

# MEDICAL CARE IN THE 1700S



Like other survival skills, the early explorers relied heavily on the guidance and knowledge of the First Nations people for medical care. Indigenous medicine traditions were passed orally from generation to generation. The Europeans made written notes of these remedies.

One of the common diseases that the settlers faced was Scurvy (Vitamin C deficiency). The First Nations made a tea of boiled White spruce twigs and bark, or Hemlock in water and had their people drink the liquid to ward off this terrible disease. Other Indigenous medicine was created from plants and made into teas, poultices, and other liquid preparations to drink. The settlers used their knowledge of Indigenous medicine practices to survive their first years.

Once North America became more populated, hospitals were built in Quebec City, Montreal and Toronto. They were often founded and staffed by Catholic missionaries and nuns. In larger settlements doctors were sent from Europe. Poor people visited hospitals which were free, while wealthy citizens saw private physicians. During this time self-taught midwives and healers also provided medical care to the settlers.

# MEDICAL CARE

**THEN**

**NOW**