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History Lessons Ben Franklin was a person who was well known for recreating older sayings found in Poor Richard's Almanack. He was also a musician and an inventor and he brought new melody and designs to timeworn sayings. His thirteen virtues to live by were crafted from Poor Richard's Almanack. 1He advised people to be temperate in cloth, girls, in eating to prevent gout from controlling and plaguing them. Franklin savored his food and used clothing to influence the people's perception of him. It is important to note that even with all this knowledge, he was plagued by gout for the majority of his life.

The continental army who were stationed at Valley Forge tried to obtain food from the local farms during the encampment in winter. 2 These farmers sold their farm produce meaning that they could not just give away their produce for free. Washington would dispatch procurement parties to pay for the needed supplies. On the other hand, farmers did not want to sell to the army because they paid using continental money or promised them money. The British soldiers paid in gold, and the farmers took advantage since they were loyalists, not patriots. Other farmers did not believe in war due to their religious affiliations.

Herbert Hoover was the 31st United States president; he was born in West Branch Iowa in 1874, 10th August. His family was affiliated with the Quakers religion together with the community as a whole; this created a tight religious identity. His parents passed away when he was ten years old and later went to live with his uncle in Oregon. During his stay, he attended Quakers schools where he obtained a firm belief in the common good and a sense of belonging. At seventeen years, he went to Stanford University where he earned a degree in geology. He started working as a mining
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engineer in many parts around the world. He was able to make full use of his knowledge in the Chinese Boxer Rebellion and the Australian Gold Rush.

After the eruption of the First World War, Hoover was in England. ³He was able to organize, direct procurement, distribution of food and delivery to Belgian people who were controlled by the Germans.

Society Hill was named after a society of free traders that is now obsolete. In this society, William Penn saw virgin land and vast woodlands were stretching towards Schuylkill to the west. The area acted as a settlement of the Swedes and Dutch, and they had a glasshouse, sawmill and tannery. Two years later, the society did not have any money, and their properties were handed to trustees in order to pay the debts. ⁴This part of Philadelphia had individuals from the Federal Government when the city served as the nation's capital. Local wealthy people and international businessmen resided there. The land was divided into many parts, due to speculation and greed. The divisions led to the current appealing serpentine walkways, tight allies and tight angles. Decades later the area transformed into a dilapidated slum with a large food distribution hub at Dock Street. As a way of improving its image, houses were brought down with the food distribution hub moving to South Philadelphia. Historical houses were purchased by private individuals with the agreement of restoring the buildings to maintain colonial heritage. The Egyptian civilization would not have achieved their success without the Nile River. ⁵Historians and Archaeologists believe that people started living along the River's banks around 6000 B. C. E. The earliest settlers did not have any food. As time passed, residents found that the Nile River provided sources of food. Along it was the fish swans and fruit trees. They also discovered that after the Nile flooded, it left behind fertile silt that was

perfect for growing food. Farmers dug canals for providing fresh water throughout the year.

Works Cited

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