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| ***July 2014*** | ***Shinnin’ Times*** | ***Vol. 19, No. 7*** |
|  | A Publication of the Early Arkansaw Reenactors Association (EARA)  Web Page: <http://www.earlyarkansas.com/>  To subscribe to the EARA listserve, address your e–mail to:  [*Arkansas–subscribe@yahoogroups.com*](mailto:Arkansas–subscribe@yahoogroups.com)  *Editor: Joyce Hetrick at* [*joyce@heifercreek.com*](mailto:joyce@heifercreek.com) |  |

**Get your shinnin’ times by e mail—contact joyce**

**new Upcoming Events**

**August 23rd** - Cultural Celebration at Lake Dardanelle State Park.  The keelboat has

been invited, so, we need a crew.  For more information on the event contact Sasha

Bowles at the Park, [479-890-7477](tel:479-890-7477), [sasha.bowles@arkansas.gov](https://www.tcworks.net/squirrelmail/src/compose.php?send_to=sasha.bowles%40arkansas.gov). To be a part of the

crew, call or e-mail Ed Williams, [501-944-0736](tel:501-944-0736), [ed\_laurine@juno.com](https://www.tcworks.net/squirrelmail/src/compose.php?send_to=ed_laurine%40juno.com).

**CALENDAR OF EVENTS**

If you know of any events that are not on our calendar of Upcoming Events, please send them to the Editor*.* Thanks!

**July 2014**

**4 – 4th of July at HAM.** Call Glenn Cook [501-350-6640](tel:501-350-6640)

**17-20 – MOJAM/Bow Building Seminar/Campout**, Marshall, MO. Call James Thompson [501-247-6466](tel:501-247-6466). Modern camping allowed. Non-period clothing and equipment used.

**August 2014**

**9 – Ice Cream Social,** Carol's Porch. Call Carol Fritts   
[501-821-0121](tel:501-821-0121)

**Aug 23..Lake Dardenelle state Park, need Keel boat crew Sasha Bowles** [**479-890-7477**](tel:479-890-7477)

**30 – Bow Seminar,** Carol's Porch. Call Nonose [501-255-5801](tel:501-255-5801)/  
501-247-6466

**September 2014**

**6 – EARA Picnic** at Cadron Call Glen Cook [501-941-7917](tel:501-941-7917)/  
Teresa Lafferty [501-247-6466](tel:501-247-6466)

**11-14 – Calico Rock Voo.** Call James Ross [870-368--2273](tel:870-368--2273)

**18-21 –  Soggy Bottoms Voo.** Call Teresa Lafferty [501-247-6466](tel:501-247-6466)

**25-28 – Cowboy Church Voo.** Call Jennifer Johnson  
 417-634-0132/Glenn Cook 501-941-7917

**October 2014**

**2 – Old Washington Home School Days.** Call Teresa Lafferty   
(501-247-6466)

**2-5 – Critter’s Voo**.FAULK, AR. Call Critter/Bobby

**10**-**11th 235th Anniversary Battle of Baton Rouge 1779**

Saint Francisville, LA

Contact William Hardage 501-627-6313 [britishofficer@yahoo.com](https://www.tcworks.net/squirrelmail/src/compose.php?send_to=britishofficer%40yahoo.com)

**9-12 – 3rd Annual Leslie Rendezvous**, Leslie, AR 9-12 Leslie Voo   
Call Glenn Cook 501-350-6640

**25TH-26th at Cadron Viller’s Campaign on the Arkansas River (see flyer)**

**November 2014**

**1 – Searcy Pioneer Village.** Call Melinda LaFevers

**1 – Old Washington Fall Civil War Days.** Call Washington St. Pk.

**27–30 – Petit Jean Mountain Voo.** Petit Jean State Park. Call Glenn Cook 501-350-6640

**December 2014**

**7 – Christmas at HAM.** Sunday only. Call Glenn Cook   
501-941-7917

**EARA INFORMATION**

**Newsletter Notice**

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For calendar and/or event schedule changes, newsletter articles, or correction notifications, please contact Shinnin’ Times Editor Joyce Hetrick at [*joyce@heifercreek.com*](mailto:joyce@heifercreek.com).

“There is NO password to access the online edition of the EARA Newsletter, via the EARA website (<http://www.earlyarkansas.com/>)

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*Keelboat* – Ed Williams

**EARA WEBSITE**

William Hardage – [*britishofficer@yahoo.com*](mailto:britishofficer@yahoo.com)

**Liability Insurance**

To be covered you need to sign the book or if not available, a sheet of paper needs to be signed and sent to Glenn Cook. All volunteer events are covered, whether in the state or not. If in doubt always sign a sheet and send it to EARA President, c/o Glenn Cook, 331 Mark Lynn Cir., Cabot, AR 72023

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**Don’t forget the great fund raiser for a chance to win  your very own period-correct, 100% hand sewn quilt.**

Tickets are $3 for one ticket, 3 tickets for $5, and five tickets for $ 10 tickets, you can send your money to EARA, PO Box 21491, Little Rock, AR 72221-1491

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***Summer events at the Faulkner County Museum***

Faulkner County Historical Society, Faulkner County Museum and students from UCA will join our own Lynita Langley-Ware director of the Museum in presenting demonstrations of early Arkansaw life.

For dates of events and classes call 501-329-5918 for the museum.

**Frontier Medicine**

**Joyce Hetrick**

Not only did our ancestors face diseases that are easily preventable with vaccines now, or treatable with medications, they faced other issues from lack of vitamins C and B in their diet from living on “(salt) meat, meal and molasses” much of the year without fresh greens or vegetables or fruits.

