nature of medication information directly accessible to patients, and in the ways in which “drug discoveries” are reported in the mass media. Knowledge, attitudes and behaviors involving medications are often based on the perceptions that people hold regarding specific drug products. Great differences in these perceptions can occur between patients and health professionals (Montagne, 1996).

Patients obtain information about medications they use from a variety of sources. Past research on patient-information seeking has indicated that media sources, especially print media, television, and drug advertising, are typically more important than health professionals in learning about new medications and their effects. Mass media heightens public interest and concern about certain types of medication use, through its ability to provide opportunities for the expression of expert and lay viewpoints (Cohen, 1983; Montagne, 1992; Morgan, 1983).

It seems mass media is becoming the primary source of drug information for many consumers. In the real world of medication use, humans often are not rational in making decisions to use drugs. Patients often are not aware, or made aware by health professionals, of all possible treatment options in arriving at a therapeutic plan. The influence of mass media reports of medications on patients and consumers can result
in: 1) an increased demand for prescription medications; 2) an increase in the reporting of side effects and in patient noncompliance; 3) a propensity to engage in self-medication behaviors with prescription medications; 4) a false hope for or belief in a miracle cure; 5) an increased use of unproven therapies; and 6) an increased focus on lifestyle medications for alteration of self (Montagne, 2001).


To better prepare student and practicing pharmacists for these patient and consumer beliefs and behaviors regarding drugs and their use, I have developed exercises or assignments for some of my courses (“Drugs & Society,” “Drug Education”) that allow students to examine and evaluate more closely the messages and intent of specific mass media reports.

A useful resource is the Opposing Viewpoints series, edited by D.L. Bender and B. Leone and published by Greenhaven Press, such as: The Health Crisis, B. Szumski ed., San Diego CA: Greenhaven Press, 1989. As the editors of this series state: “Those who do not know their opponent’s arguments do not completely understand their own” (on the back cover of every book in the series). Within each anthology are exercises to develop critical thinking skills regarding information presented in mass media, such as: “Distinguishing Bias from Reason,” “Distinguishing Between Fact and Opinion,” “Recognizing Statements That Are Provably False,” “Recognizing Deceptive Arguments.”

Assignment 1: Drugs on the Internet

In recognition of the importance of the Internet, pick one specific drug (Rx, OTC, herbal, controlled substance, or other) and search the Internet for information about it. The purpose is to gain a better understanding of a particular type of drug use, as represented by information provided through this form of media. You should focus on what types of information about the drug are available on the Internet by:

1. Searching the Internet for sites that contain any type of information about the drug you have chosen to investigate. Look for professional sites, promotional pages, patient groups, chat rooms/discussion groups, and anything else that can be found using various search engines and strategies. The idea is to locate and identify a number of different types of sites and information, not the full content of each site or all listed sites.
2. Categorizing the sites and types of information (e.g., for or against use, support for users, types of benefits or problems from use, sources of supply of products and information, patterns of use, history of the drug’s discovery, development, and use). Analyze these data in terms of what dominates or occurs most often, what is based more on scientific fact versus opinion, and what trends are currently apparent.

3. Summarizing and discussing your results in the context of use of this drug in society, by certain subgroups, and whether or not problems may or have resulted from use. Include a brief overview of your search method.

Given the intent of this assignment, you should think first about a particular drug that has been mentioned recently amongst relatives or friends, in society and the media, or in your practice setting or workplace. Limit the report of your investigation to four (4) pages.

Assignment 2: I Should Have Gone Into Drug Advertising

Drug advertising and promotion have a significant impact on various types of drug taking, from the ways physicians prescribe to the ways in which consumers self-medicate. Drug ads contain a variety of statements or messages. Some of these messages attempt to inform or educate the reader with factual statements, while other messages attempt to influence the reader’s thinking or behavior with misleading or inappropriate notions. You should:

1. Choose a specific drug advertisement (or other promotional activity) from any media source (professional or consumer).

