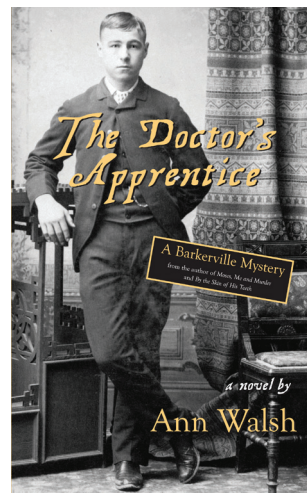


NOVEL STUDY AND
TEACHER'S GUIDE FOR

The Doctor's Apprentice

BY ANN WALSH



CLASSROOM USES

A fast-paced historical novel set in 1868 during the gold rush in Barkerville, B.C. *The Doctor's Apprentice* lends itself to discussion and activities in Language Arts, Social Studies, Science, Visual Arts/Music/Writing and Life Skills as illustrated in this guide. A student glossary, suggested activities and related resources are also included.

LANGUAGE ARTS

The novel gives a comprehensive picture of the gold rush era, historical events and the lives of early settlers in British Columbia including the culture of the Chinese settlers and miners and the social practices and law of the land. Below is a student's glossary of words in *The Doctor's Apprentice* that may be unfamiliar to students.

apprentice - a person learning a trade or craft through practical experience and instruction with the supervision of a skilled professional

ardently - intensely, passionately, eagerly, fervently

attribute (n.) - characteristic, quality of a person or thing

balk (v.) - to refuse to go, hesitate, thwart, hinder, miss

bicarbonate - (sodium bicarbonate) baking soda, used to relieve indigestion

camphor - a gum obtained from the camphor tree, used in a variety of medical compounds

carbolic acid - a compound used as a disinfectant, also called phenol

chastise - to criticize severely, punish

claim (n.) - land granted to a miner from which he can

extract minerals

coal-tar soap - a germ-killing soap made from coal

coddle - to treat tenderly, pamper, protect

colic - sharp pains in the stomach, severe abdominal spasms

comely - good looking, handsome, attractive

curative - able to cure

demerit - a mark for doing something wrong

dishevelled - untidy, ruffled

dispensary - a place where medicines are prepared and provided

dissipate - to spread out and disappear, dispel, disperse,

dosage - the amount of medicine to be given

dram - one eighth of an ounce

dwel on - to think about at length

essence - a solution of something in alcohol

fan-tan - a Chinese gambling game where a number of objects are divided into groups of four and the players bet on what number will be left at the end of the count

festooned - decorated with ribbons or flowers

flowers of sulphur - purified sulphur

gallows - a place where criminals are hanged

gold dust - extremely fine gold which is often found in river sandbars

herbalist - a person who heals using herbs as medicine

infusion - a preparation obtained by soaking something in hot water

lass - a young girl

laudanum - opium dissolved in alcohol

lodgings - rooms rented to live in, accommodation

mah-jongg - a Chinese game played with small tiles similar to dominoes



malingering - to pretend to be sick to avoid work/duties
minim - one-sixtieth of a dram, about a drop of liquid
ministrations - help or aid, service
moniker - name or nickname
mortar and pestle - a bowl and a pounding instrument used to grind ingredients into powder
Mother Lode - the starting place or origin of a mineral
Mountain Fever - another name for Typhus
opium - a narcotic drug derived from a species of poppy
peaked - (pronounced peak-ed) looking pale, drawn
pharmaceuticals - medical drugs
potassium permanganate - a crystalline compound, purple in colour, used to prevent infection
potent - powerful, effective, strong, forceful
precipice - edge, vertical or steep face of cliff or rock
prevarication - an untruth
quell - to quiet, to put an end to, crush
quinine - a bitter-tasting substance used to reduce fever and to lessen the effects of malaria
remiss - careless, neglectful
rocker box - a wooden box on rockers used to recover gold from gravel
sallow - sickly yellow
salve - a healing ointment
spasm - a sudden jerking movement
sums - arithmetic, especially addition
surly - bad-tempered, rude, unfriendly
surgery - a doctor's consulting room, place of treatment
tad - a small amount
Tai Ping Fong (Peace Room) - in Barkerville, a cabin where dying Chinese could spend their final days in comfort
tincture - a drug dissolved in a liquid (usually alcohol)
turpentine - an oil from pine trees
tong - Chinese association or secret society (from the Chinese word for 'meeting place')
Typhoid Fever (Typhus) - a disease (often spread as a result of unsanitary conditions) accompanied by high fever, headaches and nausea;
vial - a small glass vessel for holding medicines
victuals - (pronounced vittles) food, provisions
wee - tiny
winch - a machine for lifting, crank of wheel or axel
whim - a sudden idea

SOCIAL STUDIES

The Doctor's Apprentice presents a vivid picture of the historic gold rush town of Barkerville, B.C. in its heyday up to and including the 1868 blaze that reduced many of its buildings to ashes. The story provides background to the Cariboo gold rush, the migrations to, and formation of, various related communities, and some of the well-known figures and personalities from the era.

SCIENCE

The novel discusses medical practices common in the nineteenth century, while dealing drug use and abuse and recovery from addiction. *The Doctor's Apprentice* offers information for an expanded unit on scientific discoveries and medical advances, for example, Lister's groundbreaking research revealing how infection spread and his advocacy of the use of antiseptics such as carbolic acid. Students may find it interesting to learn that some of the herbs in use then can now be found in health food stores, promoted as 'new' remedies. The geography, geology, and natural history of the Cariboo Interior with respect to Western and Chinese medicine in the region may also be explored, as practitioners of both would need local access to seasonal plants.

VISUAL ARTS, MUSIC, WRITING

Many episodes in the books lend themselves to art projects or dramatizations on stage, audio or video. Also, in the novel, Ted studies the violin under the instruction of a local teacher, allowing for classroom discussions about the value of music in the lives of young people, both historically and in modern times. This may also lead to a discussion of how popular entertainment has changed since the 1860s for both children and adults, and the effects those changes have had on the family.

LIFE SKILLS

The Doctor's Apprentice offers opportunities for students to discuss a number of growth and development issues including coping mechanisms for drug addiction and recurrent nightmares, the importance of friendship, family and independence, gender stereotyping and discriminating against people because of their culture, ethnicity or beliefs.

SETTING THE SCENE

The Cariboo Interior

The Doctor's Apprentice is set in an area of the interior of British Columbia known as the Cariboo, 600 km northeast of Vancouver. Here the middle segment of the Fraser River flows through the Interior Plateau, north of the Fraser Canyon. The largest communities in the area are (from South to North) Williams Lake, Quesnel, and Prince George. The area is dry (particularly in the south); hot in summer and cold with heavy snowfall in winter. The area is populated with cedars, aspens, douglas fir, spruce, birch and pine. Mule deer, moose, black bears and coyotes roam the mountain forests. The area is best known for forestry, mining, and tourism. It is home to many historical sites and ghost towns, some of which, like Barkerville, have been preserved and maintained to approximate their original state.

