

# The Grog Ration



## CONTENTS

*Dark Encounters: The Troubled Memories of Dr. W.S.W. Ruschenberger* 1

*The Bountiful Oak Leaf* 6

*Scuttlebutt* 8

*Gordian Knots: Navy Medical History Quiz* 9

# Dark Encounters

## The Troubled Memories of Dr. W.S.W. Ruschenberger

By James Alsop, PhD

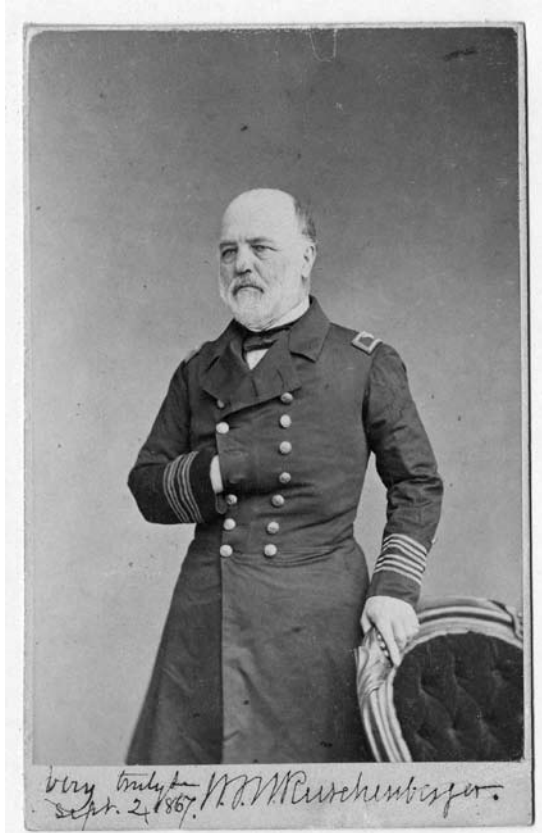
**D**r. William Samuel Waithman Ruschenberger (1807-1895) was a notable figure in nineteenth-century American natural and human sciences. A graduate in medicine from the University of Pennsylvania in 1830, Ruschenberger had entered the U.S. Navy as a Surgeon's Mate in 1826, was promoted to Surgeon in 1831, and served until retirement in 1869. In 1871, he was awarded the rank of Medical Director (retired) in recognition of distinguished service. At his death, Dr. Ruschenberger was the most senior member of the Navy's Medical Corps. While in the Navy, Ruschenberger was the first fleet surgeon for the newly-established Asiatic Squadron, 1835-37, and the founder of Naval Laboratory in Brooklyn, NY, during the 1840s, as well as at various times fleet surgeon in the Pacific and in the Mediterranean. The extensive foreign service gave Ruschenberger extended opportunities to pursue his favourite studies, natural history, physical geography, geology and kindred subjects. His first scientific paper appeared in 1831; he went on to publish very extensively in natural history, to contribute to Samuel Morton's groundbreaking *Crania Americana of 1839*, and to author two popular travel accounts, *Three Years in the Pacific* (1834) and *A Voyage Around the World* (1838).

Upon leaving the Navy, Ruschenberger became the dy-

namic President of the Academy of Natural Sciences of Philadelphia, 1869-81, an institution which he had joined in 1832, and subsequently was Chairman of its Board of Curators, 1891-95. Other roles included the presidency of the College of Physicians of Philadelphia, 1879-83, and vice-presidency of the American Philosophical Society, 1885-95, to name only several of many public and professional

services. As one biographer observed: he worked to the very end of this very long life, "preferring to wear out rather than rust out." His public campaigns extended from the abolition of the liquor ration in the Navy of the 1840s, to expanded opportunities for women graduates of the sciences in the 1890s.