2. Analyze the messages conveyed both directly and indirectly in the ad and compare them to what you know exists in terms of reality (in this case, scientific knowledge).

3. Identify those statements that are provable (for which evidence probably can be found), and those statements that are not provable (which cannot be verified because evidence is probably not available).

4. Review all of the messages in the ad, and the degree to which they are or are not provable, and summarize the overall value of the ad as a source of information to help patients or consumers in making a decision whether or not to use a particular drug.

Your summary statement should be brief (limit to about three pages), and you may append the original ad, a photocopy of it, or if the ad cannot be provided (e.g., bound journals, radio and television spots, Internet), then please provide a brief description with a listing of the key statements/messages that you are analyzing and the ad’s source and appearance.

Assignment 3: Drugs in the News: Distinguishing Fact from Opinion

This assignment is designed to develop your critical thinking skills, particularly in distinguishing facts from opinions. The statement “Over one billion dollars was used to prohibit drug use and drug trafficking last year” is a fact that can be verified by checking the relevant research on the subject. The statement “The federal government has not spent enough money to stop drug abuse and drug trafficking” is an expressed opinion. Not all statements of fact are true, unfortunately, because some are based on false or inaccurate information. For this assignment, how-
ever, you should be concerned primarily with understanding the difference between those statements that appear to be factual and those statements that appear to be based upon opinion. You should:

1. Choose a brief report from the media, including the Internet (print form is best, but you can work from radio or television reports, if you have taped them) regarding drugs, drug use, or drug use problems in a medical or non-medical context.

2. Identify those statements that appear to be based upon facts and those that appear to be based upon opinion.

3. Review the whole report, summarize its major statements, and comment on its overall value in covering the issue. Try to limit comments to four (4) pages.

Assignment 4: Review of Book/Film/Music/Media on Drug Use

The various forms of mass media are very important in influencing the nature of specific drug effects and the types of drug-taking behaviors that might be involved. People’s drug-taking behaviors are directed by what they think or know will happen when they use a particular drug. For this assignment, provide a brief review of some form of mass media (book, long essay/article, film, musical record or concert, performance event, or any form of mass media) that describes in great deal a person’s or group of people’s experiences with a specific drug in a given context.

1. Choose the particular mass media account, story, or event that describes a specific drug (or group of drugs used in a combination) and the effects that are claimed to be associated with it. Indicate information, if available, regarding the pattern of use (dose, dosage form, frequency and duration of use), setting of use, and the actual major effects (physical, mental, and otherwise) that occurred.

2. Review the piece of mass media and comment, to the best of your ability, on the following two issues:

a. How factual does the account seem in terms of classic pharmacology, your own similar drug experiences, or your knowledge of others’ drug experiences with the same drug? What aspects that are described seem unique, different, or do not seem real (make sense) to you.

b. Review the potential impact or influence (positive or negative) of this mass media account of drug effects on current and potential patients or drug consumers.

In your paper (no more than four pages in length), you should provide a citation to the mass media you are using, and briefly describe the social context (if you do not do so under setting of use). The major focus should be on whether the account of the drug’s effects, and the way it is being used, could lead other people to engage in use of that drug, and could problems result.

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The Accomplish’d Ladies Delight in Preserving, Physick, Beautifying and Cookery, fifth edition, published in London for Benjamin Harris (attributed author: Hannah Wooley), 1685. (source: Frederick W. Toppan Collection, TX 717 .W66)

The category of “domestic physician books” is an intriguing one, because we get a sense of the importance that the homemaker of previous centuries had in maintaining the health of those around her, when access to medical care was less prevalent than today. (Note: the original spelling, capitalization, and punctuation will be retained in these quotes.)

