

Table of Contents

Acknowledgements		v.
Chapter 1	Introduction: Harvesting a History of Women Healers	1
	Reforming Health Care	4
	History of Women	7
	Essentially Nurses	11
	A Needle in the Haystack of History	13
	Three Groups of Women Nurses	20
	Cultural Diplomacy on the Home Front	24
	The Global Tapestry of Herbalism	28
	The Roots of American Nursing	30
	Harvesting History - Stage I: Gathering In	31
Chapter 2	Mid-Nineteenth Century American Health Care	33
	The Health Care System of the Regulars	34
	Heroic Medicine	39
	Health Reform and Jacksonian Democracy	41
	Opposition Within the Ranks of the Regulars	47
	The Empirics	49
	Thomsonians – Leading the Empirics	51
Chapter 3	The Mid-Nineteenth Century Patient: Herbs, Advice Books and Medical Freedom	63
	A Turning Point in Medical Freedom	67
	Self-Care and Cultural Authority	70
	The Literary Legend of the Advice Movement	75
	The Regulars' Contribution to the Advice Movement	81
	National Self-Care	84
	Botanical Advice – Herbals	86
	The American Patent Medicine Industry	90

Chapter 4	The Mid-Nineteenth Century Nurse: Home, Herbs, and Women’s Healing Networks	97
	Mid-Nineteenth Century American Domestic Culture	99
	Women’s Labor	102
	Woman as Nurse	103
	Women as Invalids and Healers	106
	Recipes for Healing	109
	Gathering and Networking	112
	The Mid-Nineteenth Century Nurse	116
	The Nurse-Herbalists	118
	“Professional” Nurses	122
	Sick Room Management Expertise	126
	Harvesting History - Stage II: Sifting and Sorting	133
	Comparative Timeline	136
Chapter 5	Herbs and the Shaker Infirmary and Community Nurses	137
	Shaker Health Beliefs	140
	Shaker Nurses’ Education and Work	146
	Botanical Therapies and Receipts	162
	The Shaker Herb Industry	169
	American Indian Herbalism and the Shakers	177
	Herbal Expertise	182
Chapter 6	Herbs and the Pioneer Nurses and Midwives of the Church of Jesus Christ of Latter-day Saints	185
	LDS Health Belief	186
	LDS Nurses’ Education and Work	195
	Botanical Therapies and Receipts	199
	LDS Thomsonians and Nurse-Herbalists	205
	American Indian Herbalism and the Latter-day Saints	225
	Continuing the Tradition	231
Chapter 7	Herbs and the Sisters of Charity and Early American Hospitals	233
	Botanical Therapies and the Daughters of Charity	234
	The American Sisters of Charity	243
	Connecting with the Regulars	249
	Botanical Therapies and Instruction Books	253
	The Health Beliefs of the American SOC Nurses	263

	The Reputation of the Sisters of Charity	269
	Integration of Remedies	277
	Harvesting History - Stage III: Processing	280
Chapter 8	The Integration of the Spheres	284
	Nurse Herbalists' Expertise	286
	Herbal Diplomacy	291
	A Tiered System of Healthcare	301
	Healing Networks	304
	Nurse Autonomy	311
Conclusion	The Future of Herbal Diplomacy: Progress, Nostalgia, and Process	317
	The Integrated Turtle Mind	317
	Progress	319
	Botanical Nostalgia?	333
	Plant-Like Gentleness	337
	Glossary	339
	Bibliography	341
	Botanical Appendices	INSERT