Ruschenberger was not only energetic and talented, he was distinctive in his personality. He



Courtesy of the Naval Historical and Heritage Command

Carte-de-visite of Surgeon William S.W. Ruschenberger, USN (1807-1895), dated 1867. In his lengthy naval career, Dr. Ruschenberger served as the first commanding officer at Naval Hospital Brooklyn, NY (1838). While at this activity, Ruschenberger founded the Naval Laboratory for manufacture and supply of pure pharmaceuticals.

was routinely described as helpful, unselfish and sympathetic, but also one of “unusual modesty” and governed “by a high, I may say, a severe sense of duty,” so that, “He never spared himself (or others) in carrying out to the uttermost what he thought was right.” Several topics were not for public discussion, however. One was his personal religion: a close friend of many decades thought the doctor likely in sympathy with modern agnosticism; another considered him to be a non-conforming Quaker. The other topic was his family background and early life. On these subjects his close friends, even his family, could say little with certainty.

In 1895, Ruschenberger’s son and only surviving child, Charles Ruschenberger, lieutenant of the U.S. Navy, told Dr. Edward Nolan (who was engaged in compiling information for an obituary notice), “I have never heard my father speak of his early life.” When Nolan pursued his inquiries among the family of Ruschenberger’s deceased wife, Mary (né Wister), of Germantown, PA, her brother, Dr. Owen J. Wister (1825-96), wrote, “During my long & intimate acquaintance with him I never heard him allude to his family in any way.” Another stated: “... he [was] very kind to me all my married life ... he was the most trustworthy and loyal of men - but he was very sensitive upon the subject of his family - he had never known his father.” It is true that Ruschenberger had not known his father, Peter, a sea-captain in the merchant marine who (by common agreement) was lost at sea with all his crew three months prior to his son’s birth. This, however, could hardly have been the only reason for the

doctor’s reticence, especially when he was at his most taciturn on the subject of the family of his mother, Ann (né Waithman). Those closest to him only with great difficulty could determine what the second “W” in his full name designated.

The knowledge, or lore, current within the family in 1895 on the subject of Ruschenberger’s parents was meagre. The Waithmans had occupied a farm near Bridgeton, Cumberland County, NJ, where Ann, the third of nine children, was born on 18 June 1785, and where she gave birth to William S.W. Ruschenberger on 4 September 1807. Her parents (names unknown), however, had by this latter date already relocated to Philadelphia, at about the time of the marriage of Ann to Peter Ruschenberger (date unspecified). It was there, probably in their lodging home, where the first child, a daughter, was born in or around 1805. This, never named, daughter would play a key, disturbing, role in Ruschenberger’s life.

Dr. Ruschenberger had been reticent as to his father’s side of the family as well, for not even guesses as to lineage could be hazarded. The death of the father left the widow Ann in straightened circumstances. By 1810, Mrs. Ruschenberger was living in a very small tenement in a close on the south side of Spruce Street in Philadelphia. A relative and friend to the widow, R. Effie Farley, described her in 1895 in the following terms:

*...she was proud-spirited a woman ambitious in the extreme to obtain an education and she had managed in some way to acquire an education considerably above the average, which she now turned to account as she found employ-*

*ment - by writing for papers and magazines, under what nom de plume I do not know.*

Ann Ruschenberger had a long life and pre-deceased her son by some eleven or twelve years. As far as is known, her nom de plume has never been identified. In April 1873 she described herself as being in feeble health.

The story of Ruschenberger’s elder sister--one not released for public consumption--was told by Farley. When the young Ruschenberger was about one year of age, and his sister three:

*...southern man of wealth who chanced to be stopping with Mrs. Ruschenberger’s parents [at their lodging home] became very much interested in her and her [young] family and desired to assist her, but his offers of help were refused. He was very much pleased with the little girl and petted and played with her a great deal; finally man and child disappeared and all search for them was in vain. The little girl was not heard from for forty years [approximately 1848]. It turned out - that - the man had taken her to Louisiana, had given her a fine education and she had married well[,] supposing this man to be her father until she was forty-three years old, when, on his death-bed he told her who she was and of course she immediately came on to find her mother.*

Farley believed that this unnamed sister died soon thereafter. In January of 1848, Dr. Ruschenberger began a three-year naval cruise as fleet surgeon to the Asiatic Squadron. He may never have been reunited with his long-lost sister. If his son, Charles, knew



about this family tragedy, he did not choose to reveal it to Nolan in 1895.

