

The Daring Do...

BOOKS BY
LYNNA BANNING

NEW! *Templar Knight, Forbidden Bride*

Hardened, battle-weary Templar warrior forgets what it is to be in the company of a beautiful woman.

Crusader's Lady

Adventures of a woman bent on revenge, disguised as a boy, during the Third Crusade with Richard the Lionhearted.

The Scout

Two sisters compete for Major John Montgomery, the only man Constance Weldon has ever wanted.

***The Angel of Devil's Camp*—RITA Finalist**

Displaced Rebel widow finds herself in an Oregon logging camp full of damn Yankees.

A newsletter of love and related matters

VOLUME 1, ISSUE 1

SEPTEMBER 2008

Dentistry in the Middle Ages

Last week I had some dental surgery work done. While I reclined in the dentist's chair I started thinking about dental procedures in much earlier eras like Egypt and the Middle Ages. What did they know about filling cavities, or pulling teeth, or lancing abscesses, or ... ?

Turns out they knew quite a lot. Recovered jawbones show carie filling, extraction, even wired-together bridgework among ancient Egyptians, Phoenicians, and the old Etruscans (500-700 B.C.) who preceded the founding of Rome. In one case, two incisor teeth were replaced by a single tooth from a calf, grooved to make it seem like two separate teeth.



In Roman times, old caps were made of two plates of gold riveted together and then riveted to metal bands to hold the cap in place. One source holds that the reason one lady's teeth are white and another's dark is that White Teeth bought hers, and Dark Teeth still had her own! Fillings of wax, resin, and lead were used; tooth powders were sold; and physicians advocated tooth-care.

Giovanni of Arcoli (Johannes Arculanus), a professor of medicine and surgery at Bologna and Padua (died 1484) mentions using gold as a filling material. Much ancient knowledge was lost in the Middle Ages, though it never disappeared completely; Aetius, an important Christian writer on medicine and surgery, discusses extraction. Paul of Aegina and later Arabian physicians continued the tradition. Dental care included use of toothpicks (preferably made of Cypress twigs), mouth washes (including rinsing with wine or a concoction of wild mint and pepper), ointments, and tooth powder made of cuttle bone, small white shells, pumice, burnt stag's horn, nitre, alum, and rock salt.

Sophisticated dental instruments were used to fill teeth or extract them, even to correct mouth deformities.

Treatment of polyps involves making an incision at the root, drawing the polyp out with toothed forceps, and (gasp) daubing the stump with a hot iron or a cotton plug dipped in aqua fortis (nitric acid). Am I glad we have novocaine!

Recommended reading ...

Outlaw Bride, by Jenna Kernan. Gripping adventure story with a touching and believable romance.

The Slightest Provocation, by Pam Rosenthal. A rich Regency-era love story; erotic, but not over the top.

The Harlot's Daughter, by Blythe Gifford. Fiction based on courtesan Alice Perrin's daughter and the man who loves her and sets her free.

Writing isn't

magic.

Magic isn't

magic, either.



What I'm reading now ...

I usually read four books at a time—one nonfiction, one fiction, one mass-market romance, and one book for my book club.

This past month I've gobbled down an interesting mix of historical periods and genres and am eager for more.

Empires of the Sea (by Roger Crowley) deals with the Siege of Malta, an event

in 1565 that had me gritting my teeth as the Knights of St. John fought off the superior forces of the Turks under Sulieman the Magnificent.

The Eaves of Heaven is Andrew Pham's (*Catfish and Mandala*) fictional recreation of his father's experiences during Vietnam's suffering from French, then Japanese, then Communist, then American domination.

Eye-opening!

The Aviary Gate, by Katie Hickman fascinated me with a tale about a young English girl sold into a Turkish harem. I have a "thing" about harems.

Honorable Rogue, by Carol Townend, has wonderful characterization and lots of period detail about a heart-throb of a minstrel and the love of his life.

My new favorite recipe

I just discovered the *Moosewood Cookbook*, and my, oh, my, what a find! It's not your usual cookbook (well, the name alone tells us that), so I immediately plopped down on my couch and read it from cover to cover. I didn't scoop out the cat box. I didn't go to Curves. I read *Moosewood*.

The recipe I tried and instantly fell in love with is something

most of you have probably been making all your life... an old-fashioned bread pudding.

And here is Moosewood's version:

3 cups milk (scalded)

3 eggs (beaten)

1/2 tsp salt

2 tsp vanilla

1/2 tsp cinnamon

Juice from 1/2 lemon

3 Tbs honey

2 Tbs brown sugar

Mix in 9 x 13 pan: 4 cups bread cubes, grated apple or chopped dried fruit, and/or nuts. Pour milk mixture over and bake at 350 for 35 minutes; test with toothpick. Serve warm with cream or applesauce or fruit or ice cream.

Join us!.....

The Daring Do newsletter is published sporadically from the back porch of historical romance author Lynna Banning, P.O. Box 324, Felton, California. Circulation is limited to those readers of romantic fiction

interested in relationships and life in medieval times or the Old West. The newsletter is free. To subscribe, email to carolynw@cruzio.com.

Note Lynna's web page:

www.lynnabanning.com

The early bird may get the worm, but the second mouse gets the cheese in the trap.