The preface of this seventeenth-century volume states: “Ladies, though there have been many Books Extant of this kind, yet I think something hath been deficient in them all! I have therefore adventured to make another, which I suppose comprehends all the Accomplishments necessary for Ladies, in things of this nature.” Among the additions are “some Excellent Receipts in Physick and Chyrurgery for curing most Diseases incident to the Body.” These are also noted on the title page under category II: “The Physical Cabinet.” The physical cabinet for the accomplished English lady of the late 1600s consists here of 111 remedies. Granted, these are home cures—which may or may not have helped the medical problems—but they are important because they reflect the traditions of that time and place. Here are some selections:

“To destroy the Piles” (p. 70)
Take Oyl of Roses, Frankincense, and Honey, and make an Oyntment of them, and put it into the Fundament, and put Myrrh unto the same, and use often to anoint the Fundament therewith, and let the fume thereof go into the Fundament.

“An excellent Salve” (p. 78)
Take half a pound of Bees-wax, a pint of Sallet-Oyl, three ounces of Red Lead, boyl all together in a new earthen Pipkin, keeping it stirring all the while till it grows of a darkish Colour, then keep it for use, or make Sear-cloaths of it while it is hot. It is most approved against any pain, Sore, Scald, Cut, Burn; to strengthen the Back, or remove any old Ach whatsoever.

“An Approved Medicine for the Stone and Gravel” (p. 66)
Take the hard Roe of a red Herr-ing, and dry it upon a Tile in an Oven, then beat it to powder, and take as much as will lye upon a six-pence every Morning fasting in a glass of Rhenish Wine.

“For the Pleurisie” (p. 69)
Take the round Balls of Horse-dung and boyl them in a pint of White-wine till half be consumed, then strain it out, and sweeten it with a
little sugar, let the Patient drink of this, and then lye warm.

“To make a Woman be soon delivered, the Child being dead or alive” (p. 76)
Take a good quantity of the best Amber, and beat it exceeding small to powder, then fearce it through a fine piece of Lawn, and so drink it in some Broath or Caudle, and it will by Gods help cause the Patient to be presently delivered.

“For a Rheumatick Cough or Cold” (p. 79)
Take a pint of Hysop-water, Syrup of Gilliflowers, Syrup of Vinegar, Syrup of Maiden-heair, Syrup of Colts-foot of each one Ounce, mingle them all together, and drink it when you please.

The following chapter about Beautifying Waters, Oyls, Oyntments, and so forth contains other remedies of interest:

“To take away Sun-burn” (p. 91)
Take the juice of a Lemmon, and a little bay-salt, and wash your Face and hands with it, and let them dry of themselves, and wash them again, and you shall find all the Sun-burn gone.

“To take away the holes or Pits in the Face by reason of the Small-Pox” (p. 93)
For helping of this Accident I have tryed many things and the best means I have found, is to wash the Face one day with the distilled water of strong Vinegar, and the next day with the water wherein Bran and Mallowes have been boyled, and continue this twenty days or a Month together.

“For the Redness of the Hands or Face after the small-Pox” (p. 93)
Take Barley, Beans, Lupines, of each one handful, bruise them all in a Mortar grosly, and boyl them in three pints of water till it grow thick like a Jelly, then strain it, and anoint the Face and hands 3 or 4 times a day, for three or four days together, and then wet the Face and hands as often with this water following.

“For a Stinking Breath” (p. 96)
Take two handfuls, of Cummin, and stamp it to powder, and boyl it in Wine and drink the Syrup thereof Morning and Evening for fifteen dayes, and it will help. Proved.

“For Eyes that are blood-shot” (p. 97)
Take the roots of red Fennel, stamp them, and wring out the juyce, then temper it with Clarified honey, and make an Oyntment thereof, and anoint the Eyes therewith, and it will take away the Redness.

“For cloven Nails” (p. 100)
Mingle Turpentine and Wax together, and lay it on the Nail, and as it groweth, cut it away, and it will heal.