The Cariboo Gold Rush

After the initial exploration by fur traders, commercial development of interior BC was stimulated by a series of gold rushes. Gold is found in two types of deposit: *placer deposits* where gold dust and nuggets have settled in the bottom of old river channels, and *vein deposits* where the gold was formed in other rocks. Placer gold was discovered in the lower reaches of the Fraser River in 1858 (the year in which British Columbia was established as a Crown Colony of Great Britain), and by then miners had begun to follow the rivers inland in hopes of tracing the gold to its source. Further deposits were found in the Cariboo in 1860, so miners explored all the surrounding creeks.

News of these finds brought tens of thousands of men—and some women—to the region. They came from Canada, the United States, China, and from Britain and other European countries. Most came up the Fraser, but some—including the well-known "Overlanders"—travelled from the east. By the thousands, hopeful miners followed the lure of gold, 30,000 arriving in Victoria during the summer of 1858, after learning that gold had been found on the shores of Fraser's River. The presence of American miners presented a problem to the British authorities, who instituted a permit system, strictly enforcing mining and other laws with the support of Judge Begbie.

The main route for the gold seekers travelling inland from the coast was the Fraser River. After the wide waters near the mouth, they had to bypass the dangerous Fraser Canyon. In the 1860s, the Cariboo Wagon Road took a wide swing away from the river north of Lytton, returning to it near the present community of Williams Lake. Forty kilometres north, the tiny community of Soda Creek (named for springs of fizzy water) was once an important stopping place for travellers on the gold trail. Here the river became navigable again, and early travellers often left the road to travel on by steamer. The modern highway continues north beside the river to Quesnel, site of the oldest gold camp in the Cariboo. Here a side road turns East to the small town of Wells. This town was not established until the 1930s, when it was the base for a large underground gold mine.

On August 17, 1862 at what was then called Williams Creek, a Cornish man named William Barker struck gold and Barkerville was born. At the height of its gold rush, Barkerville was said to be the largest city west of Chicago and north of San Francisco. In May of 1862, Bill (William) Cunningham, for whom Williams Creek was named, wrote, "...I am doing well—making from two to three thousand dollars a day! Times good—grub high—whiskey bad—money plenty."

Barkerville quickly became the headquarters of gold mining activity in the region. At one time it was reputed to have a population of more than 10,000. The town—a straggling main street with wooden boardwalks and buildings—developed to serve this population. At its prime, it had banks and barbers, hotels and laundries, several churches and a library, its newspaper appeared twice a week and its theatre brought in travelling players from San Francisco. After a major fire in 1868, causing more than \$1 million damage, Barkerville was rebuilt in less than a year.

However, by 1870 much of the boom had ended, the gold was nearly all gone and people left the Cariboo goldfields to move further north where a new gold rush was beginning. The final blow came in 1896, when discoveries in the Klondike shifted the centre of attention of gold seekers away from British Columbia almost entirely. With Barkerville's former importance all but forgotten, the remains of the town were left to be looted and vandalized.

Through the efforts of many local citizens and members of the Quesnel Historical Society, the area was declared a provincial Historic Park in 1959 and was substantially restored as a heritage tourist attraction. Barkerville exists today as a wonderful reconstructed town, offering street interpreters, research facilities, stagecoach rides, gold panning, old fashioned toys and other tourist offerings.

The Practice of Medicine

Medicine, as practised at the beginning of the 19th century, still belonged to the dark ages. Doctors believed in regular blood-letting, purging, the value of 'laudable pus' and they were completely ignorant of how infections and diseases were spread. However, by the end of the century great advances had been made and in British Columbia the practice of medicine had moved from a poorly respected, often part-time occupation, to a regulated activity with standards for the education of doctors. Although an "ordinance respecting practitioners in medicine and surgery" was passed in 1867 which required training and qualification standards, the College of Physicians and Surgeons, governed by representatives of the medical profession in the province, was not established in B.C. until 1886.

J.B.'s dispensary is modelled after a description of Dr. Helmcken's surgery described by Emily Carr in *The Book of Small*. John Sebastian Helmcken (1823-1920) practised medicine in Victoria and Emily Carr writes that after examining her, "he went into the bottle room, took a bottle, blew the dust off it and emptied out the dead flies. Then he went to the shelves and filled it from several other bottles, corked it, gave it to mother and sent you home to get well on it."

In modern medicine, much of a doctor's time is spent attempting to help patients endure pain; this has been the case throughout medical history, and J.B., in his liberal prescriptions of laudanum, was following the established practice of doctors of his era. Opium, a legal drug available to the public in general stores as well as through doctors' prescriptions, was used in everything from ointments for arthritis, gargles for sore throats, sedatives for insomniacs or women in labour, and cough and colic remedies for children.

Included with this guide are sample ads for patent medicines of the time and a page of information from *The Great Nineteenth Century Medicine Manual* which will give students some idea of how much medical practices have changed since J.B. tended patients in Barkerville. However, much remains the same. For example, the willow bark J.B. used contains glucose salicin, a chemical cousin to acetylsalicylic acid (aspirin); liniments for arthritis are still made with menthol, and carbolic acid (phenol) can be found in modern antiseptic sprays and ointments.

The Chinese Community in Barkerville

The gold rush in the Cariboo drew people from all over the world, including a large number of Chinese, hoping to make their fortune in 'Gum Sahn' (the land of 'Gold Mountain'). Many worked as labourers—in 1862 over 1,000 Chinese were employed on the construction of the Cariboo Road. As the gold was stripped from an area, claims were abandoned by the miners who owned them. The Chinese would often rework these abandoned areas, sifting through the gravel, digging deeper, finding gold that the previous owners had overlooked. Some Chinese worked for other miners, at less than half the salary offered to a European. Despite the hard times the Chinese miners faced, they never gave up and some managed to strike gold. According to the archives of the Chinese Canadian National Council, it was the Chinese miners who invented a gold separating machine used throughout the goldfields.

Since so few women came to the gold fields, the men grouped together in tongs (associations) for worship, meals, friendship and games of chance. Until after the fire in 1868, when an attempt was made to ban it, there was a great deal of gambling in Barkerville, from the card games played in the saloons by white miners to mah-jongg played by the Chinese community. The White Dove was a very popular daily lottery and runners were sent to collect debts, take bets or pay winners. (See photo of Chinese miners playing what appears to be White Dove in the Historic Old Town.)

Unfortunately, racism existed in the land of 'Gold Mountain', and the Chinese were not welcomed. Although some Chinese did return to China once they had made enough money to do so, many stayed in their new country, opening businesses which offered goods and services to the Chinese community and others.

