

The Shakers

Background

Wardley Society (1758)

Ann Lee

- Arranged marriage
- Illiterate textile worker
- All four children died young
- Preached the second coming of Christ

Arrived in New York in 1774

Ann Lee died in 1784

James Whittaker

Joseph Meacham and Lucy Wright

Preached that shaking and trances were sin exiting the body.



Celibacy
No dogs
Equality of the sexes
Separation from “the World”
Pacifism
Embraced technology

Usefulness, not beauty

Roses

Hands to work, hearts to God
Simplicity

Villages were organized into families.

Furniture and architecture



GARDEN SEEDS,			GARDEN SEEDS,		
WARRANTED FRESH AND GENUINE, GROWTH OF 184 ,			WARRANTED FRESH AND GENUINE, GROWTH OF 184 ,		
RAISED BY THE UNITED SOCIETY OF SHAKERS, ENFIELD, CONN.			RAISED BY THE UNITED SOCIETY OF SHAKERS, ENFIELD, CONN.		
JEFFERSON WHITE, Seedsman and Florist for the Society.			JEFFERSON WHITE, Seedsman and Florist for the Society.		
For sale by			For sale by		
Papers.	Dolls.	Cents.	Papers.	Dolls.	Cents.
White Onion, [Silver Skin.] -			Scotch Kale, [Green Curled.]		
Yellow do. -			Sea Kale, -		
Red do. -			Early Dutch or Spring Flat Turnip,		
Early Blood Turnip Beet. -			Early Snow Ball do.		
French Amber Sugar do. -			Early Garden Stone do.		
White Silesia Sugar do. -			Large English Norfolk do.		
Early Orange Turnip do. -			White Flat do.		
Long Blood do. -			Large White Globe do.		
Long Mangel Wurtzel do. -			Red Top Flat do.		
Large Altringham Carrot, -			Yellow Aberdeen or Bullock do.		
Long Scarlet Carrot, -			Dale's Yellow Hybrid [new] do.		
Long Orange do. -			Rutabaga or Swedisch yellow do.		
Long Blood do. -			Long Tankard or Hanover do.		
Early Horn do. -			Sage, -		
Guernsey Parsnip, -			Squash or Bell Pepper, -		
Long White do. -			Cayenne do. -		
Early Cluster Cucumber, -			Cherry do. -		
Early Frame do. -			Sweet Spanish do. -		
Early Short Green do. -			Purple Egg Plant do. -		
Long Green Turkey Cucumber,			Curled Cress or Peppergrass,		
Long Green Cucumber, [Keenes,]			Broad Leaved Cress, -		
Markenoes, [for Pickle,] -			Extra Curled do. [new,] -		
Superior Watermelon, -			Water Cress, -		
Early Apple Seed do. -			Large Smooth Red Tomato,		
Large Muskmelon, -			Yellow Tomato, -		
Fine Nutmeg Melon, -			Vegetable Oyster, -		
Large Cantelepe do. -			Solid Celery, -		
Green Citron do. -			Summer Savory, -		
Ward's Nectar do. [Superb,]			Dwarf Curled Parsley, -		
Persian do. -			Curled do. -		
Bush Crookneck S. Squash, -			Round Leaved Spinage, -		
Dutch S. Squash, [E. Bush,]			White Mustard, -		
Crookneck Winter do. -			Brown do. -		
Cocoanut or Porter do. -			Long White Okra, -		
Sweet Potatoe do. -			Short Green do. -		
Mammoth Pumpkin, -			Giant Asparagus, -		
Large Yellow do. -			Nasturtion, -		
Imperial Sugar Loaf Lettuce,			Turkey Rhubarb, -		
Early White Head do. -			Bene Plant, -		
Early Curled Silesia do. -			English Sorrel, -		
Large Green Head do. -			Large Scotch Leek, -		
Ice Head do. -			London do. -		
Ice Coss do. -			Saffron, -		
Royal Cabbage Head do. [early,]			Caraway, -		
Extra Cabbage do. do. -			Sweet Marjorum, -		
Brown Dutch do. -			Sweet Thyme, -		
Long White Summer Radish,			Lemon Balm, -		
Early Scarlet Short Top do.			Colton's Extra Early Corn,		
Long Salmon do. -			Early Sioux or Dutton do. -		
Long Scarlet do. -			Smith's Early White do. -		
Scarlet or Cherry Turnip do.			Early Tuscarora do. -		
White Turnip do. -			Early Sugar, do. -		
Yellow Turnip do. -			Chinese Prolific do. -		
White Fall Spanish do. -			Extra Early, or May Peas,		
Black do. do. do. -			Early Washington or JUNE Peas,		
Early Sugar Loaf Cabbage,			Early Charlton do. -		
Early Dutch do. -			Bishop's Early Prolific do. -		
Early York do. -			Large White Marrowfat, do. -		
Arkhe's Early Dwarf do. -			Dwarf Marrowfat do. -		
Large York do. -			Dwarf Prolific do. -		
Early Drumhead do. [Battersca,]			Dwarf Blue Imperial do. -		
Early Bullock's Heart do. -			Early China Dwarf Beans,		
Large Bergen do. -			Early Mohawk do. do. -		
Large Drumhead do. -			Early six-week do. do. -		
Flat or Late Dutch do. -			Early Canada do. do. -		
Green Globe Savoy do. -			Early Rachel do. do. -		
Drumhead Savoy do. [new,]			Refugee do. do. -		
Green Glazed do. -			White Kidney do. do. -		
Red Dutch do. -			Red Marrow do. do. -		
Early Cauliflower, -			Horticultural Pole Beans, -		
Late do. -			Large Lima Pole do. -		
Colewort or Collards, -			Carolina Lima Pole do. -		
Cesarean Kale or Cow Cabbage,			FLOWER SEEDS, [see list,]		
			GARDENER'S MANUAL.		

