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Medicine in the Presidio

By A. R. Byrd III, M.D.

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NEW ADMISSION STRUCTURE BEGINS OCTOBER 1

On October 1st, 2015 the Presidio Museum will institute a new admissions policy:

Individuals:

General Public: \$3
14 and Under: Free
Presidio Trust Members: Free

Groups:

Groups with an outside tour company or walking tour guide will be charged \$3 per person. Guides and tour companies may call ahead to schedule arrival and reserve a tour with a docent.

Free Days: The third Saturday of each month shall be a free day, as well as the annual Tucson Birthday celebration event on August 20th.

WINTER SCHEDULE BEGINS OCTOBER 1

Oct. thru April,
Wed. thru Sun.
10am – 4pm

To understand medicine in the Presidio and the Pimeria, it is helpful to understand something of the context in which it developed.

The history of medicine in the Southwest goes back a really *really* long time! There are coprolites (that's right: fossilized poop!) dating back to the last ice age, found in Arizona, that contain remnants of creosote bush and other clearly medicinal herbs (i.e., they don't taste good).

The Tohono O'odham classification of diseases, probably from ancient times, differentiated between staying sickness and wandering sickness. Staying sickness was unique to the person (and would include things such as diabetes, heart disease, cancers), whereas wandering sickness could 'wander' from person to person (tuberculosis, measles, smallpox and other



The three instruments illustrated are from an 18th century surgical instrument set and include two amputation instruments, in a leather case. Also shown is a copy of Brambilla's textbook of military surgery from 1782.

communicable diseases). Herbal remedies were used for all, and – as found by Dr. Margarita Kay in her research on the medical anthropology of the Southwest – different tribes living in the same area would use the same medicinal, that would differ from those

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**FROM SHAMAN TO SURGEON:
OPENS
OCTOBER 10th**

From Shaman to Surgeon, Military Doctors and Early Medicine in the Southwest, 1776-1916 opens to the public on October 10th on the same day as Living History. Join the exhibit coordinators at 11:00 a.m. for a public opening. Explore the details of 18th and 19th century Army Medicine and also early civilian medical practitioners in Southern Arizona and the Southwest. The 18th century segment will include medicinal treatments available to the residents of the Tucson Presidio, including curandera and native treatments. Also included will be an exterior exhibit of medicinal plants. The exhibit will combine photographic-text panels with artifacts and reproductions.



From the President's Desk



The Presidio Trust took over management of the Presidio San Agustín del Tucson in May from the City of Tucson. In the months since we have been working toward fully running the daily operations of the Museum. We are making excellent progress through the efforts of our executive director, Board members, and our many volunteers.

Volunteers are the key to our success. Many showed up in July to help clean the grounds and exhibits. Our docents have continued to guide visitors through the park during the hot summer months. Many people showed up in costume for the Tucson Birthday celebration on August 20th.

As we move closer to our Fall and Winter season, volunteers will be acting as docents, helping school children at the Friday at the Fort and Morning Muster programs, assisting with exhibit preparation, demonstrating Colonial skills during our Living History days, and helping to maintain the museum. We have opportunities, large and small, for volunteers. Please consider helping out!

We are also beginning to raise the money necessary to run the Presidio. One source of revenue is our gift shop. We are restocking best-selling items and purchasing new books, decorations, and kitchen ware. These include decorations for All Souls Day and Christmas. Presidio Trust members get a 10 percent discount on every purchase. Stop by soon and see what we have to offer!

J Homer Thiel

From the Executive Director

Welcome back continuing volunteers, docents and members. And welcome to new volunteers and docents! As the weather begins to cool we hope to see you all down at the Presidio. The season is starting with a Salon and Saloon Lecture on September 26th, the first Living History of the season on October 10th, and a Colonial Skills class on October 24th.

As we transition over to being fully operated by the not-for-profit Tucson Presidio Trust for Historic Preservation there has been much to do. The Board of Trustees and I have addressed issues ranging from new utility bills, hiring, bookkeeping, admissions policies and documentation of daily operations. Meanwhile, our team has also been developing offerings for event and wedding planners, tour companies and groups and has begun a partnership with neighboring La Cocina restaurant to provide catering services. Our goals has been to provide the rental and programming options desired by our visitors while maintaining the integrity

and authenticity of the Presidio.

