

3-17-14

Dr Otto presented  
by Johansson

Who is St. Patrick

- Roman British born 387-460 AD
- held as a slave in Ireland @ age 16
- escaped 6 years later
- became a priest and returned to Ireland as part of ministry.
- questionable ethics
- 8th century AD - 700 years after dying
- Patron Saint of Ireland
  - no mention of snakes.

37.5 million Americans have Irish blood in them

Large amounts of Irish in Boston / New York / Reno, etc.

→ Climatic Maxima

lengthens growing season

Lots of food

lots of kids

more labor

more food

Lots of Protein

food preservation

year round availability

Little Ice Age hits

weather changes drastically

less access to food

Lots of People

Food shortages

Peasants are starving

- Revolutions!

Must adapt agriculture

Preservation techniques change

- Pickling

- Fermentation

- Salting

- Root cellars

## Corned Beef

- Primary meat was Pork
- Beef: Milk cow not producing?
  - Preserve it for long periods of time

## Ergot

- if it gets eaten you get Hallucinations.
- Lysergic acid (LSD)
- Fire shooting out of hands was the common Hallucination.
- Diet switches to Meat and Potatoes

## Ireland Potatoes

- Perfect soil and climate
- eventually 80% of calories come from Potatoes
- Irish fled to America
- settled in Clusters.