**Scurvy**

Of course vitamin C deficiency causes Scurvy, which in the 1700s was found to be prevented in sailors by limes, and thus the British sailors were called “Limeys” but that little bit of knowledge once implemented, prevented whole shiploads of sailors from perishing. Scurvy didn’t just make them loose their teeth, it actually killed them, or made them susceptible to infectious diseases which did kill them.

According to Wiki, it was a [Scottish](http://en.wikipedia.org/wiki/Scottish_people) surgeon in the [Royal Navy](http://en.wikipedia.org/wiki/Royal_Navy), [James Lind](http://en.wikipedia.org/wiki/James_Lind_%28physician%29), who first proved it could be treated with [citrus fruit](http://en.wikipedia.org/wiki/Citrus_fruit) in experiments he described in his 1753 book *A Treatise of the Scurvy*,[[2]](http://en.wikipedia.org/wiki/Scurvy#cite_note-lind_james-2) though his advice was not implemented by the Royal Navy for several decades[[*when?*](http://en.wikipedia.org/wiki/Wikipedia:Manual_of_Style/Dates_and_numbers#Chronological_items)].

Wiki also says “Early symptoms are [malaise](http://en.wikipedia.org/wiki/Malaise) and [lethargy](http://en.wikipedia.org/wiki/Lethargy). After 1–3 months, patients develop shortness of breath and bone pain. [Myalgias](http://en.wikipedia.org/wiki/Myalgia) may occur because of reduced [carnitine](http://en.wikipedia.org/wiki/Carnitine) production. Other symptoms include skin changes with roughness, easy bruising and [petechiae](http://en.wikipedia.org/wiki/Petechiae), [gum disease](http://en.wikipedia.org/wiki/Gum_disease), loosening of teeth, poor wound healing, and emotional changes. Dry mouth and dry eyes similar to [Sjögren's syndrome](http://en.wikipedia.org/wiki/Sj%C3%B6gren%27s_syndrome) may occur. In the late stages, [jaundice](http://en.wikipedia.org/wiki/Jaundice), generalized [edema](http://en.wikipedia.org/wiki/Edema), oliguria, [neuropathy](http://en.wikipedia.org/wiki/Neuropathy), fever, convulsions, and eventual death are frequently seen.[1

**Pellagra**

Pellagra is a deficiency of the B vitamin Niacin which is found in fresh meat, vegetables and greens, which unfortunately, many of our ancestors lacked for much of the year. My own great grandmother died of Pellagra in 1905. On a subsistence farm, the diet was deficient in many vitamins for most of the year. Women who were continually pregnant and/or nursing were very susceptible.

The symptoms included, according to Wiki, Frostig and Spies (acc. to Cleary and Cleary) described more specific psychological symptoms of pellagra as:[[5]](http://en.wikipedia.org/wiki/Pellagra" \l "cite_note-5" \t "_blank)

·         Psychosensory disturbances (impressions as being painful, annoying bright lights, odors intolerance causing nausea and vomiting, dizziness after sudden movements)

·         Psychomotor disturbances (restlessness, tense and a desire to quarrel, increased preparedness for motor action)

* Emotional disturbances

My own great grandmother became frankly insane, as well as her skin becoming very sensitive to touch, even her own clothing was painful. She was in great stomach  pain as well. She was given diluted carbolic acid as a medication, she was supposed to put 2-3 drops in a pint of water and take a table spoon of it, but because  “if a little is good, a lot is better” she got to drinking it almost straight and it is quite poison, so probably hastened her death.

Interestingly enough, the condition is seen in alcoholics because niacin is washed out of the body by alcohol, so one of the treatments for alcoholics is high doses of niacin. Many  of the mental problems experienced by old alcoholics can be from the niacin deficiency, up to and including dementia.

**MONTAZUMA’S LAST REVENGE**

The native Americans did not experience pellagra, and while they gave the recipe for cornbread etc. to the white man, they didn’t give the **complete recipe.** If they did, the white men didn’t continue the custom.

The natives would burn limestone and then soak it in water, then take that water to make their bread with and the lime would free the niacin which is locked in the corn otherwise, but because the white man did not use this lime water to make his bread, the niacin stayed locked away from the body resulting in the deaths of many many people who used corn-based diets.

It amazes me how the native Americans knew how to process the corn for the niacin, but somehow they had figured out that by doing it, they were prevented from the ravages of Pellagra which disabled and even killed many of the white men and women on up into the 20th Century, and in some parts of the world it is still epidemic. It wasn’t until 1937 that the cause was isolated and treatments designed.

**The Sprit of Vincennes May 2014**

***William Hardage***

16th Regiment of Foote

EARA Webmaster

My Wife and I went to the Spirit of Vincennes in Indiana for the first time as spectators. I could not remember the last time I was a spectator for a battle. It took us 8 hours to get there from Little Rock and not a bad drive at all. We arrived there Saturday around 11am and the event was in full swing. There was probably around 5,000 spectators for the event, and around 400 re-enactors. Parking was very reasonable and the event organization was awesome. We walked into the event and immediately where amazed at the people and the sutlers. There were over 100 sutlers! You could buy a complete 1700s outfit, decorative beads, and buy any book from that time period.  It was amazing! We walked over to the Reenacting camp which was on the George Rogers Clark National Park. The entire North West Territory Alliance was camped there. The North West Territory Alliance had French Marines, 42nd Highlanders, 8th Foote, 7th Foote, and 84th Foote, American Continentals, Continental Dragoons, Long hunters, Militia, and a huge group of German Hessians that looked really cool. The re-enactors where very friendly and welcomed me and my wife to come back to the event next year. We watched two public battles on Saturday. I would say watching the battle was very hard for me if you know what I mean.

My overall experience that weekend was the George Rogers Clark Monument was very impressive and is huge! Second, the town makes this an all celebration which was very cool. I would like to see that EARA members come up for this event next year!

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