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The air we breathe: a study into the impact of historical socioeconomic changes on the respiratory health of past Dutch populations (ca. 470-1850 CE)

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Stellingen

behorende bij het proefschrift van Maia Casna

The air we breathe. A study into the impact of historical socioeconomic changes on the respiratory health of past Dutch populations (ca. 470-1850 CE)

1. The study of respiratory disease in past populations offers critical insights into the interplay between environmental conditions, lifestyle factors, and health, highlighting long-standing challenges to respiratory health that continue to affect society today.
2. The living environment may present several challenges to respiratory health, many of which are difficult to distinguish through osteoarchaeological analysis.
3. Integrating multiple skeletal populations from the same context or time period offers a more comprehensive, varied, and accurate understanding of past societies.
4. Future research on respiratory disease should compare observable prevalence rates to the estimated historical health burden in order to better address the presence of the osteological paradox.
5. The fact that a topic (such as respiratory disease) has been studied for decades does not imply that we have a complete understanding of it.
6. The analysis of non-adult skeletons alongside adults is essential for a more comprehensive understanding of past societies, as it provides insights into childhood, developmental patterns, and varying social dynamics.
7. Paleopathologists should give greater consideration to the complexity of human behaviors and to how this complexity shapes and impacts human health.
8. Studying archaeological human remains is a privilege, and osteoarchaeologists should place greater emphasis on acknowledging this aspect within their research.
9. A positive and supportive work environment is key to productive scientific research and for motivating young scholars to reach their full potential.
10. A PhD is like climbing a mountain: while the view from the top is breathtaking, it is the landscape you hike through on the way up that truly shapes the experience and makes it worth the effort.