This collage has been developed from Spector’s HEALTH Traditions Model. The various images are suggestive of the traditional (ancient, old) methods people may use to maintain, protect, and/or restore their HEALTH. As you view these images, think about the methods you have learned from your ethnocultural-religious heritage. Are your HEALTH beliefs and practices derived from your traditional heritage, or are they derived from today’s modern health and illness beliefs and practices?

The photographs and text are by Spector and she was assisted by Olson in the creation of the collage. For more information, see Spector, R.E. (2009). Cultural Diversity in Health and Illness, 7th edition. Upper Saddle River, NJ: Prentice Hall.

HEALTH connotes the balance of the person, both within one’s being – physical, mental, and spiritual – and in the outside world - natural, familial and communal, and metaphysical. The model describes beliefs and practices used in HEALTH

• **maintenance** – daily practices such as diet, activities, clothing, and so forth;
• **protection** – special practices such as food taboos, seasonal activities, protective items worn, carried, or hung in the home or work place; and/or
• **restoration** – special practices such as dietary changes, rest, special clothing or objects.

Many of the HEALTH practices observed in Spain are antecedents of the practices observed in many parts of the world, including Mexico, Central and South America, and the Caribbean.

• This first image is a metaphor for HEALTH (SALUD) in countless ways. The image is whole, emerging from the shadows of early morning. Just as the sand sculpture is fragile, disappearing overnight, so, too, is HEALTH. It brings to mind the reality that each of us has the responsibility to maintain, protect, and restore our HEALTH. The reciprocal holds true for the external forces - familial, communal, societal, and environmental – they, too, must look after and safe-guard our HEALTH. This is a mirror that reflects the countless ways by which people are able to maintain, protect, and/or restore their HEALTH. Just as there is interplay between a sand sculpture and the natural forces that can protect or harm and destroy it, so it is with HEALTH and the forces of the outside world.

• The sun is rising over Granada. In 1492, three important events occurred here that served to herald the “modern Western culture”:
  • January 2, the Moors were defeated;
  • March 31, the “Edict of Expulsion” was issued and Jews could choose baptism or expulsion; and
  • August, Columbus set sail seeking a new trade route to India.

• There are two ways to become a citizen of Spain. One way is to be born in the country. Shown here is a delivery room in the General Hospital, University of Alicante, Alicante, Spain. Immigration is the other way people can become citizens. The people in the long line are waiting to get the necessary documentation for work and legal residency. There were a total of 895,720 immigrants in 2000 and 1,109,060 in 2001. People come from European countries such as Germany, England, and Russia; North African countries, such as Morocco; Ecuador and other Latin American countries, and Asia. Seventy-eight percent of these new residents were young adults, between the ages of 20-39 years old.
Catholicism plays an enormous role in many aspects of HEALTH maintenance, protection, and restoration throughout the life span, as illustrated in these images.

- The religious rites of Baptism and First Communion are examples of HEALTH maintenance and protection. Baptism is, in part, derived from an ancient cleansing practice that is performed in either of two ways: full immersion in water or sprinkling.
- Confession is a measure that may be seen as helpful in the maintenance and protection of mental and spiritual HEALTH.
- *A mantilla*, the elaborate head covering that is typical of Spanish culture, is a family treasure, often hand made and passed from one generation to the next as a symbol of one’s heritage.

- Water, from countless wells and springs, is pure and plentiful in many parts of the country. One popular medicinal preparation is *Aqua de Carmen*, a remedy that is used to treat stomach ailments.
- *Galena* is a “special” fish that is eaten only on Ash Wednesday to protect HEALTH.
- Olives are plentiful and harvested by shaking the trees and “vacuuming” the fruit. Olive oil may be used as a remedy to control cholesterol.
- Fruits and vegetables are plentiful and found in all open markets, including this market in Barcelona.
- Wine, shown here in a *cava* (cave) near Vitoria, is a treasured substance used in HEALTH maintenance, protection, and/or restoration.

- The green cross and *Farmacia* sign are ubiquitous throughout Spain. Most *farmacias* sell both allopathic and homeopathic medicines.
- The home of an herbalist; the resident may be growing these herbs for personal use or for sale.
- The shelves of a popular herbal shop in Alicante are well stocked with many different preparations. Here, the herbs are freshly prepared, weighed, and personal instructions for home preparation and use are provided.
- A storefront in Barcelona displays countless popular herbal remedies.
- This store, in Vitoria, sells not only medicinal herbs, but also amulets and religious statues associated with *Santeria*. 
The first four images are of the Shrine of Montserrat, near Barcelona. They move from the base of the mountain, to the summit, the statue of the Black Virgin, and the Sanatuario where countless votives, or promesas, and petitions are housed. The following petition was found in the Sanatuario:

“Enagradecimiento por devolver la vida a neustro sobrino, I. G. R. 14-9-01.”

[Praise (or exaltation) for returning the life of our nephew.]

The immediate image was that of a couple, or family, making the difficult pilgrimage and placing this petition there. Note that the date is September 14, 2001 – 3 days after the attacks on the United States. Could it be that this person, the nephew, survived the attack on either the World Trade Center or Pentagon? Could it be that the family sought and found a way to express their gratitude? The journey to Montserrat is difficult; the image this note evoked was one of sacrifice and homage.

The wax votive leg was placed in the Sanatuario of Ntra. Srs. De la Esperanza, Our Lady of Hope, in the small village of Calasparra, near Murcia. People visit this shrine with expectations of healing.

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Statues or images of San Pancracio are placed in many homes and businesses or carried in pockets or purses for protection and good luck. San Pancracio was born in Asia Minor in the second century and martyred in 304. He is a favored Saint known as the Saint of HEALTH and work.

Fra Leopoldo was a famous healer; people carry images of him for protection and restoration of HEALTH, or healing.

The Cross of Caravaca, located in Caravaca near Murcia, is a world-famous four-armed cross that is often worn on a necklace for HEALTH protection. The original cross dates to the XIII century.

Santa Faz is a holy shrine that is believed to house Veronica’s scarf, on which an image of Jesus is said to have been found. It is located near Alicante. Pilgrims visit the shrine seeking favors and to keep promises made when favors were sought and granted, or to seek healing.

The small roadside monument is a sign that in the nearby village there is a curandero, a traditional folk healer. This monument located near Frailles, a village near Granada, announces Santo Custodio del Salobral. He died not too long ago, but people continue to visit his home and a small church in the village, to seek solace and healing.
• Festivals, and communal celebration, are an inherent aspect of health maintenance in Spain. Carnival precedes Lent and adds a festive touch day to day.

• The fires, or fallas, that precede St. Joseph’s day and the spring solstice, are an extraordinary annual event in Valencia. Large papier-mâché figures are constructed and then burnt. Fire is used symbolically in an act of purification and the protection of the health of the community.

• The Gran Corrida de Toros, Bull Fight, a long-time cultural practice, symbolizes human strength over the beast.

• The elderly, blind woman is begging on the steps of the Cathedral in Barcelona. She is symbolic of aging and hardship, and the unmet health needs of many people.

• The ending of life is symbolized by a funeral procession.

• The sun sets. This is an image from Avila of early sunset. One day fades, only to pass to the next.