Ghosts

There is a long history of ghosts, representing an ancient and widespread belief that some people do not leave the earth immediately upon death, particularly if there is something disturbing about their death, or if they have left behind some unfinished business. Some see them as “real” entities, as evidence of psychological disturbance, as a misunderstanding of natural phenomena, as aliens coming from another dimension, or as folk beliefs that cannot be substantiated.

In *The Doctor's Apprentice*, Ted is haunted, in both his dreams and in his waking hours, by the real or imagined presence of hanged murderer James Barry. In the novel's conclusion, Ted wonders if the shadowy figure who warned him of danger in the Peace House was the ghost of James Barry, but this is left to the reader's speculation.

MAIN CHARACTERS

• THEODORE PERCIVAL MACINTOSH

Ted is the main character in both *Moses, Me and Murder* and the sequel, *The Doctor's Apprentice*. He is nearly 14 and matures as the story progresses, learning tolerance, forgiveness and compassion.

• DOCTOR J. B. WILKINSON

Doctor Wilkinson was born in York County, Canada West but came to the goldfields near the beginning of the gold rush and was one of the first miners to reach Rich Bar, near Quesnel. He soon abandoned the search for gold and returned to his profession, practising medicine in Barkerville for many years. He was Sophia Cameron's doctor and was one of the men who helped Cariboo Cameron take his wife's coffin out of the goldfields. However, his manner of speaking, his sense of humour and, of course, his attempt to deal with his nightmares and grief through the use of drugs, are fiction. Only a few letters he wrote to his family in Ontario exist in the archives. One written to J.B.'s mother recounts the news heard from someone who had been to the Cariboo that J.B. had stolen a pair of boots. His letters vehemently deny this, explain the mistake which confused him with a man with a similar name, and also give insights into his life and work. J.B. Wilkinson died at the age of 35. He is

buried in the Barkerville cemetery. His 'Cariboo' friends erected his headstone 11 years after his death.

• MOSES DELANEY WASHINGTON

Sometimes referred to as Moses Wellington, Moses was born on Grand Caymen Island in 1816 and lived in Victoria before coming to Barkerville in 1862. He owned several barbershops during the years he spent in the gold fields; the one on display in restored Barkerville was built shortly before his death in 1890. Moses kept a daily journal and documented many events. He was also the main witness in the trial of James Barry.

• JAMES BARRY

James Barry was accused of murdering Charles Blessing and stealing the dead man's gold nugget stickpin. Although the body was not discovered for several months, identification was made and witnesses came forward who testified that they had seen Mr. Blessing with James Barry near where the body was found. Judge Matthew Bailey Begbie presided at the trial. It took the jury only one hour to determine James Barry's guilt. Proclaiming his innocence, Barry was hanged near the courthouse at Richfield and is thought to be buried somewhere nearby. This story is told in *Moses, Me and Murder*, published by Pacific Educational Press, 1988.

• BRIDGET

A chambermaid at the Hotel de France, Bridget has a sharp tongue that hides a compassionate soul. As well as being knowledgeable about how to deal with women in labour, Bridget cares for Dr. Wilkinson's as he recovers from his addiction. Although she is fictitious, determined women like her worked in the goldfields, often dying young, as headstones in the Barkerville cemetery attest.

• IAN and JEANNIE MACINTOSH

Ted's parents emigrated from Scotland, lived near Fort Langley for a few years, and then followed the gold rush trail to Barkerville. Ted's father, taciturn and humourless, is a skilled woodworker who owns a flourishing carpentry shop where he has been teaching Ted his craft. Because Barkerville had no school in the 1860s, Jeannie MacIntosh schooled Ted at home, even insisting that he take violin lessons. Jeannie MacIntosh is an unusual woman for that period—she is protective of her son even though he is 14, the age most young men of that era left their family

homes to support themselves. Like Ted, his parents are fictitious.

- SING KEE

Sing Kee owned a store in the gold fields for many years, and a replica of that store can be seen in reconstructed Barkerville. Although he was called a 'herbalist', the ancient Chinese medicine which Sing Kee practised also depended on dried fish and animal parts as well as herbs. It is believed that Sing Kee helped to establish terraced gardens on the steep hillsides beside Barkerville's main street. Although no one knows exactly what Sing Kee grew there, with the high elevation and short growing seasons, hardy plants such as rhubarb and root crops seem most likely. Sing Kee would also have collected and dried local plants such as mint, chamomile, wild onion, catnip and burdock as well as wild berries to use in his cures.

- SOPHIA AND CARIBOO CAMERON

The story of Sophia and Cariboo Cameron is included almost in its entirety in the book. One final anecdote states that some years after her death from typhoid fever, her husband, then living in Ontario, ran out of money. He had been very generous with his wealth, helping family and friends, and when he no longer was able to do so, rumours began to spread. It was said that Cariboo was not really bankrupt, that he had a secret horde of gold which he refused to share. The rumours grew more insistent. Sophia's coffin, it was suggested, did not actually contain her body; rather it was filled with gold. In an effort to quiet the ugly rumours, Cariboo had his wife's grave opened. The alcohol in her coffin was poured onto the ground and onlookers assured themselves that the coffin held nothing but her body. She was reburied, a fourth and final time, but locals say the grass has never grown again in that spot. Cariboo Cameron returned to Barkerville as an old man. He died there in poverty in 1888, and is buried in the Barkerville cemetery.

PLOT OUTLINES

Chapter 1

Ted (Theodore Percival MacIntosh) wakes from one of his recurrent nightmares about James Barry, the murderer he helped to arrest and hang. In his dreams the dead man

calls him "Master Percy" and reminds Ted that he still has "a score to settle" with him. As Ted tries to return to sleep, he hears his father complaining about being wakened yet again, insisting that Ted's disruptive dreams must stop. Due to Ted's lack of sleep, his work in the family carpentry shop is useless. Ted's father says he does not want his son's assistance anymore, but Ted is determined to go to work anyway. He visits briefly with his friend, Moses the barber, who suggests that Ted is still troubled by his experiences with James Barry and encourages Ted to find a friend his own age.

Chapter 2

Ted's father is not pleased to see him at the carpentry shop, but before he can send him away, Doctor J.B. Wilkinson, arrives and Ted learns that his father has arranged for the doctor to examine him, to see if there is a physical cause for his nightmares. Ted reluctantly agrees to go with J.B. to Wake Up Jake's restaurant where, after they eat, J.B. reviews the events which led to the hanging of James Barry, and Ted admits for the first time what his dreams are about. The doctor gives Ted a small bottle of medicine (laudanum) to help him sleep, assuring him that it will 'dispel fears, dispose of dreams and end distress.' That night Ted is cheerful, telling his parents about J.B.'s peculiar manner of talking and his sense of humour. Although puzzled when his parents mention the doctor's 'trouble', Ted is more interested in finding out J.B.'s middle name. At bedtime, Ted can't remember the exact dose of medicine prescribed, so he takes the entire bottle.