Farley was also the source for what very little was known on Ruschenberger's early upbringing. She described the boy as very ambitious to obtain an education, caring for very little else. His mother worked hard to help him. Farley told of one incident when Ruschenberger, aged ten or twelve, was out with his playmates on a public holiday, but shabbily dressed. He was observed by "an anonymous [sic] gentleman" whose curiosity was raised by the youth's behavior and who subsequently made inquiries.

He approached Mrs. Ruschenberger and eventually received permission to provide the lad with an education. Ruschenberger attended (unspecified) schools in New York and Pennsylvania, with "finally, I believe [the benefactor] sending him to Europe. The gentleman preferred to remain incognito - and I think never revealed his identity," even to Ruschenberger. Another mystery. Nolan also attempted to substantiate the story that in his youth Ruschenberger studied Latin "with an Irishman of culture who had been compelled to leave the country of his birth for political reasons," a teacher whom Ruschenberger later credited with instilling a life-long prejudice against English injustices. Nolan came up blank.

A reasonably precise chronology of Ruschenberger's life and career only begins with his appointment to the Navy on 10 August 1826, just prior to his nineteenth birthday. Ruschenberger certainly began his medical studies in Philadelphia before his appointment as a surgeon's mate. His brother-in-law, Dr. Owen Wister, stated

that Ruschenberger studied with Dr. Nathaniel Chapman before entering the Navy. This is borne out by Ruschenberger's earliest surviving medical commonplace book. Chapman was a co-founder in 1817 of the Medical Institute of Philadelphia, an institution used by Surgeon Thomas Harris, USN, after 1823 to train both prospective and junior medical officers of the Navy. In 1829, at least, Chapman instructed these students in medical

---

*I was then about three years old, and possibly my notion of a ghost was derived from listening to stories or being threatened with being run off with some mythical being if I were naughty.*

---

theory and practice. Ruschenberger has been claimed as a "graduate" of Harris's semi-official school, but the timing is imprecise. There is no independent evidence that Ruschenberger studied in Europe, in his youth. As far as can be determined, Ruschenberger never made direct or oblique reference to the presence of an anonymous benefactor in his life.

The most troubling memory for Ruschenberger, however, was the stranger in his closet. Nowhere in the doctor's very extensive surviving journals, publications and correspondence did he reveal much of his early life, or (at least consciously) the inner man. There is one notable exception. The text is dated December 1859. At this time, Ruschenberger, aged fifty-two, was between sea voyages and assigned to special duty in Phila-

delphia. The document, however, is found among the blank folios of the commonplace book which he began during his first naval tour of duty, in the Pacific, 1827-29, and which he added to during the early 1830s before discontinuing. The volume reveals many of the young surgeon's early readings and inquiries on themes in medicine and literature. There are two important exceptions. One is Ruschenberger's copy of the personal letter which he wrote to his rival Dr. Phineas Horwitz in 1865 after losing the competition to head the Navy's Bureau of Medicine and Surgery. That event was the turning point in his career, followed soon after by his resignation and devotion to the development of American natural sciences in Philadelphia. The other is his personal narrative of the mysterious apparition in the closet. Here is the reserved Ruschenberger at his most revealing:

*My earliest recollection is that I waked up one evening in a low Trundle bed, and was alarmed by the gaze of a man who stood in a closet near, and partly concealed by the door which moved and closed when I began to cry. The hour might have been eight or nine o'clock. My Mother came to me from below, and attempted to sooth me; but I fancied there was a ghost in the closet, and after some time was sufficiently calm to communicate my notion to my Mother. To convince me of my folly she opened the door of the closet, screamed and neighbors came to her assistance but not in time to arrest the ghost who rushed out of the house. It was a very small tenement, situated on the east side of a court or close on the south side of Spruce Street above Fourth. The entrance*

