



CHIRURGEON'S BURDEN NEWSLETTER FOR AN TIR CHIRURGEONS

ISSUE #8 – September, 2005

Editor: Lianna Stewart, GdS

Your Kingdom Chirurgeon Speaks!



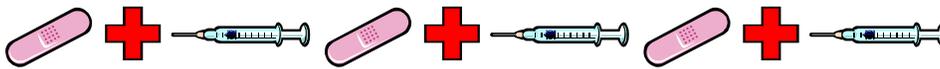
Unto the Chirurgeonate of An Tir does your Kingdom Chirurgeon send greetings!

We are already the largest Chirurgeonate in the Known World, and the only kingdom to hosted two Known World Chirurgeon Symposia. Now we have the honor and opportunity to host a third. I taught at the first of ours, and had a blast! I met and talked with chirurgeons from across the known world, met the chirurgeon general, and not only learned a lot about how we do our job but learned a lot about other kingdoms and the community I'd joined that spans 5 continents!

I fervently hope you can make plans to join us for at least KWCS if not more of Fortieth Year Celebration - the memories of events like these will last and shed wonder for many years. Please also check up on our planning progress on the website's message board, and think about how you'd like to participate. Two of my favorite SCA experiences are the KWCS I attended and Thirtieth Year - it's exciting to think we get to combine two Big Deal events into one, and I'm proud to work with you to bring it to pass!

In service to you, our Crown, and the Dream,

THLord Tvorimir Danilov, MC, GdS, JdL, WOA
Kingdom Chirurgeon, An Tir



The Care and Feeding of that Endangered Beast... The Chirurgeon!

Lianna Stewart, GdS

Chirurgeons are a rare breed. They lurk quietly (well, some of them) at events and can only be found at a specific location called chirurgeon's point or at a local watering hole (better known as a tavern). Because they look just like everyone else at an event, unless they are wearing that funny red baldric will the symbol of the up-side-down two on it, most people forget that they often sit for long hours waiting for the one small (hopefully) incident to happen to someone else which would require their special knowledge and expertise. These wonderful creatures, however, do need particular assistance with their personal care so that they can respond to the general populace's ouches.

Chirurgeons sit for long hours waiting for, preferably, nothing to happen. In those circumstances, bottled water, Gatorade™, or liquid of their choice should be either carried with them or brought to them on a regular basis. If brought, cool or cold liquid is especially welcome. Or, on cold days, coffee or hot chocolate is really good. Hydration is a "good thing"™ to

prevent the chirurgeon from becoming his/her own first patient.

Food, the wonderful nourishing stuff which keeps the body and soul together (well, if the chirurgeon comes equipped with both *G*), is also necessary for the chirurgeon stuck at chi point for long periods of time. The chirurgeon wise enough to provide for himself must remember to pack food which will sustain the body and keep without refrigeration. Peanut butter sandwiches do not spoil quickly. They stick to the ribs and provide a good source of protein. Hard cheeses with crackers will pack well. Dried fruits, jerky, cookies, trail mixes (your choice), nuts, and fresh fruits such as apples and bananas add variety to the diet of chirurgeons. Taking a page out of the waterbearer's book; dill pickles and olives also pack well and add salt on those really hot days. And, of course, having a household member bring a plate of hot food or more perishable foodstuffs really helps sustain the hard-working chirurgeon.

The chirurgeon must also make arrangements for someone to give them an occasional break from the busyness or monotony of chirurgeon's point. If the biffy is not nearby, every chirurgeon must be able to allow time for the output of all that



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fluid with which they are intaking. And, hopefully, there will be an excellent merchant's row which absolutely requires the expenditure of all of the chirurgeon's disposable income. Time away from point to rest and recoup is essential.

In the evening, most chirurgeons require down time. The baldric is set aside, the fist clutches a tankard of the chirurgeons favorite relaxant or antifreeze, if you will. A circle is formed where chirurgeons sit back, relax, and tell some of the most outrageous stories (many are true which is even more outrageous!). Chirurgeons know that they must take their rest and relaxation when they can get it, because at three a.m., they will be called to care for the joker who overindulged on the contents of their tankard.

The chirurgeon must be willing to take care of him/herself, but it's always nicer if there is someone else willing to share in the tasks. Please give this article to anyone you feel would be willing to assist a chirurgeon in the task of staying well and happy so that they can do their chosen tasks.



Henry VIII's Herbalist Charter

Rauthulfr:Meistari:inn:Orthstori
Chirurgeon Emeritus & An Tir A&S Deputy for Guilds

One of the most curious things in the history of medicine and of those who practice its various arts, continues to be a lack of cordiality between Physician's and Herbalists. One prime example of this discord shows up amid the acts of Henry VIII. I leave it transcribed, but with key phrases rendered in their original spelling.