Meanwhile, in preparation for the coming season volunteers have helped spruce up the Presidio on two separate "clean-up" days and docents and volunteers are being recruited and trained. All of this has been in preparation for the best season yet of Living History, Friday-at-the-Fort, Salon and Saloon, and Docent Tours.

Come experience history at the Presidio San Agustín del Tucson!

Amy J Hartmann-Gordon

Amy Hartmann-Gordon
Executive Director



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used by the same tribe a valley or two over. More advanced societies, such as the Aztec empire, would gather healing herbs from as far away as they had trade associations. The finest herb garden in the New World, that of Montezuma, had herbs from far down in South America.

When the Spanish conquered Mexico (1519 – 1521) they brought with them the *humoral theory of medicine* – the classification of diseases and remedies inherited from the ancient Greeks and accepted by all of Europe. This held that as the Earth had 4 elements: earth, air, fire and water, so did the human body have 4 corresponding ‘humors:’ black bile, blood, yellow bile and phlegm. Illness was caused by these being “out of balance.” To get them in balance required either purging (emetics and cathartics) or bleeding. Bleeding was good for just about everything, the belief being that the belief was blood contained some of all 4 of the humors (a column of blood would separate into 4 layers). And it was quite commonly believed that bloodletting needed to continue until the person improved, and... well...if he died, he died! New herbal remedies were avidly sought, and one of the stated reasons for Cortez’ voyage of conquest was to bring back new plants from the New World for the Spanish crown. He reported to the King that there was indeed a whole street in Tenochtitlan devoted entirely to pharmacies, and that the Aztecs had better physicians than the Europeans! 50 years later Philip II sent Francisco Hernandez to investigate the herbal remedies of the New World, and his giant work was ultimately published 100 years later, given to the people, and became the source for much of the folk medicine of Spanish America. The rigidity of the Humoral Theory however limited thinking and progress, and little advances were made for centuries under its domination.

Surgery had an altogether different history from Medicine, and the two were not the same. Surgery was descended from the lowly barber-surgeons that accompanied the armies in medieval Europe. Generally untrained except on-the-job, they were however free to take a totally pragmatic approach to a problem

since they were unhampered by tradition.

By the time of the founding of the Presidio, however, there was a developing consensus that both disciplines should be taught together, and when Carlos III founded a medical school in Mexico City in 1768 he specified that both medicine and surgery should be taught.

There is one other tradition that must be considered: that of the Moors and Islam, which had kept alive the knowledge of classical Greek and Roman understanding of medicine. But also Spain inherited from them a concept of cleanliness unknown in the rest of Europe. At a time when contagion was barely understood, the Spanish hospitals and infirmaries (St. Augustine in Florida and the Royal Infirmary in Arizpe) were airy with wide spaces between beds, the walls were washed with lavender water daily and chamber pots were emptied promptly and kept clean. The Royal Hospital in St. Augustine boasted a near 80% survival rate, extraordinary in that time.

So, when Salvador Moraga was sent early in the 19th century from the Presidio of Tucson to learn medicine at the Royal Infirmary in Arizpe (he was sent for several 6 month stints), he would have learned the latest techniques for surgery, the need for bloodletting for most conditions and all the recommended herbal remedies, but he also would have tempered the latter with his understanding of the local herbal remedies that were tried and true in this area.

After his death in about 1848, medicine would change rapidly, but even early in Territorial days most doctors practiced with little scientific understanding, and much of the Humoral Theory held sway even as knowledge of germs as the causative agents of many diseases grew. Military surgeons accompanying the Army were the best source of “up to date” medical care, but even with them it was spotty. The 1873 Dispensatorium for the U.S. lists an incredible array of herbal remedies with no hint of science.

This is the background for the rich history of medicine at the Presidio, and some of what will be on display at the new exhibit.



Broad leaved lavender (*Spica Latifolia*), 1737 from *A Curious Herbal*. Scottish illustrator and author Elizabeth Blackwell published *A Curious Herbal*, noted for its beautiful illustrations, in weekly installments between 1737 and 1739. Lavender water was one of many common herbal home remedies.

Dr. Byrd is a native Tucsonan and graduate of the University of Arizona College of Medicine.

He completed his Residency in Family Medicine at the University of Arizona and is Board Certified in that area. He has spent his career in private practice with his two long-suffering partners, Dr. Stephen Moore and Dr. Jim Martinez, at Sonora Family Practice.