Chapter 3

Ted sleeps soundly, without nightmares, but awakens to find his worried parents and Dr. Wilkinson at his bedside. As his father comments, Ted has taken 'a wee tad' too much of the medicine and has slept through not only the night, but also the greater part of the next day. His mother tells him that the laudanum J.B. prescribed contains opium, and that Ted's reaction to the drug was unusually strong. J.B. offers an alternate solution to Ted's nightmares: he suggests that Ted become his apprentice, thereby keeping his mind so active during the day that it will have no energy to dream. Ted, knowing that he faints at

the sight of blood, is reluctant, but his mother urges him to accept, so Ted begins his apprenticeship.

Chapter 4

At J.B.'s chaotic and untidy surgery Ted is dismayed to discover that his first duty as an apprentice will be housework. After J.B.'s surgery and dispensary are cleaned, Ted learns about the medications that the doctor prescribes, and is taught how to mix some of the preparations.

Chapter 5

Ted accompanies J.B. on a house call to Mrs. Fraser, a newcomer to Barkerville, who is about to give birth to her first child. Although Ted does not help with the delivery, he is called on to care for the baby while its unexpected twin is being born. Mrs. Fraser wants Ted and J.B. to be godfathers to the babies, but when she asks for their middle names so she can name the twins after them, J.B. and Ted offer 'Robert' and 'Andrew' as substitutes.

Chapter 6

J.B. is unusually quiet after the birth of the twins. Ted, worried that the doctor is becoming ill, questions him and learns that J.B. is remembering a patient of his, Sophia Cameron. After the death of her second child, Sophia became depressed, and J.B., who had been both her doctor and her friend, feels that he had abandoned her when she needed his support. Sophia died in 1862, and since then J.B. has been troubled by dreams of her, reaching out to him for help. Although Ted doesn't believe that dreaming of a woman and her children is frightening, he realizes that J.B. is deeply troubled by these nightmares.

Chapter 7

It is late at night by the time Ted leaves J.B. He is frightened by noises and begins thinking about James Barry once more. Ted's father comes to look for Ted. As he walks home with his son, Ian MacIntosh again mentions J.B.'s 'troubles'. The next day is Ted's 14th birthday and he is looking forward to a holiday because J.B. has told him not to come to work. Ted's mother, however, insists that Ted go to town in the afternoon to do some errands for her. Complaining loudly, Ted does so, and is surprised

when he can find neither Moses, J.B. nor his father at their workplaces. He returns home to discover that his parents have planned a party. Although there is much merriment, J.B. does not look well and leaves abruptly, reminding Ted to be at work early the next morning.

Chapter 8

The next morning J.B. is unusually bad-tempered. When Ted drops the lid of the medicine chest and a container of sulphur shatters, J.B. criticizes him harshly then leaves, not to return to the surgery that day. Ted does what he can, completing the list of tasks J.B. has assigned, turning away patients who wish to see the doctor, picking up an order of supplies, (containing a new bottle of liquid opium) and taking the twins' colic medicine to Mrs. Fraser. The next morning Ted is relieved to find that J.B. has returned, but is deeply concerned over the doctor's state—at first he does not recognize Ted, and when he complains that he has not slept for days, his speech is incoherent. Ted realizes that his friend is ill and decides to mix a mild portion of laudanum for him and stay with him while he sleeps. When Ted discovers that the new bottle of liquid opium has been spilled in the medical chest and is nearly empty, he becomes frightened and goes to his father for help.

Chapter 9

Ted's father quickly realizes that J.B.'s 'trouble', his addiction to opium, has returned. Doctor Bell is called, J.B. is taken away to recover, and Ted is now an unemployed apprentice. Ted persuades his father to tell him more about Sophia Cameron. Her dying wish was that she be buried in Ontario, so her husband, "Cariboo" Cameron, arranged for men to take her coffin away from Barkerville, a long trip through deep snow and heavy mud. When J.B. recovers and returns to work, Ted learns that the doctor had been one of those men who helped transport Sophia's coffin, and understands better why his friend is tormented by nightmares and has once again resorted to the use of drugs.

Chapter 10

Ted continues to work for the doctor throughout the summer, but he is concerned about his friend and watches him carefully. J.B. begins spending the evenings with Bridget, a maid at the Hotel de France who had nursed

him through his recovery. The morning of September 16, 1868, Ted arrives at the surgery and is instructed by J.B. to go to the Peace House, the hospice for the Chinese community, to sit with a patient, Yan Quan, who is very ill. Yan Quan has deeply offended the other members of his community, so no one will stay with him during his last hours. Although Ted is nervous he agrees to go and, taking one of J.B.'s reference books, *The Physician's Vade Mecum*, with him he goes to care for the dying man.

Chapter 11

The Tai Ping Fong (Peace House) is dark and cold. The arrival of Sing Kee, a Chinese herbalist, who brings firewood, food and medicine, lifts Ted's spirits, although he adamantly maintains that he is not afraid of ghosts. As instructed, he adds the medicine Sing Kee has brought to some weak tea and gives it to Yan Quan. As his patient sleeps, Ted pours himself some tea and settles down to read from *The Physicians Vade Mecum*.

Chapter 12

Ted falls asleep, but wakes when he hears someone calling "Master Percy" telling him that he is in danger and must leave the Peace House. A dark, shadowy figure stands in a corner of the room and, as Ted slowly pulls himself to consciousness, he smells smoke and realizes that Barkerville is on fire. Not yet fully awake, he unsteadily makes his way outside where smoke and flames surround him. Confused and feeling ill, Ted hears yet another voice call him and J.B. emerges from the smoke. Before he loses consciousness J.B. hears him say, "He was there."

Chapter 13

The next morning J.B. tells Ted that although much of Barkerville has been destroyed by the fire, rebuilding of the town has already begun. Since Ted's father's carpentry shop still stands and he is besieged by customers asking for his help, J.B. suggests that Ted return to work for his father. The doctor's surgery has been destroyed and he plans on becoming an itinerant doctor so he will no longer need an apprentice. Ted wants to go with J.B., but he agrees to stay. J.B. is also concerned about Ted's health as his symptoms indicate that he had taken laudanum again. Ted angrily denies using any drugs, then

realizes that he must have inadvertently drunk the tea intended for Yan Quan and that the medicine it contained was opium. J.B. is surprised that Ted managed to awaken at all, but Ted is evasive when questioned. The Peace House was not destroyed by the fire and although J.B. recovers his copy of the *Vade Mecum*, Yan Quan's body, is nowhere to be found. Before he leaves, J.B. once more questions Ted about what happened and Ted remembers that James Barry was the only person to ever call him 'Master Percy'. Although Ted is still unsure whether it was the ghost of James Barry that he saw in the Peace House, he realizes that the mysterious figure saved his life.

