Dear Friends:

This month we look at exercise over the centuries, get ready for our annual Color Our Collections campaign in early February, and invite you to two lectures in the history of medicine.

Color Our Collections: February 6–10!
We welcome you to submit your coloring books for ColorOurCollections2023, launching this year on February 6. Coloring books on any topic are fine, as long as they're fun! For more information and to submit a coloring book, click on the link below. To color now, check out the 700+ coloring books already on the site!

Heberden Lecture: Race and Infant Mortality
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On Wednesday, January 18, at 5:00 pm, Dr. Wangui Muigai, Brandeis University, will speak via Zoom on "Infant Mortality, Race, and the American Roots of a Health Inequality," the annual joint lecture of the Library and the Heberden Society of Weill Cornell Medicine.

Bibliography Week Lecture:
Aristotle’s Masterpiece

Aristotle’s Masterpiece, first published in 1684, remained in print for well over 200 years, advising readers about sex and babies. Dr. Mary E. Fissell, Johns Hopkins University, will share her experience using hundreds of copies of this work in the course of her research. Join us on Saturday, January 28, at 11:00 am, via Zoom, for "Aristotle’s Masterpiece: Reflecting on the Material Text," the Library’s annual Bibliography Week offering.

From the Blog:
"The Origins of ‘Sweat’" (Sweat: A History of Exercise (2022), written about the origins of this book, conceived in a revelatory moment in the gym. The image is from a 1720 book on weight and physiology, Medicina statica, recounting the work of Santorio Santorio (1561–1636).

From the Collections:
Gymnastic exercises for boys
Italian professional gymnast Daniele Marchetti (1855–1935) wrote several physical education pamphlets, including this one for boys from the 1890s, 225 figure ginnastiche maschili, which he published himself.

Virtual Visit:
"A is for Apples and also for Air"

The Virtual Visit "Health Lessons for Children" features books that emphasize exercise as well as diet, posture, and knowledge of the body. The verse is in Antoinette R. Peterson’s Child Health Alphabet, 1920.

Noted Elsewhere: Getting in Shape for the New Year
Bill Hayes provides an excerpt from his 2022 book Sweat in the January/February 2023 issue of The Saturday Evening Post, with the tag, "While the belief that exercise does a body good dates back millennia, unequivocal proof arrived much, much later."

The Library is open to readers and classes by appointment. All visitors must show proof of vaccination against COVID-19 and will 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.

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