1802 -Packaged seeds

Potatoes, corn, beans, squash – sale of surplus.



An era of widespread use of herbal medicine.

- * patent and proprietary medicine
 - the quality issue
- * home medication is the first resort (like today)
- * doctors were expensive
- * doctors used blood letting and heavy metals
- * originated from systematic use of household medicines which were often Native American in origin
- * botanical medicine became widespread and systematic in the early 1800s.

By 1800 botanical medicine was the primary medicine of the Shakers.

Few medical rituals.

Did not attribute illness to moral failings.

Indian Consumptive Syrrup

- 4 oz Wild turnip
- 1 oz Skunk cabbage seed
- 1 oz White root
- 1 oz Rum
- 1 oz Honey

Put in a stone jug unstopped and boiled in a kettle of water for one hour. Dose $\frac{1}{4}$ of a wine glass three or four times a day before eating.

A multipurpose pharmaceutical.

4 oz wild turnip, *Arisaema triphyllum*, Jack in the pulpit, dragon root, Indian turnip.

1 oz skunk cabbage, *Symplocarpus foetidus*

1 oz White root, *Erigeron philadelphicus*, Philadelphia fleabane



Samuel Thomson: Curative, restorative. Think of his family history.

Comfrey root. *Symphytum officinale*. Healing herb, slippery root, common comfrey.



Constantine Rafinesque – Botanist

Garet(t) K. Lawrence – New Lebanon Community

Vacuum distillation of medicinal plants.

Hydraulic and then steam driven presses.

Production from several hundred pounds to 75 tons per year.

The three collaborated.

* Thomson and Rafinesque bought herbs from the Shakers.

* The three corresponded.

* The Shakers referenced Rafinesque's *Flora*.

Wormwood - *Artemisia absinthium*

Idler, Ellen L. (1989). Moral Medicine: Symbolic Content in 19th Century Shaker Therapeutics. *Culture, Medicine, and Psychiatry* 13:1-24.

TABLE I.
Classification of therapeutic properties

I. Through body openings		II. On the body surface		III. Regulating body processes	
Expulsive	Retentive	Irritants	Restoratives	Quickening	Moderating
Abortive	Antiemetic	Acrid	Antiscorbutic	Adenagic	Alterative
Anthelmintic	Antilacteal	Caustic	Antiseptic	Aphrodisiac	Anaphrodisiac
Antilithic	Astringent	Depilatory	Antisyphilitic	Aromatic	Anodyne
Aperient	Bechic	Epispastic	Balsamic	Calefacient	Antibilious
Attenuant	Locheal	Eroderent	Cosmetic	Cholagogue	Antierotic
Carminative	Pellent	Escharotic	Detergent	Cordial	Antispasmodic
Cathartic	Styptic	Rubefacient	Discussient	Corroborant	Antiperiodic
Deobstruent	Urethral	Stinging	Exanthematic	Diluent	Demulcent
Diaphoretic			Herpetic	Excitant	Emollient
Diuretic			Phthiriac	Febrifuge	Exhaustient
Drastic			Repercussive	Hepatic	Hypnotic
Eccoprotic			Topical	Nephritic	Narcotic
Emetic			Vulnerary	Phrenetic	Nervine
Emmenagogue				Restorative	Odontalgic
Errhine				Reviving	Refrigerant
Expectorant				Revulsive	Sedative
Hydragogue				Solvent	
Lacteal				Stimulant	
Laxative				Stomachic	
Lithinthetic				Tonic	
Mucilaginous					
Nauseant					
Parturient					
Propellent					
Purgative					
Sialogogue					
Sudorific					
Suppurative					
Vermifuge					

TABLE II
Distribution of therapeutic properties in the botanical systems of
Rafinesque, Thomson, and the Shakers

