

Food as medicine: historical perspectives, 9 and 10 October 2015

Edward Worth Library, Dublin AND Dublin City Library and
Archive, Pearse Street

Friday 9 October: The medical benefits of specific foods.

Venue: The Boardroom, Dr Steevens' Hospital, Dublin 8.

9.00-9.30: Registration

9.30-11.00am: Session 1: Alcohol and other drinks

Andrzej Kuropatnicki (Pedagogical University of Cracow, Poland): "A little bit of beer is divine medicine": medicinal properties of beer

Pawel Hamera (Pedagogical University of Cracow, Poland): "A child with marasmus subsisted for three months on sweet whiskey and water alone, and ultimately recovered": whiskey and its medicinal merits in the nineteenth-century press

Polly Putnam (Historic Royal Palaces, UK): "Luxury rather than physic": the medicinal uses of chocolate in the Stuart and Hanoverian royal courts

11.00-11.30am: Teas/Coffees

11.30-1.00pm: Session 2: Bread, meat and eggs

Maciej Kokoszko (University of Lodz, Poland): Bread as food and medicament in Oribasius' writings

Sophia Rzeznicka (University of Lodz, Poland): Eggs as food and medicine

Giovanni Pozzetti (University of Leeds, UK): Meat and medicine in early modern England

1.00-2.00pm: Lunch¹

2.00-3.30pm: Session 3: Margarine, pineapple and rose hips

Jane Hand (University of Warwick, UK): "Your health and the food you eat": marketing margarine and visualizing health in post-war Britain

¹ Please note that though lunch is not provided there is a canteen in the building. The Edward Worth Library will be open during lunchtime for tours.

Mat Paskins (University College London, UK): National rose hips: wild food and industrial medicine in 1940s Britain

Katrina Maydom (University of Cambridge, UK): A taste of the exotic: dangers and virtues of the “pineapple” in early modern England, 1550-1750

3.30-4.00pm: Teas/Coffees

4.00-5.00pm: Keynote: (Inaugural Brendan Prendiville lecture):

Introduction by Eoghan Mooney, Chairperson of the Worth Library Trust.

Keynote Speaker: Steven Shapin (Harvard University, USA): The Medical Making of Modernity: Knowing about Our Food, Our Bodies, and Ourselves over the past 2,000 years

Saturday 10 October:

Venue: Dublin City Library and Archive, Pearse Street

9.00am-10.30am: Session 1: Regimen

Fabrizio Bigotti (University of Exeter, UK): Balancing mind and body in the early modern period

Ewa Geller (University of Warsaw, Poland): Yiddish *Regimen Sanitatis Salernitanum* from early modern Poland: a humanistic symbiosis of Jewish thought and Latin medicine

John Wilkins (University of Exeter, UK): Galen, food and medicine

10.30-11.00am:Teas/Coffees

1100am-1.00pm: Session 2: Food and medical conditions

Deborah Levine (Providence College, RI, USA): Doctors discover diet: therapeutic diets for pregnant women, 1860-1940

Juliana Adelman (St Patrick’s College, Dublin, Ireland): *Sick room cookery*: medical ideas and home nursing in Ireland

Michael Walkden (University of York, UK): Diet and madness in early modern medical writing

Martin Moore (University of Warwick, UK): Diet and “the diabetic life”: discipline and patienthood in British chronic disease management, c.1910-1980

1.00-2.00pm: Lunch.²

2.00pm-3.30pm: Session 3: Provisioning

Ilaria Berti (Pablo de Olavide University, Seville, Spain): Fresh food or dried food? The discourse on the food provisions of the British Army in the West Indies

Sam Goodman (Bournemouth University, UK): “Here comes a barrel of beer at last!”: food and drink as medicine in the Indian rebellion

Lisa Haushofer (Harvard University, USA): Between food and medicine: digestive physiology and “artificially digested foods”

3.30-5.00pm: Closing remarks followed by reception and launch of digitized thesis of Dr Edward Worth (1676-1733), now held in the Dublin City Library and Archives.

² Please note that lunch is not provided but that there are a number of cafés in the vicinity.