

“THE MECHANICK’S ADVISER”

For August 18 - 24

Apothecary – “We want to pass along a huge thank-you to Mark, who was our summer Intern. This is his last week. We have enjoyed working with you!!!

“For those of you who are curious to know more about our efforts to teach an 18th-century trade to modern pharmacy students, click on the blog below. As mentioned in the past, Chenoa was here in May from Campbell University in North Carolina. There was an earlier ‘Mechanick’s Advisor’ that featured the link to a You Tube from her school. Below is a blog about her experience with additional pictures.

<https://blogs.campbell.edu/time-travel-to-the-1770s-in-a-pharmacy-rotation/?fbclid=IwAR2huOGPFCFXpR6m2OzqAdlPj65YI5ls-OtnpTOwwZleZBjjeHUQXOzXjf0>”

Armoury:

Tinsmith – “It was a busy week at the tin shop, with a lot of coming and going. Jenny spent the weekend in 1863 with fellow tinsmith Annie Wickersty at Historic Richmond Town in Staten Island, NY. They shared some techniques and Jenny was able to try out a few of Annie’s tools. Meanwhile, Steve has ventured north for the next couple weeks to help Master Tinsmith Bill McMillen at Historic Eastfield for their workshops. Joel has been continuing his research into the Anderson Armoury papers. In the shop, Joel has made cups for the store, and Jenny has been working on coffeepots as well as a bowl from the pattern Steve worked on last week.”

Colonial Garden – “The Gardeners would like to wish our summer Intern, Margaret, the best of luck as she returns to her university studies this fall. She toiled alongside us in the heat of summer without complaint and kept us all in good spirits with her positive attitude and entertaining stories. During her internship, Margaret took time to study the medicinal herbs in our Garden. She produced a useful and succinct list of 18th-century herbs and their common uses, and she gave a presentation of her findings to our trade shop. This week in the Garden, we began seeding our first round of plants for the fall Garden. We sowed cabbages, kale, broccoli, cauliflower, collards, cole turnip (better known today as kholrabi), lettuce, endive, chard, several herbs, and a variety of flowers that will overwinter in our Garden to bloom in the spring. We harvested the first of our watermelons this week, as well as muscadine grapes, cympling squash, peppers, tomatoes, parsnips, and beans. This season, we are growing only one type of watermelon in our Garden so that we can save seeds to use in future years. The Gardeners had the pleasant chore of eating watermelon in order to extract the seeds. This coming week, we will be focusing on turning our compost piles and keeping a watchful eye on our new seedlings.”

Foundry – “The end is in sight for the Founders regarding the door hinges. We're drilling the holes and fitting the pins. The last steps are to file smooth the barrels or "knuckles" of hinges so that they can swing freely with the pin inside. We also just cast a few silver pieces. The coins are destined for Prentis Store, the finial for Bobbie at the Silversmith (for a spice caster), and the ferrules and clappers for the Grand Illumination Auction bell. We're still casting military brass and a few hinge finials as well.”



Silversmith – “Bobbie has started polishing the first spice caster and is only waiting for a finial to be cast at the Foundry to complete the second. In the meantime, she has been chasing ridges into the lid for the tankard. Chris is raising the body and lid of her teapot. Lynn has returned but is still recovering and has been drawing occasionally. Preston is working on several small fluted bowls and has finished raising the body of the tankard, which he is now planishing. George has been working on spoons and chasing tools. Parker is nearing completion on the second copper hemisphere. William is raising a small tumbler cup in copper in preparation for making several silver tumblers.”



Bobbie chasing the tankard lid

Wigmaker – “At the Wigmakers, work continues. As always, the entire shop is busy with regular maintenance, particularly Regina, who has been taking the lead with that. Sara has nearly completed the Jefferson wig, only a few finishing touches and styling remains. Debbie has begun a new wig that will be worn during the Christmas season. While it may seem early to start thinking about the holidays, the Wigmakers have been yearning for cooler days for weeks and are glad to have an excuse to hum carols under their breath while they work.”

Time Travel to the 1770s in a Pharmacy Rotation



August 1, 2019

College of Pharmacy & Health Sciences students complete rotations to satisfy curriculum requirements. These experiences allow students the opportunity to put classroom knowledge to use, hone specific skills, and determine or solidify an area of interest. Fourth year pharmacy student Chenoa Shelton completed a unique advanced pharmacy practice experience rotation in Colonial Williamsburg and shared her story.

One of my hobbies includes participating in Revolutionary War living history events across the state of North Carolina. When I heard about an advanced pharmacy practice experience (APPE) elective at Colonial Williamsburg, I knew I had to learn more. This history-focused rotation, which started in 2018, only accepts two students each year. Campbell coordinated with the onsite preceptor, Robin Kipps, and I became the third student selected to learn more about the history of pharmacy.

The apothecary building where I spent my rotation was built on the original 18th century foundation, and is the same dimensions and layout as the original shop. The employees and volunteers portray the life of an apothecary in the 1770s. Robin Kipps and her colleague, Sharon Cotner, have been studying 18th century medicine and pharmacy for more than 30 years.

During my rotation, I dressed in 18th century clothing. My experience was significantly focused on the “business” and social aspects of pharmacy. I was able to read original pharmacy compounding books, letters from the apothecaries to their supply companies, and local newspaper advertisements for the shop.

It was very interesting to immerse myself in the history of pharmacy as well as educate Colonial Williamsburg guests about 18th century and modern pharmacy. My preceptor and I engaged guests in the shop by sharing facts about the beautiful and original 18th century apothecary jars.

Our favorite thing to do was compare 18th century pharmacy to modern day pharmacy. Pharmacists in the 18th century were referred to as doctors and could see patients and prescribe medications just like physicians. Physicians were trained at universities in London and Europe, and apothecaries were trained to diagnose, compound, and perform surgery through a seven-year apprenticeship. Some were even midwives. There were no pharmacy schools at the time, and my preceptor has only discovered one record of a female apothecary in colonial America, and she happened to be married to an apothecary. Men were the ones completing apprenticeships, mainly because knowing Latin was a requirement and young boys were more likely to learn it.

I thoroughly enjoyed the compounding aspect of this rotation. I was able to use weights and techniques that I haven't been taught in pharmacy school to do things like hand roll pills on a pill tile. I was also able to see if 18th century medications had any modern use, and share those results with the guests in the shop. Most of the guests really enjoyed the visual aspect of the shop, such as the antique jars and visible medications. One of my favorite medications to show to visitors was the “cardiac troches.” This consisted of ground oyster shells, chalk, sugar, and nutmeg. These contain calcium carbonate and are antacids. Many of the guests could relate these to modern day TUMS antacids.

There is a study garden behind the apothecary and we used some of the different plants to make period-correct medications. One example of this is oil of chamomile. We were able to use the chamomile flowers and follow the period compounding book to make the oil. We also made a tincture (alcohol base) and decoction (water based) formulation of Peruvian bark. This was used to treat “intermittent fever,” or what we know today as malaria. The bark contains quinine and is probably the closest thing to a cure in that time period.

This was an amazing experience, especially for someone who has an interest in the 18th century. Mrs. Kipps and Mrs. Cotner possess a wealth of knowledge, and I am so grateful to have had the opportunity to learn from them. Being able to learn about pharmacy in the latter half of the 18th century was like a dream come true. One of my favorite things that I learned was the motto of an apothecary from a source written in 1747. The motto is in Latin and states, “Opiferque per Orbem dicor,” which translates as, “I am called for help throughout the world.” This phrase really stuck with me, and I feel like it shows the value placed on the pharmacy profession, even 250 years ago.









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