Dear Friends:

This month we close out NYAM’s 175th anniversary year by noting December events and observances, from the Nobel prizes, to the winter solstice, and above all, holiday parties!

From the Blog:

100 years of Insulin Therapy

On December 21, 1922, Canadian medical scientist Frederick Grant Banting lectured at NYAM on his newly discovered insulin therapy, first used that year to combat diabetes. In December 1923 he became the youngest person ever to receive the Nobel Prize in physiology or medicine. Read the story as we come off Nobel week!

From the Collections:

Seasonal affective disorder and beyond

As New York approaches the winter solstice on December 21, the daylight gets shorter. Some 40 years ago, Norman Rosenthal of the National Institute of Mental Health described Seasonal Affective Disorder—SAD—a form of depression associated with lower light levels. Our collections hold this 1998 compilation on treating SAD with bright lights.

Color Our Collections:

A month for hospitality

December is the month for welcoming friends to share food, drink, and good times! In early America the pineapple became a symbol of hospitality, found in décor, furnishings, and, of course, on the table. This pineapple image, from The Rural Carolinian for 1870, is in the 2022 coloring book of the South Carolina State Library. Get ready for #ColorOurCollections2023, coming up the week of February 6!

Images from the Past:

Dr. Morse’s Compound Syrup of Yellow Dock Root

This late 19th-century trade card advertises yellow dock root, a herbal remedy that supposedly “cures liver and kidney diseases.” However, the woman’s image seems aWalking advertisement for something else. She holds a bunch of grapes in one hand and a grape hook in the other; her backpack is full of grapes, and her sash reads “Bordeaux.” It’s wine!—the base of many patent medicines and the feature of many party tables.

Virtual Visit:

“Holiday Treats”

In many households this time of year, attention turns to foods to share with family and friends. We take another look at a Virtual Visit from 2020, “Holiday Treats,” which highlights recipes from our collections on food and culinary.

Noted Elsewhere: New Year’s Resolutions

Amanda Capritto traces “The history of New Year’s resolutions and celebrations,” a 5,000-year tradition that over time shifted to self-betterment through healthier living. May your holidays be healthy and happy!

The Library is open to readers and classes by appointment. All visitors must show proof of vaccination against COVID-19 and need to be masked and socially distanced. For details, see our guide to visiting the Library. For more ways to connect with our resources and services, check out the Quick Connections page.

The NYAM Library Team

NYAM’s work to ensure health for all is more critical than ever.

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.

DONATE NOW

The New York Academy of Medicine
1216 Fifth Avenue | New York, NY 10029

NYAM.org

Share this email | View this email online | Unsubscribe from emails | Update your preferences |

The NYAM Library Team