

**Grade 1:**  
**Historical Lesson – Lesson 11**

**Objectives:**

Students will define the difference between an M.D. (Allopathic Doctor) and a D.O. (Doctor of Osteopathy).

Students will explain the importance and impact Elizabeth Blackwell and Andrew Taylor Still had on the area of medicine.

The students will identify similarities between A. T. Still and Elizabeth Blackwell.

**Materials:**

- For each of the following items you will need one for each student.
  - brown paper bags-lunch size
  - paper clips
  - band-aids
  - a piece of gum
  - Snickers candy bars
  - Hershey's Hugs
- Picture of A.T. Still (**See Figure 1 or in the kit**)
- Picture of Elizabeth Blackwell (**See Figure 2 or in the kit**)
- Medical Bag Item Explanations (**See Figure 3**)
- Pictures of Medical Equipment (**See Figure 4**)
- Medical Bag Evaluation Paper (**See Figure 5**)

**Vocabulary:**

Osteopathy  
D.O. – Doctor of Osteopathy  
Elizabeth Blackwell  
Andrew Taylor Still

**Engage** (10 minutes):

Discuss: List the student's answers on the board. Make two columns "Doctors Today" and "Doctors in the Past".

Say: Tell me what you know about doctors today.

Ask: Where do you see them? What do they do? What tools do they use?

Say: Now tell me what you know about doctors in the past (Doctors about 100-150 years ago).

Ask: Where would people go if they were sick? What did they do differently? What tools did they use?

Doctors used to carry a medical bag. Has anyone seen one? What do they look like? (If possible bring in an old doctor's medical bag or show students a picture.)

**Make a Medical Bag**

Tell me some things doctors do or help with.... (Guide their thinking)

Say: We are going to start by making a medical bag. (Hand out paper bags. Give each student one paper bag which will be their Medical Bag/Kit.)

Ask: If you were a doctor and this was your medical bag that you traveled around with, what would be important to have on the outside. (Name) (They may also want to write "Medical Bag" on the outside and draw a Red Cross sign. Let the students decorate their bag.)

Say: Now we need to fill our medical bag. I have some important things that we might want to carry in our bag.

Ask: What do doctors help us with?

For example when we break a leg, what do doctors do? (Put on a cast) The cast helps hold things together so we need a paper clip in our medical bags. Just like a cast, a paper clip holds things together. (Hand out a paper clip to each student.)

Ask: Has anyone ever gotten a really deep cut? What did the doctor do? (Stitches) What do stitches do? (Put things together) In our medical bags we need a piece of gum to "Stick" things together.

Ask: When you get really hurt sometimes an ambulance comes? What kind of situation is this? Sometimes you have to go to this place if you suddenly get hurt? (Emergency room) In our medical bags we will definitely need to carry a lifesaver for emergency situations.

Ask: When people get a scrape or get hurt what usually happens? (cry) How do you feel when you're sick or hurt? (sad) In our medical bags we need to carry a Hershey's hug or kiss to heal hurt/sad feelings. Hugs and Kisses from our parents always make things feel better.

We need one more thing in our medical bag. Sometimes doctors will tell us that we need to just smile and laugh. Have you ever heard someone say that laughter is the best medicine? Therefore, we are going to put a Snicker's candy bar in our bags. Does everyone know what it means to snicker? (If needed explain snickering.)

After all the items are in their bag hand out a small paper with an explanation of each item. (See Figure 3)

Review what's in the bag.

We have a paper bag which we made into our medical bag. In our bag we carry....

1. A paper clip to hold things together.
2. A piece of gum to "stick" things together during surgery
3. A Lifesaver for emergency situations
4. A Hershey's Hug/Kiss to encourage patients that someone cares about them and make the pain go away.
5. A Snickers candy bar to remind patients that laughter is the best medicine

**Explore** (25 minutes):

Do doctors travel today to see patients?

When did doctors travel to see patients? Do they still travel to see patients?

How would they travel?

What did doctors carry in their medical bags?

We are going to look at old medical tools. The medical tools we are going to look are similar to tools that doctors would carry in their bags. With a partner you are going to get a picture. You will need to give the tool a name and think about how it was used. After about 5 minutes we are going to share. Each group will need to come up to the front of the classroom, show their picture, tell us what they think it is called, and how it was used.

Print out the pictures at the end of the lesson. **(See Figure 4)**

Note: You may want to hang the pictures around the classroom after the lesson so student can look at them up close.

**Explain:**

Have each group share their conclusions.