He has a longstanding interest in history and genealogy and in addition to participating in the Presidio garrison as the barber-surgeon, he is past President and a current member of the Sons of the American Revolution and has been the Surgeon General of the National Society. He lives in Tucson with his wife and son.

New Admissions Policy and Member Benefits

As the Presidio Museum transitions over to being fully operated by the not-for-profit Presidio Trust, some changes have been instituted. Most exciting is that Presidio members will now see real value in their memberships. Members will enjoy special member discounts (look at the calendar page for the first of those) for all events and activities, receive guest passes, and be able to visit the Museum any time for free. All gift shop purchases are 10% off with membership too.

For general admission visitors a \$3 admissions price will be charged. Children fourteen and under are free and all Presidio members are free. Groups brought in by private tour guides or tour companies will also be charged a \$3 admission fee per person. Groups over ten can also reserve additional experiences to enhance their tour.

These fees will all go to support the operations and educational programs offered to visitors and the Tucson community. Although this is a change in the way the Museum has operated, the Board of Trustees had to consider how to create sustainability, maintain quality, and protect this important place in Tucson's history for future generations.

Honoring Our Ancestors and Our Past

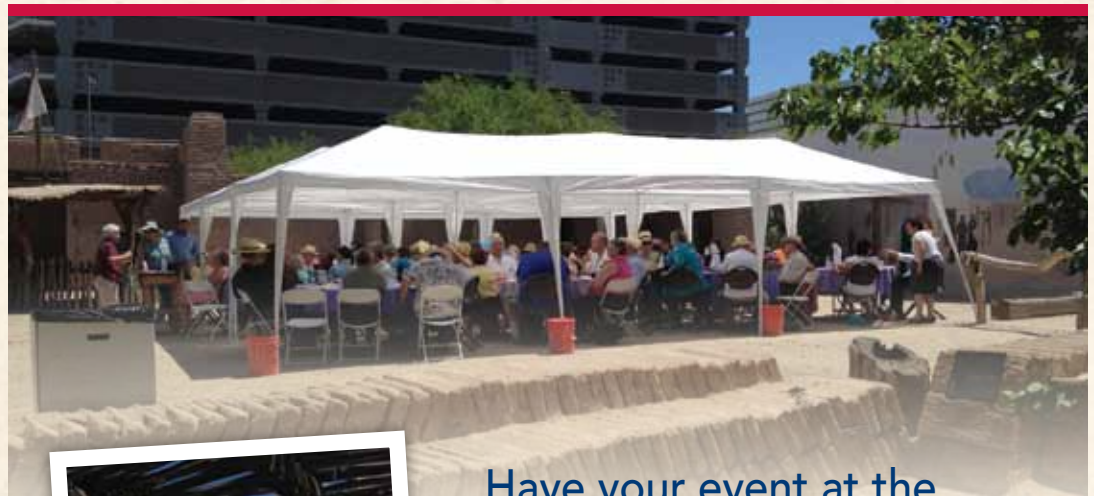
Dia de los Muertos or Day of the Dead is a Mexican holiday celebrated throughout Mexico and around the world on November 1st and 2nd. In most regions of Mexico, November 1st honors children and infants and November 2nd honors deceased adults. Family, friends and community gather for this holiday to pray for and remember those who have passed away.

Traditions include building private altars with *ofrendas* (offerings) that honor the deceased. Sugar skulls, marigolds and the favorite food and beverage of the departed are often used. The altar includes four main elements of nature, -earth, wind, water and fire.

Scholars trace the origins of this modern holiday back to indigenous observances dating back to Aztec times.

During October and November, our Presidio Museum will display a Day of the Dead altar honoring Lt. Colonel Jose Maria Martinez,

a former commander of the Tucson Presidio during the Mexican Period. He was born in the early 1800s, was married to Felipa Yrigoyen and Jesusa Quintero and fathered 15 children. On March 5, 1836, Commandant Martinez and officers of the Tucson Garrison met with leaders of the Pinal Apaches inside the Presidio walls and concluded a major peace treaty. He died in September 1868, reportedly as a result of wounds he received in 1863 from an Apache attack. Today, many descendants of Martinez live in southern Arizona. The family of Arnold Smith, one of the founders of the Tucson Presidio Trust for Historic Preservation, has given consent for a memorial and recognition of their ancestor. Los Descendientes del Presidio de Tucson, along with assistance of U of A experts, is currently conducting a project to determine whether a set of remains from the recent relocation of graves from an historic downtown cemetery could be those of Commandant Martinez, based upon evidence found within the grave closely matching arrow points and wounds similar to those of our subject.



