



FAIRFAX COUNTY PARK AUTHORITY



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Information Release

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History's Medicine Chest: Sully Explores Staying Well

Explore the history and mystery of staying well in the 18th century at Sully Historic Site on Saturday, June 25, 2016.

In the 1700s and early 1800s illness was a mystery. Modern medicine as we know it was in its infancy. Some accepted healthcare practices of this period had their origins in the medieval period in Europe or as far back as Ancient Greece. American colonists brought this knowledge with them. Most of the medicine kept on hand in private homes came from plants that could be grown in the garden and prepared in the kitchen. Recipes for these medicines were handed down in families recorded in diaries, journals and even published in books.

Trained physicians were also available in towns to contribute their expertise and prescribe medicines to be ordered from an apothecary. In a rural environment such as Sully in the year 1794, a doctor was usually not available to give advice or provide medicine, so the lady of the house had to know how to obtain and prepare what she needed, as well as how to use it. Please join us at Sully, the 1794 home of Richard Bland Lee, northern Virginia's first congressman, for a tour of homegrown medicine history. We will start in the 18th-century kitchen to learn how tinctures were made, what herbs from the garden were considered useful, how foods were used as medicine to help keep a healthy balance in the body. Then, tour the house to discover medicines made with flowers and sugar, what items from the apothecary were kept on hand and how all these preparations were used together in the hope of curing illness. After leaving the house, tour the garden to discover the medicinal plants growing there.

For more information, call Sully at 703-437-1794 or visit <http://www.fairfaxcounty.gov/parks/sully-historic-site>. The cost for this program is \$7/adult, \$6/student and \$5/children and seniors. Tours begin at 1, 2, and 3 p.m. and replace the regular house tour.

Sully, the home of northern Virginia's first congressman, Richard Bland Lee, is located at 3650 Historic Sully Way, Chantilly, VA 20151, off Rt. 28 (Sully Road) ¼ mile north of Rt. 50 and 5 miles south of the Dulles Toll Road.

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If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.