As students share their explanations provide guidance. Explain what each tool is used for in more detail. **(See Figure 4)**

**Extend:**

Ask: Who can be a doctor? (men and women) A long time ago when doctors used to carry medical bags who could be a doctor? (more men)

About 150 years ago most doctors were men. In fact before 1849 there were no women doctors. It was very hard for a woman to become a doctor. The first woman to become a doctor was Elizabeth Blackwell. After she graduated from medical school, hospitals would not hire her to work. She eventually had to open her own practice in her home. Medical schools made it hard for women to be accepted and to finish school. To help other women become doctors she even opened her own school.

Show the students a picture of her. **(See Figure 2)**

How could we say Elizabeth Blackwell changed medicine/doctors today? She lived a long time ago but she did something very important that has impacted how we live today. What could we say she helped do/change?

There is another really important doctor that we need to learn about. Andrew Taylor Still was a doctor of osteopathy (Write Doctor of Osteopathy on the board.) (Show a picture of A.T. Still) **(See Figure 1)**

As you can see he was a doctor. (Underline doctor) However, he was a different kind of doctor, a doctor of OSTEOPATHY.

Can you say Osteopathy? (Practice pronouncing the word.)

Does anyone know what that means?

A.T. Still was a medical doctor like you think of but he believed many of the medical

practices and medications of his day, about 150 years ago, were ineffective or even harmful.

He quit being a doctor for awhile and decided to study people who were healthy to help understand people when they were sick. He was one of the first people to think of studying people when they were healthy. While studying people in good health Still saw that the body was able to heal itself and as a result he tried to get people to eat healthy and exercise so that they could prevent problems. He also believed that there were three parts to being healthy; the body, the mind, and the spirit. For example, if you feel really sad it may be harder for you body to heal a cut. Therefore, to help your body feel its best all parts need to be healthy.

Dr. Still introduced his ideas around 1874, over 100 years ago.

He also started his own school. He opened a school for Doctors of Osteopathy. Like Elizabeth Blackwell he had a hard time getting people to accept his ideas. At first people wouldn't go to him and said bad things about his ideas. However, slowly people saw that his ideas worked very well, the school grew, and the profession grew. Today many doctors are doctors of osteopathy. Today doctors of osteopathy do everything that a "normal" doctor does but they also look at all the parts of the body when treating a problem and they encourage preventing sicknesses by eating health, exercising, and proper hygiene.

Someone tell me in their own words how Dr. Still changed medicine today? Although he isn't alive anymore and lived a hundred years ago how has he changed our lives today?

### **Evaluate:**

Handout **Figure 5**.

On the first bag write the name of one of the people we learned about.

On the other bag write the name of the other person we learned about.

Below their names write two things that were special about that person. Think about what they did and how they changed doctors today.

### **Missouri Standards:**

#### **Grade Level Expectations:**

#### **Social Studies:**

Missouri, United States and World History

2a. Knowledge of Community and change in the history of Missouri, the United States and the World

B. Knowledge of the Contributions of non-Missourians – Describe the contributions of non-Missourians typically studied in K-4 programs

#### **Science:**

##### **Strand 7: Scientific Inquiry**

1. Science understanding is developed through the use of science process skills, scientific knowledge, scientific investigation, reasoning, and critical thinking

- E. The nature of science relies upon communication of results and justification of explanations
  - a. Communicate simple procedures and results of investigations and explanations through: oral presentations, drawings and maps, data tables, graphs, writings

**Strand 8: Impact of Science, Technology and Human Activity**

3. Science and technology affect, and are affected by, society

- A. People, alone or in groups, are always making discoveries about nature and inventing new ways to solve problems and get work done.
  - b. work with a group to solve a problem, giving due credit to the ideas and contributions of each group member



Figure 3:

Medical Bag

1. Paper bag- medical bag/kit
2. Paper clip - to hold things together
3. Hershey's Hug/Kiss – to encourage patients that someone cares about them
4. A piece of gum - to "stick" things together during surgery
5. A Lifesaver – for emergency situations
6. A Snicker candy bar -- to remind patients that laughter is the best medicine

Medical Bag

1. Paper bag- medical bag/kit
2. Paper clip - to hold things together
3. Hershey's Hug/Kiss – to encourage patients that someone cares about them
4. A piece of gum - to "stick" things together during surgery
5. A Lifesaver – for emergency situations
6. A Snicker candy bar -- to remind patients that laughter is the best medicine