The Medieval and Renaissance *Materia Medica* was no different from today's in that it contained some very strong, yea, even poisonous herbs were they administered incorrectly. In a later article I shall present some innocuous herbs which may be used rather like Natural Over-the-Counter meds. But, for now, a sense of how the herbal arts were separated from the arts possessed by those with grand, higher, medicinal, learning is worthy of consideration.

Annis Tircessimo Quarto and Tricesimo. Henric VIII Regis. Cap. VIII.

An Act That Persons, Being no Common Surgeons, May Administer Outward Medicines

Where in the Parliament holden at Westminster in the third Year of the King's most gracious Reign, amongst other Things, for the avoiding of Sorceries Witchcrafts, and other Inconveniences' it was enacted, that no Person within the City of London, nor within Seven Miles of the same, should take upon him to exercise and occupy as Physician or Surgeon, except he be first examined, approved and admitted by the Bishop of London and other, under and upon certain Pains and Penalties in the same Act mentioned: Sithence the making of which said Act, the Company and Fellowship of Surgeons of London, minding only their own Lucre, and nothing the Profit or ease of the Diseased or Patient, have sued, troubled, and vexed divers honest Persons, as well Men as Women, whom God hath endued with the Knowledge of the Nature, Kind and Operation of certain Herbs, Roots, and Waters, and the using and ministering of them to such as been pained and customable Diseases, as Women's Breast's being sore, a Pin and the Web in the Eye, Uncomes of Hands, Burnings, Scaldings, Sore Mouths, the Stone, Strangury, Saucelim, and Morphew, and such other like Diseases; and yet the said Persons have not taken anything for their Pains or Cunning, but have ministered the same to Poor People only for Neighbourhood and God's sake, and of Pity and Charity: And it now well known that the Surgeons admitted will do no Cure to any Person but where they shall be rewarded with a greater Sum or Reward that the Cure extendeth unto; for in case they would minister their Cunning unto sore People unrewarded, there should not so many rot and perish to death for Lack or Help of Surgery as daily do; but the greatest part of Surgeons admitted been much more to be blamed than those Persons that they troubled, for although the most Part of the Persons of the said Craft of Surgeons have small Cunning yet they will take great sums of Money, and do little therefore, and by Reason thereof they do oftentimes impair and hurt their Patients. rather than do them good. In consideration whereof, and for the Ease, Comfort, Succour, Help, Relief, and Health of the King's poor Subjects, Inhabitants of this Realm, now pained or diseased: Be it ordained, established, and enacted, by Authority of this present Parliament, That at all Time from henceforth it shall be lawful to every Person being the King's



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subject, having Knowledge and Experience of the Nature of Herbs, Roots, and Waters, or of the Operation of the same, by Speculation or Practice, within any part of the Realm of England, or within any other the Kings Dominions, to practice, use, and minister in and to any outward Sore, Uncome Wound, Apostemations, outward Swelling or Disease, any Herb or Herbs, Ointments, Baths, Pultess, and Emplaisters, according to their Cunning, Experience and Knowledge in any of the Diseases, Sores, and Maladies beforesaid, and all other like to the same, or Drinks for the Stone, Strangury, or Agues, without suit, vexation, trouble, penalty, or loss of their goods; the foresaid Statute in the foresaid Third Year of the King's most gracious Reign, or any other Act, Ordinance, or Statutes the contrary heretofore made in anywise, notwithstanding.

Menzies, Rob: *The Herbal Dinner: A Renaissance of Cooking, Celestial Arts*, Millbrae, California, 1977, P. v

A Chirurgeon's Success Story



Lady Gilia de Ronda with her latest patient.

Lord Chip Strongwing was released with a mended wing in July at the Seadog/Gypsy non - SCA event. While in Lady Gilia's care he was presented at court at an event in June 2005 and won populace choice dressed as "Robin Hood". The Scientific name of the American Robin is *Turdus migratorius*.



Live Steel: Society Customs and mundane Law.

Lord Conal MacNachtan
August 30, A.S. XL



“Of course he has a knife. He always has a knife. We all have knives. It's 1183 and we're all barbarians.”

– Katharine Hepburn
as Eleanor of Aquitaine in *The Lion in Winter*.

Contrary to popular belief, medieval Lords and Ladies didn't run around wearing swords and knives all the time. Most of the time, they might carry a small utility knife, but even that is questionable. The Lords certainly didn't wear their swords constantly.

Those who would wear weapons on a day-to-day basis would be military men, guards, and the like. You might be able to stretch it and say that a Norseman, a Mongol or “Barbarian” might carry a weapon daily. Peasants and merchants might wear a knife as an everyday tool, much as we carry a cell phone today, but cultured people of the period would certainly not be seen carrying about their tools as though they were expected to do the work themselves. Think about it – Have you ever seen Donald Trump carrying a cell phone? When he needs a phone, someone brings him one. When he's done using it, he gives it back.