to this court of three or four houses was about eight feet wide, and the second floor of the house fronting on the street extended over it. This front house was occupied several years afterwards by a negro shoemaker and his family, but I do not know whether the same man lived there at the time of this alarm, which was probably in the autumn of 1810. I was then about three years old, and possibly my notion of a ghost was derived from listening to stories or being threatened with being run off with some mythical being if I were naughty. Be this as it may, the frightful impression has never deserted my memory, and now, December 1859, I can distinctly see the man standing in the closet by the feeble light of a tallow candle which stood burning upon the hearth close to his feet and I fancy too that I can see a patch-work quilt upon the bed beneath

which my trundle bed was placed during the day. The scene of confusion and alarm is still vivid. The room was so small that three or four persons, one a shoemaker in a leather apron with his knife seemed to fill it.

That apparition has never been satisfactorily accounted for. We must have been too poor to tempt a burglar. It was conjectured that the person in the closet was concealed there for the purpose of kidnapping me, and this surmise was probably based on the fact that my sister had been stolen about three years before: but it may have been some poor devil who had sought to hide from officers of the law. In fact I know nothing on the subject.

There is nothing in the contents of the commonplace book likely to have provoked this personal statement. Perhaps Ruschenberger used

the volume to record several confidential items, not likely to be read by the prying eyes of others.

After his death, this and others of his medical manuscripts went to his beloved College of Physicians where they remain to this day, with secrets safe from all but the most curious. A family broken early by a seafaring tragedy, a *nom de plume*, a mysterious and painful abduction, a mysterious benefactor, an intruder in a closet, a physician who raised himself by his ability and who steadfastly declined to provide even his own family with knowledge of its paternal heritage. This was not the normal background of nineteenth-century America's medical and scientific elite. There is much to be learned for the early life of the distinguished and reticent Dr. W.S.W. Ruschenberger. ■

## ABOUT THE AUTHOR

James Alsop is a professor of history at McMaster University in Hamilton, Ontario, Canada. He is a specialist in the social history and the history of health and medical treatment in eighteenth-century England and the Atlantic world. He has been the recipient of several Wellcome Trust and Burroughs Wellcome research grants on various medical history topics. He is currently involved in several research projects, including the history of malaria treatment and the health of American Civil War soldiers. He is a member of the Society for the History of Navy Medicine.

## REFERENCES

1. Quotation from: "In Memorium: Military Order of the Loyal Legion of the United States" (Circular 12, n.p., 1895). Other sources for this paragraph are: D.G. Brinton, "Obituary Notice of Dr. William Samuel Waithman Ruschenberger," *Proceedings of the American Philosophical Society*, 34 (1895), 360-4; Edward J. Nolan, "A Biographical Notice of W.S.W. Ruschenberger, M.D.," *Proceedings of the Academy of Natural Sciences of Philadelphia*, 47 (1895), 452-62; "In Memorandum. Wm. S.W. Ruschenberger. 1807-1895", manuscript memorial scrapbooks, two volumes, Academy of Natural Sciences of Philadelphia, Ms. 435; Samuel G. Morton, *Crania Americana* (Philadelphia: Dobson, 1839), pp. 125-9. For Ruschenberger's early contribution to naval medicine, see, J.D. Alsop, "American Naval Health on the New Asian Station, 1835-37" (forthcoming).
2. W.S.W. Ruschenberger, *Notes and Commentaries during a Voyage to Brazil and China in the Year 1848* (Richmond, Virginia: Macfarlane and Fergusson, 1854), pp. 17-26; Ruschenberger to William Parker Foulke [1852], American Philosophical Society Ms.; Ruschenberger to Isaac Martindale, 19 March 1892, Academy of National Sciences of Philadelphia, Ms. 567.
3. Brinton, p. 364.
4. Nolan, p. 462; Brinton, p. 364.
5. Charles W. Ruschenberger to Edward Nolan, 4 July 1895, Academy of Natural Sciences of Philadelphia, Ms. 435.
6. Owen J. Wister to E. Nolan, 4 July 1895, in *ibid.* Mary B. (Wister) Ruschenberger died on 1 November 1893. Some of her cor-

## *The Grog Ration*

correspondence with Owen J. Wister for the decade following her marriage of October 1839 to Ruschenberger is in the library of the Historical Society of Pennsylvania.

