

Illinois is home to a group of unique individuals that go by the name Amish. The heart of this community lies in Arthur, Illinois, and comprises roughly 4,500 people. This group strives to live life, from their worship, living, and business practices, as wholesome as possible. The Amish first came to North America in the 1800s as a split-off of the Mennonite church. The practice of the two churches still mirrors each other to this day without the introduction of technology on the Amish's part (Illinois, n.d.).

The Amish are easily recognized by their plain clothing, brimmed hats, simple dresses, beards, and horse-drawn buggies. Their daily living consists of female chores and male chores. The gender roles of the community are rigorous. Women are expected to keep the house, rear the children, garden, and be helpful to their husbands or fathers. The community's men do the community's farming, building, teaching, and ministerial responsibility (The Editors of Encyclopedia Britannica, 2018).

The diet of the Amish correlates with what can be grown in their gardens and cattle on their farms. The Amish will then have cows, chickens, and horses and grow sweet corn, celery, beets, carrots, potatoes, tomatoes, and peas. The Amish are known for their hearty meals and baked goods, often sold in shops near Amish settlements. The Amish do not have dietary restrictions, but they do not overindulge in any one thing for fear of gluttony (*What Do Amish Eat?* 2019).

The birthing process of Amish women is not unlike that of normal births. These births often happen at home with the father and midwife present for the entire process. The use of the hospital is not common and is only used in case of emergency. This is due to the shunning of insurance, and most Amish hospitalization is paid for by the raising of money by the community. The husband's duty is to support the wife during labor by comforting her and providing physical support. The Amish do not believe in governmental institutions, so a social security number is not attached to the baby, but a birth certificate will often be (Bing, 2002).

References

Bing, E. (2002). Lamaze Childbirth among the Amish People. *The Journal of Perinatal Education*, 11(2), 13–22. <https://doi.org/10.1624/105812402X88678>

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What do Amish eat? (2019). Amishamerica.com. <https://amishamerica.com/what-do-amish-eat/>

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