		Rafinesque		Thomson		Shakers	
OPENINGS	Expulsive	182 ^a	32% ^b	38	17%	790	38%
		198.34 ^c		78.56*		733.10*	
	Retentive	70	12%	14	6%	181	9%
SURFACE		52.04*		20.61		192.35	
	Irritating	19	3%	0	0%	35	2%
		10.60*		4.20		39.20	
INTERNAL	Restorative	51	9%	31	14%	92	4%
		34.17*		13.53*		126.30*	
	Quickening	147	26%	101	45%	615	29%
		169.7		67.13*		626.40	
	Moderating	94	17%	39	17%	368	18%
		98.38		38.97		363.65	

$X^2 = 107.68$ df 10 p <.001.

^a Weighted frequency, scores properties as follows:

2 = Primary (first listed property);

1 = Secondary (all others);

0.5 = "Subproperty" (listed by Rafinesque only).

^b Column percent, totals may not equal 100 because of rounding.

^c Expected frequency, * indicates significant cell contribution to table chi square.

Botanical Medicine	Religion
Quickening	Active, physical dance
Internal	Expel sin from within the body
Purifying	Spiritual purification by confession

Shakers produced both herbs for sale and proprietary medicines.

New Lebanon community

1831 – 4,000 pounds of raw botanical herbs

1836 – 6,000 pounds of raw botanical herbs

1849 – 17,000 pounds of raw botanical herbs

Enfield community

1889 – 44,000 pounds of yellow dock root to Ayer Company, England. \$22,000.

Brown's Pure Extract of English Valerian

Enfield

Proprietary

Valerian

"gently stimulant ... without narcotic effect"

Opium (bitter / vomiting)

Henbane

Alcohol

Ginger

Caramel

\$2.25 = Cost to manufacture a case of 12.

\$6.00 = Wholesale price for a case of 12.

\$0.75 = Shelf price for one bottle. (50% profit)

Source of ingredients for proprietary medicine.

8% imported, including opium (even though they grew some of their own)

9% chemical (example: Cream of Tartar, a potentially dangerous purgative, byproduct of winemaking)

83% grew in their own fields or collected from the wild

"In this building lived the family doctor, Sister Mary Robbins, the most wrinkled and the sweetest old lady I think I ever knew. With her knowledge of the many species of herbs and their medicinal value she kept the family in good health."

Reminiscences of Life in a Shaker Village

Arthur T. West

Communities had infirmaries with nurses (Sister-Nurses)

Botanical medicine was combined with rest and a natural healing process.

Other Businesses

Tabitha Babbitt and the circular saw.

Patented invention	Patented improvement
1810 Churn	1832 "Tilter" for chairs
1829 Atmospheric steam-engine	1849 Hydro-extractor
1831 Washing machine and churn	1851 In machines for sorting
1834 Wheel mill	Broom corn
1836 Truss for hernia	1853 Mop-heads
1837 Loom-heddle and harness	1856 Cartridges
1837 Winnowing, Cleaning and Separating Machine	1856 Brace
1846 Temple for looms, self-acting	1858 First mechanical washing machine ("wash mill")
1851 Machine for stripping seed from broom corn	1859 Bit and brace
1859 Cast-iron fence post	1859 Fly-trap
1861 Plough	1860 Shingle machine
1864 Pea-sheller	1862 Land-leveler
1864 Cider mill	1864 Water wheel (with controlling gate)
1864 Water wheel	1866 Method for preserving and drying green corn-on-the-cob
1864 Wind wheel	1872 Cord-clamp for windows – "Shaker sash balance"
1865 Harvesting machine	1875 In green corn cutters
1866 Grain separator	1901 "Long cloaks"
1866 Combined seeder and cultivator	
1867 Double shovel plough	
1869 Chimney caps	
1871 "Toneometer"	
1872 Folding stereoscope	
1876 Machine for dumping wagons	

Sources: Andrews and Andrews (1974); Richmond (1977)

Why so inventive in a communal society?

Allowed more time for religious and intellectual activities.

Religious philosophy also aligns with modern management theory.

Small autonomous units – the villages

Fresh leadership – Elders and Eldresses moved among the villages

Person-job fit, training (professional development), and job rotation

Values and culture: cooperation, **risk taking**, dedication to quality, and long-term outlook.

Risk taking

dedication to quality

long-term outlook

Science

Conium maculatum.
Poison Hemlock.
Carrot family



Science and Art: Sister Cora Helena Sarle

Art



Spirit or Gift Drawings

Sister Hannah Cohoon



The Tree of Life

The Tree of Life

Genesis and Revelations

Other religions.



**Pomegranates are a good
choice for a Qur'anic Garden**

Art / Science / Religion / Work / Social Structure
A holistic society where plants were important.