7. A. Wister to E. Nolan, 12 December 1895, Academy of Natural Sciences of Philadelphia, Ms. 435.

8. Nolan, p. 452.

9. The following information is derived from Nolan's obituary notice, unless otherwise indicated.

10. R. Effie Farley to U.C. Smith, 6 November 1895, Academy of Natural Sciences at Philadelphia, Ms. 435.

11. A. Ruschenberger to her brother, 20 April 1873, in Academy of Natural Sciences of Philadelphia, Ms. 435.

12. Farley to Smith, 6 November 1895, Academy of Natural Sciences of Philadelphia, Ms. 435. see C. Ruschenberger to H.A. Pilsbry, 7 May 1895, Academy of Natural Sciences of Philadelphia, Ms. 573.

13. Farley to Smith, 6 November 1895, Academy of Natural Sciences of Philadelphia, Ms. 435.

14. Ruschenberger, Notes and Commentaries, *passim*.

15. C.W. Ruschenberger to E. Nolan, 4 July and 24 October 1895, in Academy of Natural Sciences of Philadelphia, Ms. 435. For Charles Ruschenberger's cold relationship with the Academy in 1895, see C. Ruschenberger to H.A. Pilsbry, 7 May 1895, Academy of Natural Sciences of Philadelphia, Ms. 573.

16. Farley to Smith, 6 November 1895, Academy of Natural Sciences of Philadelphia, Ms. 435.

17. Nolan, pp. 452-3.

18. C.W. Ruschenberger to E. Nolan, 24 October 1895, Academy of Natural Sciences of Philadelphia, Ms. 435.

19. Academy of Natural Sciences of Philadelphia, Ms. 435.

20. William S.W. Ruschenberger, "Commonplace book Commenced Nov. 25 1828 Pacific Ocean," College of Physicians of Philadelphia, pp. 62, 80.

21. Harold D. Langley, "Naval Medicine in Philadelphia, 1815-1840," *Transactions and Studies of the College of Physicians of Philadelphia*, Series 5, 17 (1995), pp. 135, 144.

22. Louis H. Roddis, "Thomas Harris, M.D., Naval Surgeon and Founder of the First School of Naval Medicine in the New World," *Journal of the History of Medicine and Allied Sciences*, 5 (1958), 242.

23. Ruschenberger, "Commonplace book", College of Physicians of Philadelphia.

24. *Ibid.*, unpaginated, now detached, folio.

25. *Ibid.*

# Words to Live By

On the stone pedestal of the Dr. Benjamin Rush Memorial at the Bureau of Medicine and Surgery in Washington, DC, is a simple Latin phrase often attributed to the poet Juvenal and later associated to Dr. Rush.



It can be interpreted several ways including "To study without a pen is to dream" and "Eagerness without a pen is a dream."



Photographs by Katherine Bentz



# From the BUMED Library and Archives: *The Bountiful Oak Leaf*

*On 15 June 2009, the Bureau of Medicine and Surgery Library and Archives accessioned a brass oak leaf with a most remarkable story. With permission of its author, we present the story of this memento in the form of a letter that came with it.*



Photograph by Katherine Bentz

Dear Sir,

Enclosed is the brass MSC insignia. I will give you its history, as I know it.

I am the son of Captain Russell E. Hunter, MSC, USN. My father served on the USS *Henderson* as a Pharmacist's Mate prior to World War II. He was a "mustang" Captain having joined the Navy as a young seaman recruit and advancing to the rank of Captain.

The *Henderson* (AP-1) was a troop transport and was later converted into the hospital ship USS *Bountiful* (AH-9).

After World War II, my father was a Chief Pharmacist's Mate. In 1947, he was selected as one of the small group of enlisted men to receive a commission in the newly established Medical Service Corps.

During my childhood we moved numerous times. My father served at Great Lakes, Naval Hospital Corona, CA, as well as the Amphibious Base Coronado, where he served as administrative officer.

