

THE HEALTH HABIT

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TRY NOT TO ITCH!

BY ELIZABETH NEUSSENDORGER

Head lice - it's just gross, right?

Well, did you know that head lice dates back to 10,000 B.C.? The oldest known head lice was discovered on a 10,000 year-old body found in Brazil. Head lice is believed to be an offshoot of body lice.

Ancient Egyptians believed that a mix of spices and vinegar rubbed on the scalp for a few days would help cure the head lice; though upper class, priests and royalty usually just chose to shave their entire body. Lice combs have been found buried with Egyptian royalty. Even

Cleopatra was said to be buried with a lice comb. All this proves even the ancient Egyptians thought head lice was annoying and disgusting. It's been a part of history for a long, long time.

HISTORICAL NURSING IN MONTANA: THE TALE OF SUSIE WALKING BEAR YELLOWTAIL

BY ADELINE WASKOW



Susie Walking Bear Yellowtail

Susie Yellowtail was known as the very first

Crow registered nurse. Throughout her life and nursing career, she is known for defying expectations. After she graduated nursing school in Oklahoma, she returned to Montana to work in her home reservation hospital.

Unfortunately, she only stayed at that hospital for a couple of months. The conditions in the hospital frustrated her as she constantly voiced the inadequacies of the institution and mistreatment of women. She had her own personal mistreatment in that hospital as well. During labor for her third child, she had complications and was sterilized without her knowledge.

Susie decided that she would stand up and to advocate for Native American women and patients that were not getting fair treatment. She spoke on these issues frequently and doing so she also started attending Crow women's

births as a midwife. For almost two decades she did this and used both her safe practice medical training and her Crow knowledge that was passed down from older women to help deliver babies.

Suzie had many achievements as an activist and Crow nurse in Montana. Her greatest achievement, she was the founding member of the American Indian Nurses Association (AINA). Which in turn promoted hiring of Native nurses, as well as providing protection for Native women for unwanted surgical procedures.

PLAGUE DOCTORS, NOT JUST A HALLOWEEN COSTUME

History provided by National Geographic



The forbidding ensemble was not just a deathly

fashion statement: It was intended to protect the doctor from miasma. In the times before the germ theory of disease, physicians believed that the plague spread through poisoned air that could create an imbalance in a person's humors, or bodily fluids. Sweet and pungent perfumes were thought to be able to fumigate plague-stricken areas and protect the smeller; nosegays, incense, and other perfumes were common in the era.

Plague doctors filled their masks with theriac, a compound of more than 55 herbs and other components like viper flesh powder, cinnamon, myrrh, and honey. De Lorme thought the beak shape of the mask would give the air sufficient time to be suffused by the protective herbs before it hit plague doctors' nostrils and lungs.

Three horrific plague pandemics swept across the globe before its cause was ultimately uncovered—the Plague of Justinian, which killed up to 10,000 people a day circa A.D. 561; the Black Death, which wiped out up to a third of Europeans between 1334

and 1372 and continued with intermittent outbreaks as late as 1879; and the Third Pandemic, which ravaged much of Asia between 1894 and 1959.

Ultimately, the plague doctors' outfits—and methods—didn't make much of a difference. "Unfortunately," writes historian Frank M. Snowden, "the therapeutic strategies of early modern plague doctors did little to prolong life, relieve suffering, or effect a cure."

Plague doctors may have been immediately recognizable, but until the rise of the germ theory of disease and modern antibiotics, their costumes didn't provide real protection against the disease.



Source:

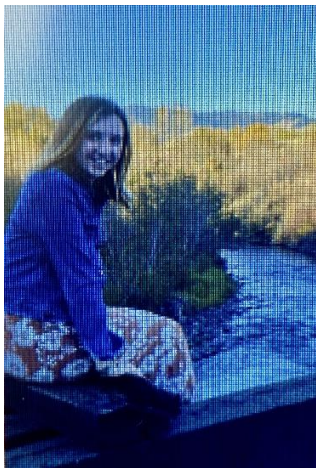
[Why plague doctors wore those strange beaked masks \(nationalgeographic.com\)](https://www.nationalgeographic.com/history/why-plague-doctors-wore-those-strange-beaked-masks/)

ABOUT THE AUTHORS



ELIZABETH NEUSSENDORGER

Elizabeth is a 5th grade student here at Saint Andrew School. She enjoys reading classic literature, challenging herself in math, and learning about saints. In her spare time, she enjoys playing the piano, Irish dance classes and swimming.



ADELINE WASKOW

Adeline is a nursing student at Helena Community College. She

will be graduating this December. She is passionate about nursing and would like to share why she decided to pursue the profession.

Why I Wanted To Be A Nurse:

I have been wanting to have a nursing career since I was nine years old. I witnessed my little sister be born. I was inspired by the nurses who gave my mom the best care possible. While being so compassionate and sweet to me as well. I wanted to be just like those nurses that helped my mom bring my little sister into the world. Throughout my schooling journey it has had challenges and trials. But throughout it all I am going to reach my goal of being a nurse and working in healthcare!



CALLING ALL INVESTIGATIVE JOURNALISTS!

If you are in 5th -12th grade, enjoy health

science, and love to write, I welcome you to come write a piece for the Saint Andrew School Health Journal. You can choose any health topic to investigate, historical to modern medicine, and write a short piece for the journal. You may write one or many, up to you!

Please reach out to Nurse Mary at nurse@standrew.org. if you have questions or would like to write an article.