In later period, some personas would be expected to wear weaponry in certain social settings as a sort of jewelry. When you read about knights being "armed" or "armed cap-a-pie" it does not mean carrying a sword. It means “wearing armor.” The sword might be there as part of the armor, but the armor is the important part here. Thus, a Coronation might be a perfectly good occasion to bring out the steel, but a Saturday evening revel might not – unless you were part of some ceremony where it was needed, or you were a "barbarian" persona.

However this is “Creative” Anachronism. and we do like our sharp pointy things, so we tend to carry steel much of the time. Like any social grouping, we have evolved some customs about it:



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- It has become the custom to shout "CLEAR!" when you draw live steel at an SCA event. This is to warn spectators that live steel is out, and to pay attention. While they may now be aware, remember that YOU are responsible for that blade, not them.
- Draw your blade slowly. A flashy quick draw might look impressive, but making a landsknecht costume out of the Baronesses latest garb in the process is likely to draw attention to you and not the blade you wanted to show off. This attention will in no way be favorable.
- Do not carry ANY blade unsheathed. Sheaths help to keep accidents to a minimum. This includes spears, halberds and axes as well as daggers and swords. If you can't make a blade safe in public, then you shouldn't be carrying it.
- In most kingdoms of the Known World, the practice of peace bonding a weapon is encouraged, if not actually part of kingdom law (The Kingdom of Atlantia is one example.) Peace Bonding – securing the blade to the sheath with a ribbon, a cord or wire – is intended to slow down an impulsive draw long enough for more sensible people to intervene. In our context, its primary function is to prevent a blade from becoming accidentally pulled from its sheath.
- Know where the end of your sheath is. Don't poke people with it. Rapier and saber wearers (because these tend to be carried horizontally, rather than the vertical or semi-vertical suspension of the broadsword) would be well-advised to follow period style and unhook the blade and sheath and carry it under their arm, when they must deal with crowds.
- Just as the attitude of "every firearm is loaded" is a good one, so the attitude of "every blade is sharp" is simply common sense. If you assume every blade is sharp, then accidents can be kept to a minimum.

Weapons etiquette is usually a matter of simple common sense and polite behavior. If you consider, BEFORE you act, whether your actions will upset anyone, or offend someone, make them nervous enough to draw a weapon on you, or worse hurt someone then you should be all right. If you

behave foolishly, you may be asked to put the weapon away, or to leave and not come back. Edged weapons are serious matters, and should not be regarded lightly.

When to Draw:

- For Ceremonial purposes to honor the crown (such as swearing fealty, or sword arches)
- In defense of life.
- To show off the blade.

There are absolutely no other reasons to draw live steel at any time! (Kitchen knives and tools obviously being an exception.)

Weapons and the mundane world:

In our SCA personas we tend to regard swords and knives and such as some kind of exotic personal jewelry. They are *not*. They are *weapons*. As weapons, they come under the regulation of mundane law as well as Society customs. Remember that when you are dealing with Mundania, you are the SCA. What those people see is what they will remember about all of us. Give them a good impression of responsible, thinking Gentles.

There are some jurisdictions that ban any weapons in their areas (city or county parks and such like). Obey the local laws.

When you are off-site, it is considered polite to take off your weaponry before entering the local grocery or restaurant. Making the general public nervous is not one of the aims of the SCA, and some jurisdictions require disarming in public places.

DO NOT carry any concealed blades unless you have the appropriate concealed weapons license within your mundane jurisdiction, or are otherwise within the parameters of your local laws. We must live under mundane law even at a Society event, and you might forget about the blades when you leave the event to go home. If the local police pull you over for speeding, and notice the weapons – and they will – unpleasant things will begin happening very rapidly.

In transporting your weaponry to and from events, you face mundane considerations. Once again, KNOW YOUR LOCAL LAWS! For the most part, if the weaponry is locked in a case in the trunk of your car, you should be OK, but local laws differ on this. If you are traveling between states of the



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USA, or between countries, be aware of the laws of the various jurisdictions you will be traveling thru. What might be perfectly legal in Washington could be a felony in Oregon.

When traveling between counties, keep in mind that today's efforts against terrorism will make customs officials much more interested in your weapons than they might have been previously. Again, this interest will most likely not be of a beneficial kind. Learn what type of phrases will best describe your weapons without causing undo excitement to the customs officials. Rather than telling the officer you have a great sword, two bastard swords, three daggers and a rapier, It may be better to tell him that you have several historical reenactment pieces. In other areas it may be better to refer to the weapons a "sporting Equipment" or "theatrical props." In no circumstance should you ever attempt to deceive the official about the details of the items, but using phrases that do not emphasize the fact that you are carrying a small arsenal will probably get you through customs a bit faster.