Have your event at the

Presidio

Rent the Territorial patio, or the whole enclosure. Great for parties, quinceañeras, and weddings.

Catering is available through La Cocina restaurant located next door. Check the website www.TucsonPresidio.org for details and pricing.



Recent ACTIVITIES

On August 29th, Presidio volunteers came together to celebrate the Fiesta of San Agustin Mass at the Cathedral St. Agustin celebrated by Bishop Gerald Kicanas. *La Gente* and the *Garrison Soldados* processed into the cathedral at the beginning of the mass carrying the 1807 Presidio Bell into the church.

On August 20th, the Presidio opened its gates to the Tucson-Pima County Historical Commission as they hosted Tucson's 240th birthday celebration. Event partners included Pima County, the City of Tucson, the City of Tucson Clerk's Office, the Tucson Presidio Trust, Los Descendientes del Presidio del Tucson, Pioneers of the Old Pueblo, and El Presidio Neighborhood Association.

A presentation of the flags that have flown over the Old Pueblo included representatives from the Tohono O'odham Nation, the Pasqua Yaqui Tribe, the Tucson Presidio Trust (representing the Spanish flag), the Mexican Consul (representing the Mexican flag), the Tucson Mormon Battalion (representing the United States 28 star flag), the Sons of Confederate Veterans (representing the Confederate First National flag), the Arizona Department of Safety (representing the Arizona flag) and an Honor Guard from Davis Monthan Air Force base carrying today's American flag.

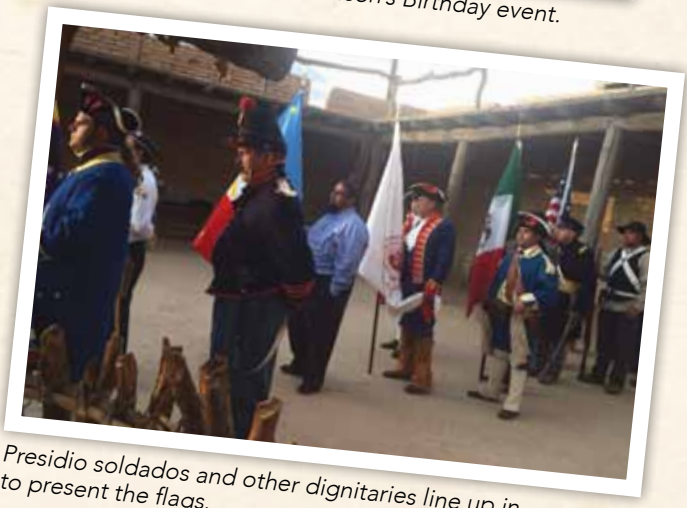
Happy Birthday Tucson!



Volunteers of the Tucson Presidio Trust at the Fiesta of San Agustín Mass.



The presentation of flags at Tucson's Birthday event.



Presidio soldados and other dignitaries line up in to present the flags.



Calendar

Winter Hours

October thru April
Wednesday thru Sunday
10:00 a.m. – 4:00 p.m.

Upcoming Events:

September 26th:

Salon and Saloon with John Langellier, PhD

2:00 p.m. at the Dusty Monk Pub (across the street from the Presidio) 201 N. Court Avenue

Topic: "Surgeons in Blue: Army Medicine in Early Arizona"

Tickets: \$5

No-host drinks and food available

October 10th:

First Living History Day of the Season

10:00 a.m. – 3:00 p.m.

Living History Days begins. Join us every second Saturday through May! Our interpreters will take you back to Spanish Colonial Tucson and show you what daily life was like.

General admission fee to Museum: \$3

October 10th:

Exhibit Opening: Shaman to Surgeons: Military Medicine in the Southwest

11:00 a.m.

From Shaman to Surgeons: Military Medicine in the Southwest opens to the public. Join us at 11:00 a.m. with the exhibit coordinators for a reception and discussion. Thank you to our exhibit sponsor the Pima County Medical Society.

General admission fee to Museum: \$3

October 31st:

Salon and Saloon with J. Homer Thiel

2:00 p.m. at the Dusty Monk Pub (across the street from the Presidio) 201 N. Court Avenue

Topic: "A Drear, Bleak, Desolate Place: Tucson's Abandoned Cemeteries"

Tickets: \$5

No-host drinks and food available.