I was in junior high school in 1959 while we lived at Coronado. I remember my parents often entertained officers from various foreign navies at our home. When my father received orders to BUMED we moved to Bethesda, MD. He served at BUMED for over a decade. His last and final job was serv-

## *The Grog Ration*

ing as the Commanding Officer of the Hospital Corps School at Balboa (San Diego). He passed away over 30 years ago, just a year after his retirement and is buried at Fort Rosecrans, San Diego. My father was well liked by all and he was and remains my hero.

He always kept his brass MSC Insignia on his desk. Years ago, I asked him about it and he gave me this brief history, as I can remember:

At about the same time the MSC was formed, the USS *Bountiful* (AH-9) was decommissioned.\* From the brass saved from the *Bountiful*, a casting was made of the new MSC insignia and a limited number were made, ending up in the hands of the first MSC ensigns.

This was not an official Navy presentation. It was commissioned by a small group of new MSC officers who had come across the *Bountiful* brass and had it cast into the insignia.

My father often told me “I love the Navy and have the best job in the world!” He was very fond of this memento and I know he would be happy to see it returned to BUMED and the Navy, which was so much of his life. Please take good care of it for him.

Sincerely,

*J E Hunter*

James Hunter

\* USS *Bountiful* (AH-9) was decommissioned in September 1946.



BUMED Library and Archives

**CAPT Russell Hunter, MSC, USN (1916-1979), was one of the Medical Service Corps plankowners and owner of the *Bountiful* Oak Leaf.**



# Scuttlebutt:

medical and nautical history news,  
notes, and miscellany

## Navy Physician Writes Historical Novel

The year is 1905. President Theodore Roosevelt learns that Russian Tsar Nicholas II plans to sabotage the Portsmouth Peace Conference. In response, Roosevelt sends LT Stephen Morrison, USN, on a top secret mission with British agent Sidney Reilly to kidnap the Tsar and remove him from Russia. Morrison, a complex man, who was born in Russia, is also fluent in the language and is knowledgeable in Russian political affairs. The mission goes awry when Morrison is captured and later sentenced to death. But through a twist of fate, he escapes.

This is only the start of LT Morrison's adventures and the plot of *Moryak*, the debut novel by the Navy Medical Department's own CAPT Lee Mandel, MC, USN. For more information about this new release visit: [www.iuniverse.com](http://www.iuniverse.com).

## Navy Nurse Wikipedia Project

If you are ever on Wikipedia and come across articles about the history of the Navy Nurse Corps, there is a good chance they were written by a patent attorney, and part-time historian, Mr. Kenneth Sibley. Recently, Mr. Sibley cre-

ated Wikipedia pages for Prisoner of War nurse Laura Cobb ([http://en.wikipedia.org/wiki/Laura\\_M.\\_Cobb](http://en.wikipedia.org/wiki/Laura_M._Cobb)), and expanded the existing page for the United States Navy Nurse Corps to include sections on World War II flight nurses, Korea, and Vietnam, and added six of the seven images that are in that page ([http://en.wikipedia.org/wiki/United\\_States\\_Navy\\_Nurse\\_Corps](http://en.wikipedia.org/wiki/United_States_Navy_Nurse_Corps)).

If you have recently created or updated a Wikipedia page pertaining to Navy Medical History give us a holler. In a future issue of *The Grog Ration* we will be publishing a list of Navy medical history resources available online. We want to ensure that our list is as complete as possible.

## Medical Care of America's First Ladies

Lud Deppisch, MD, author of *The White House Physician: A History from Washington to George W. Bush*, is writing a new book of a similar theme. Tentatively titled "The Medical Care of America's First Ladies," in this tome Deppisch will explore therein the effects of their White House responsibilities upon their health; contrasts in their medical care with that afforded their presidential husbands; and whether their treatment was different than that given

to other female citizens at the time. The book will continue a theme of *The White House Physician* by emphasizing the role of doctors. It will portray the personalities, medical backgrounds, and treatments of physicians who took care of the First Ladies.

Interestingly, in contrast to a sum of eight presidents who died during their tenures, only three presidential wives have died during the two and a quarter centuries of the presidency.