ACTIVITIES

The following suggestions for classroom activities illustrate some of the major areas explored in the book, such as gold rush history, medical history, and overcoming personal difficulties. Classroom discussions, research in the library and at home, hands-on creative activities, and use of outside resources through field trips and visiting specialists can be addressed separately or as part of an integrated approach. Reference resources are listed in the bibliography at the end of this guide.

LANGUAGE ARTS

1. In the story, Yan Quan is an outcast, reluctantly tended to by the herbalist Sing Kee, but ignored by others in his community. No one will even speak his name aloud and, although his crime is not specified, his community has shunned him for offending them. Some religions have excommunication; most societies practice 'snubbing' or ostracism, some to the point of denying the offending person food and shelter. In some cultures deformed or sick individuals have been isolated, as have women during childbirth. Discuss why a group turns against one of its own. Students can look for and write about examples of this in their own and other cultures, even within their classroom, school or neighbourhood. A creative writing exercise based on this theme could be assigned, asking students to write about an imaginary person whom no one will befriend. Suggested starting line: *No one had spoken to him/her for a month.*

2. If *The Doctor's Apprentice* is used as a novel study soon after students have read *Moses, Me and Murder*,

read the first chapter of this sequel aloud to the class, then ask them to predict what the story will be about and justify their explanations.

3. J.B.'s language, his alliterative pattern of speech, and use of tongue-twisters offer many activities for vocabulary building and other student activities in language arts. Compile a list of J.B.'s quotes and re-word them to fit modern usage. Select examples of the doctor's sense of humour as it is shown by his speech. Make up a word search puzzle and exchange it with another student. Each student chooses one of J.B.'s words and, after writing a definition of it, explains it to the class. ("A Word a Day, The Doctor's Way"). Write a short paragraph copying J.B.'s alliterative style. Suggested topics:

- Describe another character, from the novel or an historical figure from the gold rush era.
- Write a page of J.B.'s daily journal.
- Explain how to do an everyday activity (such as chopping wood or lighting a fire in a cook stove).
- Describe an event, either from the novel or some thing which actually occurred in Barkerville.
- Discuss an issue, real or imaginary, of the day: There are too many saloons in town, not enough books in the library, horses fouling the main streets).

4. Do the Vocabulary Crossword Puzzle (included in this guide).

SOCIAL STUDIES

1. *The Doctor's Apprentice* may be most useful studied in conjunction with units on pioneer life in Canada, the gold rush or B.C. history. To this end, an edited version of *The Cariboo Sentinel* account of the Barkerville fire is included. To illustrate slant/bias in journalism, have students look for current newspaper and magazine articles where the same event is reported differently.

2. After reading the report of the Barkerville fire, ask students to write their own article for *The Sentinel*, which shows how the tone of the article changes depending on the perspective of the writer. Some sample headlines are provided, and students and teachers can also make up their own. Some possible headlines:

- "Local Youth Solves Murder Mystery"
vs. "Can Local Youth's Testimony Be Trusted?"

- "Judge Begbie to Try Suspected Killer"
vs. "Murderer To Be Tried By 'Hanging' Judge"
- "New Arrival to Barkerville Gives Birth to Twins"
vs. "Is Barkerville A Place For Children?"
- "Local Doctor Disappears Without a Trace"
vs. "Local Doctor's Opium Addiction Returns"
- "Barkerville Suffers Crushing Losses in Fire"
vs. "Reconstruction of Barkerville Already Under way"

3. A mock trial of James Barry, staged in the classroom, will introduce students to legal procedures. Twenty-five possible roles can be assigned to students in accordance with those who actually participated in the trial. Note: if the mock trial is meant to be historically accurate, "Ted" can't be a witness as he is a fictional character. The following roles may be assigned:

- Matthew Bailie Begbie (judge)
- James Barry (defendant)
- H.P. Walker (prosecuting lawyer)
- A.R. Robertson (defense lawyer)
- Witnesses for the prosecution: William H. Fitzgerald, W.D. Moses, H.P. Stark, William Fraser, Constable John H. Sullivan, George Gartley, Frederick Dibble, Saloonkeeper at Camerontown
- Witnesses for the defense (including Saloon Girls)
- Twelve Jurors including Head Juror (delivers Jury's verdict)

For an account of the trial which includes material for the roles listed, visit <http://www.barkerville.com/vol12/blssing1.htm> A field trip to a modern courtroom, if possible, will show students modern justice in operation.

4. As a class project, study your community during the period of the major gold rushes. Split the class into teams to explore different areas. You might find information in museums, libraries, archives, and family stories. Look at newspapers of appropriate dates to find out how news of the gold strikes was reported. Archival photographs may show people outfitting for a gold rush, and histories and biographies may tell stories of people who spent time on the gold trail. Have students ask family members for gold rush stories in their own personal histories.

5. A local museum staff member or geologist might be invited to demonstrate gold panning in the classroom.

6. *The Doctor's Apprentice* features a number of real people who lived in historic Barkerville. The town is named after Billy Barker and Judge Begbie is mentioned at the outset of the story, and other figures such as James Barry, "Cariboo" and Sophia Cameron, Moses and J.B. Wilkinson all lived in Barkerville at one time. What other real figures went to the Cariboo? Where did they come from, how did they get to the gold rush, what did they do there, did they become rich, and how and where did they die?

7. Create a map of the Cariboo region as a class project. Have the class members research and mark locations from the novel, towns and routes, and the main gold areas. In doing the gold rush character activity (above), students can mark the routes of individual miners.

SCIENCE

1. After reading *The Great Nineteenth Century Medicine Manual* and the advertisements for patent medicines included in this guide, students can discuss remedies used today, bring home remedies used by their families, and write and illustrate their own advertisements (eg., "Grannie Annie's Garlic Tea").

2. Build a unit around medical advances and the doctors who discovered them: Hippocrates, Galen, Harvey, Pasteur, Lister, Jenner, Banting, Salk and Semmelweis are a few important names, but there are many others.

3. Have students research mining techniques past and present, focusing on the impact on the environment and the surrounding towns (such as Barkerville, Nanaimo, Grand Forks, Kimberly). Guest speakers from the mining industry are often eager to talk to students about modern techniques (Phone the Mining Association of British Columbia at 604 681-4321). The class may also wish to study soil and mineral types and geographical formations.

4. The average age of death in Barkerville in the 1800s was 34. The lack of effective medical treatment was part of the reason for this statistic, but nutrition was also a factor. With no snack foods or corner stores to provide them, without refrigerators or freezers offering a constant supply of unspoiled vegetables, meats and dairy products, what did the people of the gold rush eat?

VISUAL ART/MUSIC/WRITING

1. Have students create with paint, markers or other materials Barkerville's main street; gold mining techniques and other scenes in or referred to in the book. This may take the form of a mural which could be used later as a backdrop or a set for the dramatizations.