Medical Bag

1. Paper bag- medical bag/kit
2. Paper clip - to hold things together
3. Hershey's Hug/Kiss – to encourage patients that someone cares about them
4. A piece of gum - to "stick" things together during surgery
5. A Lifesaver – for emergency situations
6. A Snicker candy bar -- to remind patients that laughter is the best medicine

Medical Bag

1. Paper bag- medical bag/kit
2. Paper clip - to hold things together
3. Hershey's Hug/Kiss – to encourage patients that someone cares about them
4. A piece of gum - to "stick" things together during surgery
5. A Lifesaver – for emergency situations
6. A Snicker candy bar -- to remind patients that laughter is the best medicine

Medical Bag

1. Paper bag- medical bag/kit
2. Paper clip - to hold things together
3. Hershey's Hug/Kiss – to encourage patients that someone cares about them
4. A piece of gum - to "stick" things together during surgery
5. A Lifesaver – for emergency situations
6. A Snicker candy bar -- to remind patients that laughter is the best medicine

#### **Figure 4: Medical Tools**

**Key:**

1. **Amputation Set**
2. **Leech Jar** – use to remove blood. Removing blood was believed to be a way of removing the “bad stuff” that made a person sick.
3. **Trephine**- used to help relieve headaches or pressure on the brain as well as mental illness. This would drill into the skull and take a piece of skull out.
4. **Cupping device**- doctors would cut the skin to remove blood and then the cupping device was used as a suction device to remove blood.
5. **Stethoscope**- list to the heart
6. **Electrostem** – used to relax muscles and removed unwanted facial hair.
7. **Mortar and Pestle**- used to grind up plants to make medicine.
8. **Stabilizer** – used for broken or sprained fingers. Make from hides or intestines. The hook was used to elevate the arm.
9. **Calipers**- Used to measure dimensions of the body such as shoulder width, length of bones, size of head, etc.... to track growth





1.



2.



3.



4.



5.



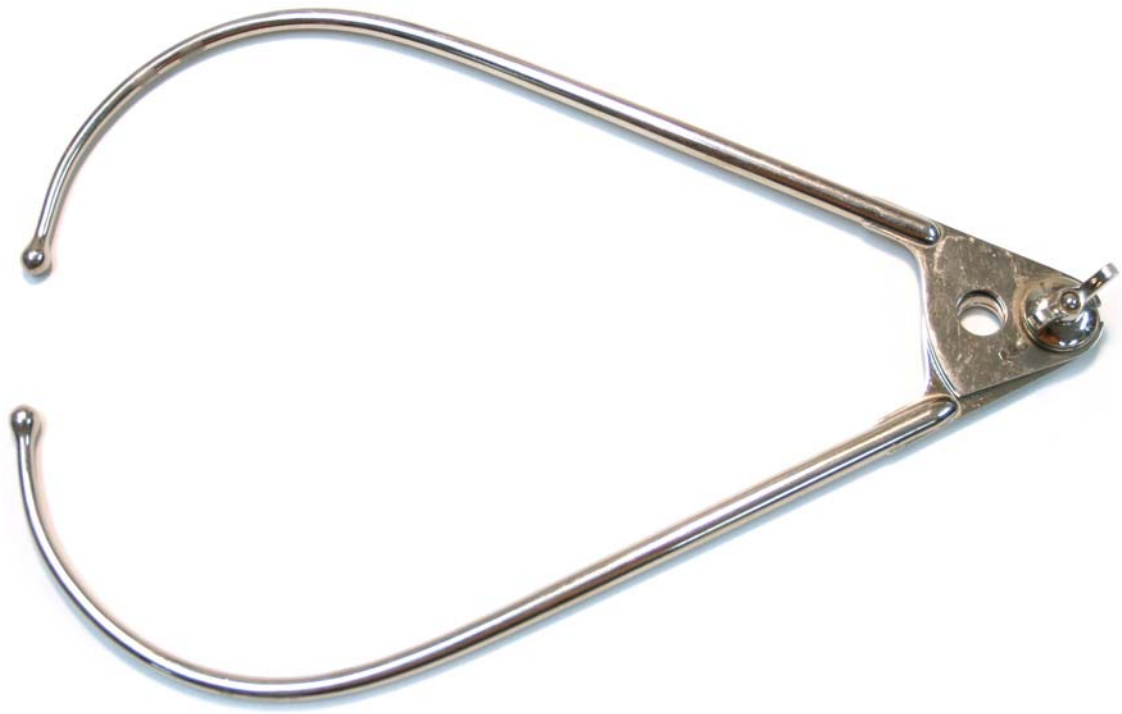
6.



7.



8.



9.