For more information on Dr. Deppisch's recent and upcoming works please visit the website: [www.whitehousephysician.com](http://www.whitehousephysician.com)

## New Memorial to the Penicillin Man Unveiled

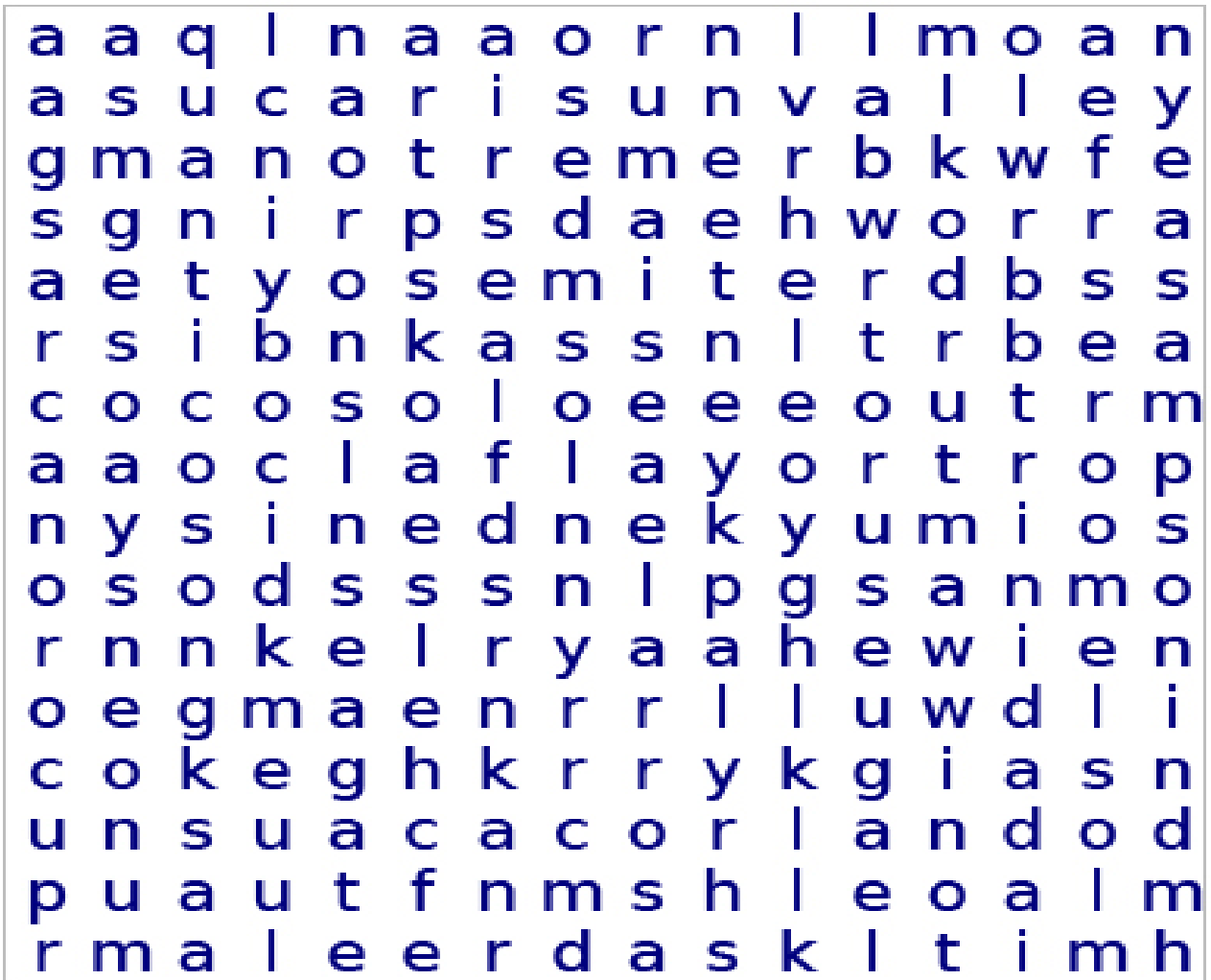
Penicillin revolutionized naval medicine as it did in other fields. In June 2009, a memorial to its discoverer Sir Alexander Fleming was unveiled at his birthplace, Lochfield Farm, near Darvel in Ayrshire, by Kevin Brown, Curator of the Alexander Fleming Laboratory Museum and Fleming's most recent biographer.