2. Dramatize scenes from the novel (e.g., Ted's nightmares, the escape from the fire), assigning characters, a director and a stage manager.

3. Assign chapters to groups and put up a storyboard (a sequence of illustrations) on the wall. This technique is used in planning a movie. Suggest that students write a short scene as a movie script, translating from the novel.

4. Create posters which advertise the action in the novel and broadcast events of the period. (e.g., Wanted: James Barry Murder Suspect; Local Doctor Missing (please contact Ted MacIntosh if you have information); Men Wanted to Accompany Mr. Cameron on a Difficult Journey; Apprentice Needed (contact Dr. J.B. Wilkinson); New Arrival Searching for Relatives in the Cariboo (please contact Mrs. Fraser); For Sale, One Gold Claim, (contact J.B. Wilkinson).

5. Visit the real or virtual Barkerville and have each student make a drawing or model of one of the historic buildings. Drawings can be placed on a mock-up of Barkerville's main street, or models on a table. Students should use the same scale for each picture or model. See the listing of websites in the Resources section.

6. Have students make drawings or clay sculptures of the characters in the novel and place them in their natural setting.

7. In *The Doctor's Apprentice*, Ted refers to *The Swiss Family Robinson* and the poetry of Lord Tennyson as common reading material for his time (p. 37). With the class, brainstorm a list of modern books which use events and references that firmly place the book in a specific period of time. Then have students write a paragraph or short story which uses the technique of 'dating' events by referring to a situation, fictional character, or happening.

8. The ending of *The Doctor's Apprentice* is ambiguous. Beginning where Ted falls asleep in the Peace House, have students write their own conclusion to the story. What do their endings say about their understanding of and sympathies with the various characters?

LIFE SKILLS

1. Like Ted, many young people suffer from recurrent nightmares or night terrors and may not feel comfortable discussing them. The realization that adults also have nightmares may prompt discussion and sharing. What might lead to these nightmares and how can the source be dealt with?
2. J.B.'s reliance on opium may lead to discussion about the types of medicines used and abused today, especially painkillers and sleep aids. The support and friendship of J.B.'s friends as he recovers from his addiction offer opportunities for class discussion about programs like Alanon, or others students may not be aware of.
3. Jeannie MacIntosh, Ted's mother, is overly protective and fiercely defensive of her nearly grown son. Discuss the role of parents and the difficulties of growing up and breaking away from restrictive parental expectations.
4. Ted dismisses scrubbing floors and dusting as 'woman's work'. Under the headings Men, Women and Children, have students develop lists of types of work usually done by each group. Work in the home as well as work done outside the home can be included.
5. Ask students to choose one activity from each heading above and write a paragraph explaining why they have placed it in that particular column. In pairs, have students compare lists and note similar jobs which were placed in different columns by their partners. As a final exercise, have the students select one job, move it into a different column, then write a paragraph defending its new categorization. Are there any jobs which really are solely woman's work or man's work? Another short paragraph can be written around the theme of gender stereotyping.
6. Friendship is an important theme in both *The Doctor's Apprentice* and *Moses, Me and Murder*. Why did Ted's friendship with Moses change? How does the friendship

between J.B. and Ted begin and develop over the course of the novel? Ask students to think about relationships they have had which have either become stronger or weaker over time. Why do friendships change?

FIELD TRIPS/OUTSIDE RESOURCES

Barkerville Historic Town

P.O. Box 19, Barkerville, BC, V0K 1B0
(250) 994-3302, Fax 994-3435
e-mail: can-bht@immedia.ca

1. If your school is near Barkerville, make a class visit to the community and take advantage of performances and school programs. If distance or funding is a problem, look into the possibility of a virtual visit. Barkerville has its own site on the web (see resources), and offers a variety of information. School Programs include Early Justice, Schoolhouse, and a Mining Demonstration. Maps, many student activities, information about Barkerville and accommodation information are included in the teacher's information kit. Book early; these programs fill up quickly.
2. A Travelling EduKit is available and loaned to school districts for a three month period. It includes artifacts of the era, pay dirt, a replica of a rocker box for extracting the gold, posters, slide show, videos, written material, student activities and photographs. Contact the Research Library at Barkerville. To make appointments or enquiries, e-mail Bill Quackenbush at: **bill.quackenbush@gems4.gov.bc.ca**
3. Black Moon Productions, a touring theatre company offers an informative and entertaining Barkerville/Gold rush performance to schools. For rates and booking information, call (604) 228-979; email: **blkmoon@direct.ca**

ILLUSTRATIONS

1. Cariboo Sentinel Article
2. Patent medicine advertisements
3. The grave of J.B. Wilkinson
4. Advice from Grandma Nicols (The Great 19th Century Medical Manual)
5. Modern day Barkerville (photos by John Walsh)
 - a. Interior of Chinese stores
 - b. The Peace House

- c. Tong building and street with water flumes
- d. Gambling-see "White Dove" tiles on back wall

6. Crossword puzzle

of Healing on the Northwest Coast. Vancouver: J.J. Douglas Ltd., 1972.

Nicols, Grandma. *The Great Nineteenth Century Medicine Manual*, Coles Looking Back Series. Toronto: Coles Publishing Company Ltd., 1978.

Polunin, Miriam and Robbins, Christopher. *The Natural Pharmacy (An encyclopaedic illustrated guide to medicines from nature)*, Vancouver: Raincoast Books, 1992.

Chinese and the Gold Rush:

Chan, Anthony B. *Gold Mountain: The Chinese in the New World.* Vancouver: New Star Books, 1983.

Dawson, John Brian. *Moon Cakes in Gold Mountain: From China to the Canadian Plains.* Calgary: Detselig Enterprises, 1991.

Hoe, Ban Seng. *Beyond the Golden Mountain: Chinese Cultural Tradition in Canada.* Hull, Quebec: Canadian Museum of Civilization, 1989.

Wright, Richard Thomas. *In A Strange Land (A Pictorial Record of the Chinese in Canada, 1788-1973)*, Vancouver: Douglas and MacIntyre Ltd., 1988.

AUDIO

Thomas, P. *Where the Fraser River Flows. Skookumchuck Records.* SR 7001. 1980.

VIDEOS

For abstracts, visit the National Film Board web site at: <http://www.NFB.CA>

Echoes of Gold. National Film Board. 1967. 14 mins.

WEB SITES

About the author and the novel: <http://www.beachholme.bc.ca>. The Beach Holme page. Includes information on Ann Walsh, *The Doctor's Apprentice* and her other titles.

RESOURCES

BOOKS

Barkerville:

Downs, Art. *Wagon Road North: Historic Photographs from 1863 of the Cariboo Gold Rush.* Nanoose Bay: Heritage House, 1993.