DON'T wear your weapons in your car. Your local police get VERY nervous about traffic stops anyway, and finding armed, strange looking people in the car will tend to make them very upset at you. Nervous police officers tend to make for a bad experience.

Don't believe that because you are a member of the SCA, or that because you're carrying all of your ironmongery for show rather than to kill someone that it's fine to wear them and any charges that local law enforcement might bring against you will be dropped. If you're breaking mundane law for any reason, you will be prosecuted. Know your local laws and follow them!

Dealing with Law-Enforcement:

When you are approached by an officer at or around an event, gently remove your weapons belt and lay it on the ground or give it to a friend BEFORE you approach the officer. If you are armed when you approach him, he may well be a bit nervous. This is an example of why good local public relations about the Society are more vital than might be first apparent. If the officer knows about the SCA, he just might say, "OK, no problem," or even (as has happened) introduce himself by his Society name! If he has never heard of us, or has only heard of us as a bunch of kooks, then his reaction might be very different indeed.

It's usually a good idea to have a designated person for dealing with law enforcement. Your group's constable, or your Seneschal would probably be the most logical. If so, let them handle it while you stay out of the way.

To every Individuall Man, and Woman, Learn'd, or unlearn'd, Honest, or Dishonest : In the due Praise of Divine CHOCOLATE.

By, Don Diego de Vadessforte, 1651

Doctors lay by your Irksome Books
and albye Petty-Fogging Rooks
Leave Quacking; and Enunclate
The vertues of our Chocolate.

Let th' Universail Medicine
(Made up of Dead-mens Bones and Skin,)
Be Henceforth Illegitimate
And yeild to Sovereigne - Chocolate.

Let Bawdy-Baths be us'd no more ;
Nor Smoaky-Stoves but by the whore
of Babilon : since Happy-Fate
Hath blessed us with Chocolate.

Let old Punctæus Greaze his shooes
With his Mock-Balsome : and Abuse
No more the World : But Meditate
The Excellence of Chocolate.

Let Doctor Trigg (who so Excells)
No longer trudge to Westword-Wells :
For through that water Expurgate,
'Tis but the Dreggs of Chocolate.

Tell us no more of Weapon-Salve,
But rather Doome us to a Grave :
For sure our wounds will Ulcerate,
Unlesse they're washed with Chocolate.

The Thriving Saint, who will not come
Within a Sack-Shop's Bowzing-Room
(His Spirit to Exhilerate)



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Drinkes Bowles (at home) of Chocolate.

His Spouse when she (Brimfull of Sense)
Doth want her due Benevolence,
And Babes of Grace would Propagate,
is always Sipping Chocolate.

The Roaring-Crew of Gallant-Ones
whose Marrow Rotts within their Bones :
Their Bodyes quickly Regulate
If once but Sous'd in Chocolate.

Young Heires that have more Land then Wit
When once they doe but Tast of it,
Will rather spend their whole Estate,
Than weaned be from Chocolate.

The Nut-Browne Lasses of the Land
Whom Nature Vayl'd in Face and Hand,
Are quickly Beauties of High-Rate
By one small Draught of Chocolate.

Besides it saves the Moneys lost
Each day in Patches which did cost
Them deare, until of late
They found this Heavenly Chocolate.

Nor need the Women longer grieve
Who spend their Oyle, yet not conceive,
For 'tis a help Immediate,
If such but Lick of Chocolate.

Consumptions too (be well assured)
Are no less soon then soundly cur'd :
(Excepting such as doe Relate
Unto the Purse) by Chocolate.

No more : It's vertue is so much,
That if a Lady get a Touch,
Her griefe it will Extenuate,
If she but smell of Chocolate.

The Feeble-Man whom Nature Tyes
To do his Mistresse's Drudgeries ;
O how it will his minde Elate,
If shee allow him Chocolate !

'Twill make Old women Young and Fresh ;
Create New-Motions of the Flesh,
And cause them to long for you know what,
If they but Tast of Chocolate.

There's ne're a Common-Counsell-Man
Whose Life would reach unto a Span,
Should he not Well-Affect the State,
And First and Last Drink Chocolate.

No e're a Citizen's Chast wife,
That ever shall prolong her Life,
(Whilst open stands Her Posterne-Gate)
Unlesse she drink of Chocolate.

Nor dost the Levite any Harme,
It keepeth his Devotion warme,
And eke the Hayre upon his Pate,
So long as he drinkes Chocolate.

Both High and Low, both Rich and Poore
My Lord, my lady, and his
With all the Folkes at Billingsgate,
Bow, Bow your Hamms to Chocolate.

Rauthulfr:Meistari:inn:Orthstori:Gothi
Shire of Wyewood, An Tir