These selections from The Accomplish’d Ladies Delight are just a handful of the remedies contained within this book. Considering that this 1685 version is in its fifth edition, and that the print on some pages is almost obliterated (such as on Oyntments for Beautifying the Face, p. 103), this must have been a bestseller of the time.
Announcements

AMERICAN PHARMACISTS
WHO DO YOU CONSIDER THE MOST INFLUENTIAL?

We are developing a consensus list of the individuals who had the most influence on pharmacy in the United States. The objectives for the project are straight forward. We are interested in identifying those individuals who have made a significant impact on the profession. We are NOT interested in trying to develop a ranked list of who was most import, second most, and so forth. Our intent is to use the results to develop biographical sketches of the individuals selected. These will be used for publications and other projects to build awareness of both the individuals and their accomplishments in the practice and culture of pharmacy.

Inclusion Criteria:

• Individual must be dead.
• Names of live individuals will be noted but not included in the final tally.
• Must be a pharmacist or had a personal impact on pharmacy, e.g. Millis had a direct impact on pharmacy; Franklin D. Roosevelt did not.

Process:

• Develop your list of names and send them to

  Dennis B. Worthen, PhD
  1723 Old Farm Drive
  Loveland, OH  45140
  dbworthen@fuse.net

Note: We need you to identify yourself so that we can contact you with any questions or follow-up. Your responses will be collated and no one will be identified with their selections.

Thanks for your help.

Greg Higby
AIHP

Dennis Worthen
Lloyd Scholar

ICIUM 2004: The Second International Conference on Improving the Use of Medicines.
March 30 to April 2, 2004, Chiang Mai, Thailand

Mark your calendars now for the Second International Conference on Improving the Use of Medicines. In April 1997, researchers and policy makers from around the world gathered in Chiang Mai, Thailand for the first international conference on this topic. This conference, sponsored by a variety of international health groups, was an important and educational event. The second conference will focus on cost-effective interventions to improve the use of medicines. Registration is limited to 500 participants. Details about this conference are available at the ICIUM 2004 website: www.icium.org. [This listing was obtained from the E-drug site, where it was described by Dr. John Chalker, INRUD Coordinator for Management Sciences for Health (www.msh.org)].
AACP Meeting in Minneapolis

The 2003 annual meeting of the American Association of Colleges of Pharmacy will be held at the Minneapolis Hyatt Regency Hotel, 18-23 July. Several sessions related to the teaching of the history and social aspects of pharmacy will be featured. (See www.aacp.org) Those going to Minneapolis should also note the “History of Pharmacy Group Roundtable” scheduled for Sunday July 20 at 3:30 to 5 PM. This informal gathering gives interested instructors a chance to network, share resources, and relax with colleagues. Clarke Ridgway and Bob Buerki will be on hand to answer questions and stimulate conversation based on their extensive experience.

Medicine and Pharmacy of the Lewis & Clark Expedition

An excellent virtual exhibit dedicated to the medical and pharmaceutical aspects of the Corps of Exploration can be found through the University of Virginia Health Sciences web page: (http://hsc.virginia.edu/hs-library/historical/lewis_clark/)

A look at the medicines of the Lewis and Clark expedition will be included in the next issue of Apothecary’s Cabinet, the popular newsletter of the American Institute of the History of Pharmacy.

“Health and Medicine in North America in the Era of Lewis and Clark”

The Francis C. Wood Institute of the College of Physicians of Philadelphia is planning a major conference on medicine in the U.S. circa 1800, to be held Thursday evening through Saturday, November 4, 5, and 6, 2004. Co-sponsors will include the American Philosophical Society, the Library Company of Philadelphia, and the McNeil Center for Early American Studies at the University of Pennsylvania. The conference is timed to coincide with the opening of a national touring exhibition on the Lewis and Clark expedition at Philadelphia’s Academy of Natural Sciences. Another exhibit, "Only One Man Died: Medical Adventures on the Lewis and Clark Trail" is currently on display at the College of Physicians and will remain there through 2006.

Requests for further information should be directed to:
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