November 7th and 8th:

Night of the Living Fest and All Soul's Procession

Saturday 4pm-2am;
Sunday 11am-1am.

This two-day music festival and block party is presented in partnership with La Cocina restaurant and the All Soul's Procession. Music performances will be presented at the Presidio Museum and also at La Cocina. Enjoy games, food trucks, drinks and live music including *Of Montreal*, *Deerhoof*, *Diane Coffee*, *Cy Dune* and many, many more.

Tickets are \$30 at La Cocina.

Proceeds benefit for Many Mouths One Stomach.

More info at www.nightofthelivingfest.com

November 14th:

Living History Day

10:00 a.m. – 3:00 p.m.

General admission fee to Museum: \$3

November 14th:

Departs at 9:00 a.m.

Walking Tour:

Archaeology of the Tucson Presidio with archaeologist J. Homer Thiel

Since 1929, archaeologists have excavated prehistoric pit structures, parts of the Spanish fortress, and Territorial era homes and privies inside the boundaries of the 11 acre Presidio San Agustín del Tucson. Archaeologist Homer Thiel will take you back in time and show you images of many archaeological finds including those recovered by Thiel himself and his team.

Price: Tucson Presidio Trust members \$10, Non-members \$15. Ticket includes entrance to the Presidio San Agustín del Tucson, which is holding its November Living History event that day. Wear good shoes and bring water.

December 12th :

Luminaria Night – A Winter Celebration

6:00 p.m. - 9:00 p.m.

General admission fee to Museum: \$3

Volunteers

Docent Training Class

Docent training was a great success. Some participants were volunteers with Living History and Friday-at-the-Fort and wanted to brush up on their knowledge, some were continuing docents and some were brand new to the class. We welcome our newest docents and volunteers to the team!



Volunteers worked hard to spruce up the exhibits and grounds at our recent clean-up day.



Committees Support the Presidio

There are more ways to volunteer besides giving tours or re-enacting history. The Board has the following standing committees. If you would like to get more involved and help in these areas contact Homer at homer@desert.com

Adult Education Programs

Children's Programs

Docent and Continuing Education Coordination

Gardening Group

Gift Shop

Exhibits

Living History Coordination

Newsletter

Cleaning and handy projects

September 27th:

Potluck dinner for all Living History volunteers

4:00 p.m.

New and continuing Living History volunteers: Please attend this annual tradition to mingle and socialize while planning and coordinating our Living History Days! Call 837-8119 or email homer@desert.com for location and details.

October 24th:

Colonial Skills Class

10:00 a.m. – 12 p.m.

For all current Presidio volunteers, docents and interpreters. We will learn to play games of the period, discuss and share native and local foods and bake bread in the horno. Free to Presidio members. You may purchase membership at the door.

November 18th:

Volunteer Appreciation Party Docents and volunteers: Save the date!

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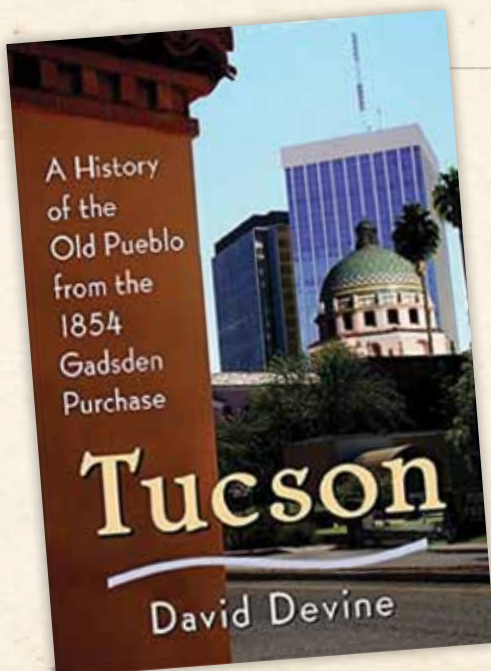
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Presidio San Agustín del Tucson
196 N. Court Avenue
Tucson, AZ 85701



We have the new book from local author David Devine entitled "***Tucson, A History of the Old Pueblo from the 1854 Gadsden Purchase.***"

October is book sale month! Select from an inventory of over 200 books on Southwest history. All Presidio Trust members will receive an additional 15% off (on top of the regular 10% off) of all books during the month of October.

Also check out our Day of the Dead items and Christmas ornaments!
