TABLE OF CONTENTS

IX XVII XIX	ACKNOWLEDGMENT INTRODUCTION
xxi xxiii xxvi xxviii	Plural Traditions Filipino Approaches to Health and Medicine Study in Philippine History Notes
1	1
	Confluence of Traditions: Traditional Medicine, 16th and 17th Centuries
3	The Humors
7	Holistic Medicine
12	Specialized Medicine
14	Health, Hygiene, and Beauty
16 19	Foundations of Traditional Medicine Notes
26	2
	The Observations of Alcína: A Catalog of Traditional Remedies for Everyday Life
27	Multipurpose Herbs and Plants
29	Poison Purgers
29	Ladies' Choice
30	Collectors' Items
36	A Defined Medical Tradition
38 .	Notes

40	3
	Botanical Expeditions and Scientific Investigations: Traditional Medicine in the Spanish Enlightenment, 18th and 19th Centuries
43	Science, Commerce, and Spanish Botanical Studies
48	An Officer and A Nobleman
51 53	Utilitarianism and the Real Jardín Botánico Notes
57	4
	Belief and Science: Traditional Medicine in the 19th Century
65	Midwives and the Birth of Public Health Care Providers
69	The Continued Patronage of the Herbolario
74	Notes
79	5
	The Scientific Identification and Practical Application of Philippine Medicinal Plants and Herbs
80	Manuel Blanco and the Flora de Filipinas
86	Recognition and Reforms in Traditional Medicine
88	Notes
90	6
	"Making the Tropics Habitable and Healthful": Traditional Medicine, the State, and the Beginnings of Public Health
92	Bringing Modern Medicine to the Colony
95 97	First Impressions of Manila
103	Organizing Public Health Work Public Health alongside Filipino Traditional Medicine
104	Traditional Medicine, the Laboratory, and the State
109	From Traditional Medicine to Public Health: Charting the History of
111	Medicine in the Philippines Notes
110	
119	CONCLUSION
124	Notes

125 A NOTE ON THE SOURCES 135 **APPENDIX 1** Plants at the Real Jardín Botánico 142 Notes 143 **APPENDIX 2** A Compendium of Filipino Traditional Medicinal Plants Recorded from the 16th to the 19th Century 202 **Notes** 204 **APPENDIX 3 Plates** 207 **BIBLIOGRAPHY** 231 **INDEX ABOUT THE AUTHOR** 249