Elliott, Gordon R. *Barkerville, Quesnel, and the Cariboo Gold Rush.* Vancouver: Douglas & McIntyre, 1978.

Langston, Laura. *Pay Dirt. The Search for Gold in British Columbia.* Victoria: Orca, 1995.

Ramsey, Bruce. *Barkerville: A Guide to the fabulous Cariboo Gold Camp*, [location and publisher?]1961.

Skelton, Robin. *They Call it the Cariboo.* Victoria: Sono Nis Press, 1980.

Taylor, G.W. *Mining. The History of Mining in British Columbia.* Surrey: Hancock House, 1978.

Thomas, Philip J. *Songs of the Pacific Northwest.* Surrey: Hancock House, 1979.

Woodward, Meredith Bain & Ron Woodward. *British Columbia Interior.* Canmore: Altitude, 1993.

Wright, Richard Thomas. *Barkerville, Williams Creek, Cariboo.* Winter Quarters Press, 1998. Available through Sandhill Marketing, (250) 763-1406.

Medical Information:

Kalman, Bobbie. *Early Health and Medicine (The Early Settler Life Series).* New York: Crabtree Publishing Company, 1991.

McKechnie, Robert E. II, M.D. *Strong Medicine: History*

Barkerville:

<http://www.barkerville.com>

Barkerville's official web page provides information about the site as it was in the 1860s complete with access to historic newspapers, a Barkerville who's who, and a virtual tour.

http://www.themeunits.com/gold_rush.html

The web site for "Barkerville Bound" (listed below) has on-line quizzes about Gold Rush trivia, activities and charts pertaining to the Gold Rush era and its citizens and is an excellent resource for teachers to visit with students who wish to test their knowledge of the gold rush.

<http://www.heritage.gov.bc.ca/bark/bark.htm>

BC Heritage has created colour pictures of Barkerville Historic Town as it stands today and descriptions of the many things to see and do while visiting the site.

<http://www.tbc.gov.bc.ca/tourism/regions/Cariboo/gold.html>

A site that describes the gold fields of Barkerville.

<http://www.imagehouse.com/wellshotel/map.htm>

A colourful site that includes a map of BC indicating the location of Wells, Quesnel and Barkerville.

<http://cariboo-net.com/sentinel/denmark.htm>

Still photographs of Barkerville taken by a tourist from Denmark, complete with a brief historical background.

www.freenet.victoria.bc.ca/bchistory.html

A BC history home page, with cross links to many other historical resources.

Chinese-Canadian History Sites:

<http://ccnc.ca/toronto/history/index.html>

History of Chinese settlement in Canada sponsored by the Chinese Canadian National Council .Visit the photo gallery for archival images of Chinese who came to areas like Barkerville to mine the "Gold Mountain".

<http://seeds.history.ca/~seeds/episodes/episode-0128/history.html>

This site is based upon a television series that explores several of the ethnic origins of Canadians including the Chinese.

CD-ROM

History Alive Series: Klondike Gold Rush, IDON East Corporation Interactive Multimedia, \$34.95.

To order online: <http://www.idon.com/klondike.html>

Tel: (604) 222-3753 Fax: (604) 222-3742

E-mail: sbown@istar.ca

OTHER RESOURCES

A Barkerville Resource Kit includes posters, reference books, classroom activities, a video, pictures, a goldpan and sample of gold ore are included. To order contact:

Lorna Robb, Barkerville Resource Supplies
3680 No. 6 Road,
Richmond, B.C. V6V 1P5
(604) 278-1641.

Barkerville Bound: The Story Of The Gold Rush
For Grades 3 - 5

(\$16.95 /109pp / 8.5x11 / Reusable plastic package)

To order, contact Debbie at the following website:

http://www.themeunits.com/gold_rush.html

CONSTRUCTING THE NOVEL

Ann Walsh, on writing *The Doctor's Apprentice*:

"Since *Moses, Me and Murder!* (A Story of the Cariboo Gold Rush) was published in 1988, many students have written to me asking for a sequel and offering ideas about what might happen next. Almost all of the suggestions involved the ghost of James Barry, but I was reluctant to write another ghost story after *The Ghost of Soda Creek*. However, the letters kept coming, and one day I realized that if Ted were still in Barkerville at the time of the Great Fire in 1868, this could set the scene for a dramatic rescue. Thanks to all those letters from students, I knew exactly who would save Ted from the fire and how the

book would end. I also knew it would begin with one of Ted's nightmares, but I wasn't sure what Ted could be doing that would keep a reader's interest for 100 pages. I sent Ted back to work with Moses, to his father to learn carpentry, to an underground gold mine and a general store, but none of those activities seemed to fit either Ted's interests or my own. Then, in 1995 during my annual visit to Barkerville, I spent some time in the cemetery and discovered the grave of J.B. Wilkinson, M.D. Could Ted be a doctor's apprentice, I wondered. Why not? When further research showed me that J.B. was not only Sophia Cameron's doctor but had been one of her pallbearers during her long journey to Victoria, I knew that I had found my story.

"Learning about medicine in the 1800s was fascinating, but much of what I discovered had no place in a book for young people, the vocabulary for treatments, drugs and procedures being unfamiliar to modern readers. Ted and I learned together and, with the help of my own doctor and pharmacist, I managed to keep Ted busy doing things that weren't too gross or too hard to spell. The discovery of *The Physician's Vade Mecum* was an unexpected bonus.

"As I wrote, J.B. became a very special character. I would welcome hearing from anyone who can tell me more about him. He became my friend, as well as Ted's, and I miss him now that the book is finished."

ABOUT ANN WALSH

Ann Walsh lives near Williams Lake in central British Columbia. She was a teacher for 28 years, in schools and colleges, and (with her teacher husband) has raised two children. For the last few years she has been a full time writer. She has had a number of books for young people published. As well as *Your Time, My Time* and *The Ghost of Soda Creek*, Beach Holme has also published her novel about a Sikh boy, *Shabash!* and a collection of poetry, *Across the Stillness*. Another novel, *Moses, Me and Murder* has been published by Pacific Educational Press, and her short story about Alzheimer's Disease, "All is Calm," has been reprinted in several anthologies used in schools. Ann has also written plays, short stories, and articles, for print and CBC radio, and has recently finished a mystery novel for adults. All her novels have

been nominated for awards, and some of her adult stories have also been published in England, Germany, Italy and Sweden.

She has been nominated for the Sheila A. Egoff Children's Prize at the B.C. Book Prizes, the Children's Book Centre Award, and the Geoffrey Bilson Award for *The Doctor's Apprentice*.

CONTACTING THE AUTHOR

Ann Walsh visits many schools and libraries, and may be contacted through Beach Holme Publishing or at (250)392-5762.

