Dear Friends:

We’re excited to continue our summer focus on our historical food and cookery collections with a cooking demonstration, a look at the history of the raw food diet and more. For even more delectable highlights, be sure to check out our August First Monday video tour, *A Virtual Feast*. Enjoy!

**From the Collections:**

**Cookery and Dining in Imperial Rome**

Joseph Barreman’s *Cooking and Dining in Imperial Rome* (1979–1982), a German-American cook, author, cookbook historian and book collector, published this translation of Apicius’s *De re coquinaria* (Cookery) or *Cooking in Imperial Rome*. This work has been out of print since. In addition to our manuscript, transcribed around 1500 C.E., the Library holds translations and some 25 additional versions of this cookbook, dating from 1400.

**From the Blog:**

**UncookedFoods and How to Use Them**

As the pandemic pushes us to cook at home more, consider the raw food diet of Swiss nutritionist and physician Maximilian Bircher-Benner (1867–1932), who developed an idea for supplying all the body’s needs and proposed ideal menus and eating patterns. This balanced, daily diet came from his book, *The Prevention of Favorable Disease* (1903).

**Color Our Collections: Lil’ Ebony**

Lil’ Ebony is an engaged, bold, and energetic woman who has transversed throughout the 1960s and 1970s. She has become a symbol for African American women and in the United States, 100 years ago this week, Blackwell (1820–1905) was the first woman to earn a medical degree in the United States, in 1854—following in the footsteps of her sister, Elizabeth Blackwell, who was the first. She also promoted the causes of women’s rights throughout her life. The photograph is part of our “rarities-de-la-vieille” collection, small 19th-century images digitized through METIS, the Metropolitan New York Library Association.

**Images from the Past:**

**Emily Blackwell**

We present this photograph of Emily Blackwell in her housework and the work of sounds that championed women’s equal role in society, leading to consumer women’s suffrage in the United States, 100 years ago this week. Blackwell (1820–1905) was the third woman to earn a medical degree in the United States, in 1854—following in the footsteps of her sister, Elizabeth Blackwell, who was the first. She also promoted the causes of women’s rights throughout her life. The photograph is part of our “rarities-de-la-vieille” collection, small 19th-century images digitized through METIS, the Metropolitan New York Library Association.

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Noted Elsewhere: How Pandemics Open Minds

In this New Yorker article, “How Pandemics Wreak Havoc—and Open Minds,” author Lawrence Wright interviews Gianna Pomata, retired professor at the Institute of the History of Medicine, Johns Hopkins University, for insight on how plagues change societies.

We look forward to welcoming you back to the Library. As we wait, stay safe, stay engaged and stay connected.

The NYAM Library Team

Your support helps us preserve the Library’s treasures, share them with researchers and the public, and safeguard the history of medicine to inform the future of health.

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About NYAM

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