Do you have history news and tidbits for the Scuttlebutt? If so, send us an e-mail at: [andre.sobocinski@med.navy.mil](mailto:andre.sobocinski@med.navy.mil)

# GORDIAN KNOTS

*A Navy Medical History Quiz*

**Word Search.** Find the following historic Navy hospital locales in the word block below.



Arrowhead Springs  
Brooklyn  
Corona  
League Island  
New Orleans  
Port Royal  
Seagate  
Trinidad

Asbury Park  
Chelsea  
Farragut  
Lemoore  
Oakland  
Quantico  
Siracusa  
Yokahama

Bremerton  
Coco Solo  
Guam  
Mare Island  
Orlando  
Sampson  
Sun Valley  
Yosemite

*\*This word search was developed through the website: [www.armoredpenguin.com/wordsearch](http://www.armoredpenguin.com/wordsearch)*

## SOLUTIONS TO PREVIOUS QUIZ (MAY-JUNE 2009)

## GORDIAN KNOTS

*A Navy Medical History Quiz*

**Colonial Medicine Syncroptic.** Use the following letter combinations and hints below to put together the names of popular eighteenth century medicines. The number next to the hint corresponds to the number of letter combinations that are needed to form the name of the medicine. A letter combination can only be used once.

AN AN BAR CAL E E E GIN GOR IA IC IC  
 IC ICS IF K MEL MET NAK NE NES O OD OR  
 OT PAR PER PY RET RO S SUD TAR TAR TIC TIC  
 U VIAN VIR WI Y

- 1.) Used to increase a person's "nervous energy." (Four)  
AN-OD-Y-NES
- 2.) Made from camphor, opium, and rhubarb, this medicine was used to induce sweating. (Four)  
SUP-OR-IF-IC
- 3.) Popular drink. Sometimes used to ease a person's pain. (Two)  
WI-NE
- 4.) Mercury-based purgative (Three)  
CAL-O-MEL
- 5.) Also termed "febrifuges," these medicines were used to treat fevers (Five)  
AN-TI-PY-RET-ICS
- 6.) Type of medicine described in number five. (Five, Two Words)  
PER-U-VIAN BAR-K
- 7.) Camphorated tincture of opium (Four)  
PAR-E-GOR-IC
- 8.) A poisonous, colorless salt used in popular medicinal ointments (Five, Two Words)  
TAR-TAR E-MET-IC
- 9.) Type of plant used in medicinal tonics (Eight, Two Words)  
VIR-GIN-IA S-NAK-E-RO-OT





## **About *The Grog Ration***

*The Grog Ration* is a bi-monthly publication dedicated to the promotion and preservation of the history of the Navy Medical Department and the greater field of maritime medicine. Articles and information published in *The Grog Ration* are historical and are not meant to reflect the present-day policy of the Navy Medical Department, U.S. Navy, and/or the Department of Defense.

Here at “The Grog,” we are ALWAYS looking for interesting articles and news pertaining to the history of nautical medicine. If you would like to submit an article or news feature for publication, or if you have an idea to suggest, please contact us at:

Bureau of Medicine and Surgery  
2300 E Street, NW  
Washington, DC 20372-5300  
Attn: Office of the Medical Historian

Tele: (202) 762-3244  
Fax: (202) 762-3380  
E-Mail: [andre.sobocinski@med.navy.mil](mailto:andre.sobocinski@med.navy.mil)

The editorial staff of *The Grog Ration* would like to say thanks to Ms. Katherine Bentz for her assistance, par excellence. Ms. Bentz is entering her junior year at the University of Maryland Baltimore County where she studies ancient history. In her short tenure with the BUMED Historian’s Office she has proven herself to be indiputably the “intern-supreme.”