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www.beachholme.bc.ca/

BUYING THE NOVEL

Copies of these novels may be ordered from bookstores and the Teacher's Guide can be ordered from Beach Holme Publishing. A free Teacher's Guide is provided with each class set.

ACKNOWLEDGEMENTS

Thank you to Isla Tasker, Dolores Goerz, Joan Anderson and Shelly Peel, who, with their classes, field-tested *The Doctor's Apprentice* and offered feedback on the story and suggestions for activities for this guide. Also thanks to Lorna Robb for all the support she provided, to my husband, John Walsh, for taking photographs and putting together the glossary, and Teresa Bubela for all her help.

This guide was written by Ann Walsh, with some sections on the Cariboo Gold Rush by David Spalding.

The Cariboo Sentinel

BARKERVILLE BURNS FIRST HAND ACCOUNT OF CONFLAGRATION

An account of the burning of the town of Barkerville, Cariboo, British Columbia on the 16th Sept. 1868 by Frederick Dally.

The eve of the great fire of Barkerville was remarkable for the grandeur of the Aurora Borealis so often to be seen in these high northern latitudes. It commenced at 8 p.m. by the shooting up of upright parallel rays in the west and shortly after by the same appearance in the east, also the same in the north. The night was cold and frosty, the brilliancy of the rays increased quickly and seemed so close that an observer...could see all the changes minutely. The rays, when buffeted by the cold south wind that came down the canyon on Williams Creek, appeared to throw out a wavering and unsteady light...

The morning of the fire was bright and clear and the sluice boxes (used by the miners to convey the water to wash the pay dirt when taken out of their claims)

bore traces of a hard frost as the icicles that were depending from the flumes were two or three yards in length by several feet in depth, looking very beautiful...

One of the dancing girls was ironing and by some means or other, the heat of the stove-pipe set the canvas ceiling on fire, which instantly communicated with the roof and in no less than two minutes the whole saloon was in flames, which quickly set the opposite business in the Bank of British North America in flames.

So the fire travelled at the same time up and down the sides of the street, and...in less than twenty minutes...the whole of the

"...the town was a sheet of fire, hissing, crackling..."

lower part of the town was a sheet of fire, hissing, crackling and roaring furiously.... Blankets and bedding were seen to be sent at least 200 feet high when a number of coal oil tins exploded, and

the top of one of the tins was sent five miles and dropped at the sawmill on Grouse Creek.

The town was divided by the "Baker" flume crossing it at a height of fifty feet, and as it was carrying all the water that was near, it kept the fire at bay for a short time.... The fire then quickly caught the other half of the buildings, also the forest on the mountain ridge at the back, and as the sun set behind the mountain the

"...the whole town was in flames..."

grandeur of the scene will not be quickly forgotten by those who noticed it. Then the cold frosty wind came sweeping down the canyon, blowing without sympathy on the houseless and distressed sufferers, causing the iron hearted men to mechanically raise the small collars of their coats (if they had been so fortunate as to have one) as a protection against it. Household furniture of every description was piled up along the side

of the creek, and the people were preparing to make themselves as comfortable for the night, under the canopy of heaven as circumstances would allow. And in the early morning as I passed down the creek, I saw strong men rise from their hard beds on the cold stones, having slept wrapped in a pair of blankets, cramped with cold and in great pain, until a little exercise brought renewed life into their systems....

At a quarter to three p.m. the fire commenced; at half past four p.m. the whole town was in flames, and at 10 o'clock the next morning signs of rebuilding had commenced...the number of houses destroyed was one hundred and sixteen.

(This is a condensed version of the only known manuscript account of the burning of Barkerville on Sept. 16, 1868, written by Mr. Frederick Dally, one of the town's photographers. As the original article consisted of only four or five very long sentences, it was edited by Ron Young. The whole article appears in The Cariboo Sentinel, Barkerville Then and Now, Vol. IV, No. 1)

NINETEENTH CENTURY MEDICAL ADVICE

The following advice is from Grandma Nicols' The Great Nineteenth Century Medicine Manual, first published in 1894 (reprinted by Coles Publishing, Toronto, 1978).

A prominent physician claims that there will be no diphtheria scarlet fever nor worms for children if they eat plentifully of onions every day, especially when there is a scarcity of fresh fruit. He buys the onions by the barrel for his young folks, and they are served in every imaginable form. An onion will cure the earache quicker than any other remedy. Take two or three good sized onions. Peel them, cut in thin slices and lay the slices on cloth. Bind this to the head, letting it extend beyond the ear at least one inch all the way round. Onions are good for the stomach, the complexion, and the nerves when eaten either boiled or raw.

An Excellent Healing Salve

Lard, 6 ounces
Yellow wax, half an ounce
Burgundy pitch, 8 ounces
Melt, mix together thoroughly.

A Salve for Burns, Frostbites, Chapped Hands, etc.

Turpentine, 1 ounce
Beeswax, 1 ounce
Sweet Oil, 1 ounce
Melt oil and wax together and put in the turpentine when cooled.

Sulphur

Old cases of rheumatism are often improved by sulphur baths and sulphur tea. Dose: finely powder the sulphur and mix with molasses. A teaspoon three times a day.

Camphor

Applied externally in rheumatism, enlarged joints, bruises and sprains, spirits of camphor is considered one of the best of domestic remedies. One-half or one fourth of a teaspoon taken internally will cure colic, stomach troubles and colds.

Goose Grease

Goose oil applied externally and internally is an excellent remedy for sore throat, hoarseness and coughs.

Plasters and Poultices

The chief object of a poultice is to supply and to retain heat and moisture for the relief of pain and internal congestion. The best poultice is made of ground flax seed, but bread, cornmeal or hominy may be substituted.

When a cold seems to have made the lungs its special point of attack, apply a mustard plaster mixed with the white of an egg, to draw the irritation to the surface as quickly as possible; then follow with a poultice of cooked linseed oil meal.

Take a raw salt pork and about the same bulk in boiled onions and chop together finely in a wooden bowl and apply warm to the injured parts.

Willow Bark

The inner bark is a good remedy in fever and ague and similar diseases. Make a strong tea of the bark and take in quantities to suit the patient.

Colic

Colic is a gripping pain in the bowels, chiefly about the navel, relieved by pressure, and often accompanied with a painful distension and spasmodic contractions of the whole of the lower region of the abdomen.

Treatments for Colic

- Glycerine, as much as the patient will take.
- A few drops of peppermint in hot water or catnip tea.
- If caused by some indigestible article of food, a dose of castor oil had better be given to which from ten to fifteen drops of laudanum may be added.
- The application of turpentine rubbed on with the hand, is highly recommended.
- For cramp colic, give a wineglass full of olive oil.
- For children, a drop of essence of peppermint in 6 or 7 teaspoonfuls of hot water will give relief.

Early Deaths

Of the 984,000 persons that died in 1890 in North America, 400,647 (41%) were under the age of five.