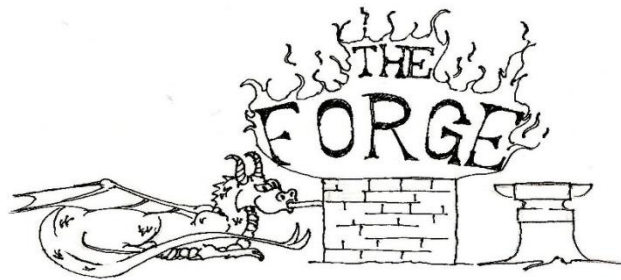


The Forge

Fall 2012



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Greeting!

As the newest editor of the Forge I would like to invite anyone who is interested to please submit to me any stories, pictures, artwork, and articles that you would like to have published in the Shire of Smythkepe "Forge".

Mid Summer Knight's Dream XX "In the Spirit of Magellan"

The event was held on the weekend of Aug 31-Sept 2 of 2012. There were a total of 66 people on site. While the Kingdom expected the weather to be cold, dreary, and rainy due to Hurricane Issac, we were very blessed with moderate temperatures, sunny skies and calm winds.

The site tokens were bottle bags sewn by shire members. They were presented with a bottle of water included for helping folks stay hydrated. Flavor packets were offered as well.

The classes held included:

15th Century Italian dance by Marcus Riksson.

15 people in attendance

SCA camping for beginners by Rixa Eriksdaughter

4 people in attendance

THL Avaline la Cheviere taught 3 classes:

Wood identification – 1 person in attendance

Astrolabe – 5 people In attendance

Ship Class - 4 people in attendance

A dragon (serpent) by any other name by THL Archer McRobert

4 people in attendance

Heavy weapons tournaments included:

The Smythkepe Defender tournament won by Zeke the Slightly Demented from Grimfells in Calontir

And

The Meanest Mother tournament won by Sir Geoffrey (aka Dulin) from Grey Niche

The equestrians had new members authorize, they held a tournament, and could be seen riding around site during the event.

The rapier folk showed up, but had no tournaments. They could be found in the climate controlled hall discussing various strategies.

The theme of the feast was "To Travel the World". We traveled the world and sampled many different tastes it has to offer!

4 Course feast

- 1) Italian: Cheese filled Shells and Meatballs in Marinara sauce, Romaine salad w/ Raspberry Vinaigrette dressing
- 2) Slavic/Russian: Sausage, Perogies and Rye Bread
- 3) Mayan: Maize wrapped steak with Tropical Fruit Salad featuring Papaya
- 4) The Netherlands: Keokje with Vanilla Chilling

Feastocrat THL Aveline Frazer

The feast was wonderful. The dishes served as noted on the feast menu.

THL Dante was of course an entertaining hall steward.

Baroness Arianna sang two wonderful song. The knights toasted the Crowns.

It was decided that the best dish was the shell filled with cheese and topped with marinara sauce and meatballs.

The feast was served by members of the poplulous. At each table a chair was wrapped with a blue and white sash. The poplulous member who sat in this seat was the server for that table. At the end of feast each of these people were offered a thank you gift for volunteering to do this during feast. The gift was a small metal tree strung with lampwork beads made by Baroness Ceara.



After feast was a wonderful bardic circle to conclude a very fun filled relaxed day.

This report given this 30th day of September 2012

By Baroness Ceara inghean Lasair

With feast information inserted by THL Aveline Frazer

Leeches and other Medieval Medical Practices by Lady Aveline Frazer

I researched medieval medicines and practices for a class that I did earlier this year. The information was very interesting and I thought to share it with you.

Ancient remedies that are still around today:

- 1) Prosthetics: Egyptians may have actually invented the idea of prosthetics. A female mummy originating from 1000-700BC was found with a prosthetic toe made of leather and wood. The woman had undergone an amputation of the toe and may have strapped on the new extremity to help her balance as she walked.
- 2) Acupuncture: The ancient Chinese practice has been around as early as 6000 BCE. Tools dating that far back that could have been used in such practice have been unearthed.
- 3) Cauterizing: Hippocrates developed a technique of cauterizing wounds, to prevent blood loss and infection. Surgeons in modern times will still burn away damaged flesh, although it is done with modern technology.
- 4) Leeching: It is difficult to imagine, but these creatures still help us out today. Their sucking of blood prevents clotting, painful blood pooling in injuries and when a limb, for example and ear is reattached the leeches will get the blood flowing in that item. Amazing to think many hospitals keep them on hand in modern times.
- 5) Maggot therapy: How amazingly gross to think these would be helpful, but both Aborigines and Mayans took advantage of the insects liking of rotting flesh. Maggots will eat gangrened and infected portions of the flesh, leaving an anti bacterial effect in their wake. When modern patients have been treated to remove dying flesh, they have reported the maggots eating has tickled and itched, but no pain. The maggots know the difference between decay and living flesh and will naturally stop when rot is gone.

- 6) Caesarean Sections: Abu al-Qasim al-Zahwari (936-1013CE) is thought of as the “father of surgery”. His influential medical text set the standard for 500 years of European medical history. He is attributed to have performed first c-section, but some early references have also been found in Chinese and Roman writings.
- 7) Hydrotherapy: Invention of the first hot tub? Since ancient times Romans, Chinese, Japanese cultures to name a few had medical texts that applied both drinking and soaking in heated or cooled water for ailments. Romans were famous for their bath houses, a precursor to modern day spas. Water continues to be an external painkiller, and a physical therapy environment to this day. Our hydrotherapy and aromatherapy came from ancient times.
- 8) Massage: Something that dates as far back in human history as humans themselves. Who doesn't like a back rub? Babylonians, Chinese, Indians, Romans, all have references to it. Shamanic healing, empowerment rituals, hot rocks, oils; all provided therapy as well as relaxation.

So the next time you have a medical incident, or just a nice back rub, you can thank our ancestors and the ancients who tried it before us. Some of them must have had it right; since we are still doing it today.

Bibliography:

Filan, Kenaz, “Leeches” Renaissance Magazine, Volume 17, Issue 84, 46-48

<http://pharmacytechniciancertification.net/10-ancient-remedies-that-are-still-around-today/>