PROGRAMME

Healthy Living in Pre-Modern Europe: The Theory and Practice of the Six Non-Naturals (c.1400-c.1700)
IHR, London, 13-14 September 2013

FRIDAY 13 September

Registration and coffee 9.00-9.30

Introduction 9.30-9.45 Sandra Cavallo, Tessa Storey

The forgotten role of the Non Naturals
9.45-10.15 Hannah Newton (Cambridge), "She sleeps well & eats an egg": Convalescent Care in Early Modern England, 1580-1720'
10.15-10.45 Leah Atsbury (Cambridge), "Ordering the Infant": The Six Non-Naturals and Physical Care of Newborns in Early Modern England'
10.45-11.15 Marta Ajmar (Victoria and Albert Museum) "Not a Little Teapot": interpreting objects and healthy living practices in the pre-modern home'
11.15-12.15 Comments (Peregrine Horden, RHUL) and Discussion

Lunch 12.15-1.30

Airs
1.30-2.00 Natalie Kaouukji (Cambridge), ‘Air rectified: knowledge, physic and the prolongation of life'
2.00-2.30 Frances Gage (SUNY), ‘The Air Over There: Travel and the Regulation of the Non-Naturals, c. 1550-1650’
2.30-3.00 Maria Conforti (La Sapienza, Rome), ‘Neapolitan airs: health prescriptions and medical culture on the edge of the volcano'
3.00-4.00 Comments (Silvia De Renzi, OU) and Discussion

Tea 4.00-4.30

Food and Drink
4.30-5.00 Laura Giannetti (University of Miami), ‘Dangerous and forbidden foods: in theory, in practice and in the literary imagination'
5.00-5.30 Jane Levi (K CURL), ‘Eating one's way to a perfect world: balance and regulation of the non-naturals and humours in early modern utopias'
5.30-6.10 Comments (David Gentilcore, Leicester) and Discussion

7.00 Dinner

SATURDAY 14 September

Hygiene
9.00-9.30 Elizabeth Archibald (Durham University), ‘Bathing for Good Health in the
Late Middle Ages’
9:30-10.00 Alison Bumke (Cambridge), “The best Complexion”: Humors and hygiene in Donne’s writing’
10.00-10.40 Comments (Sandra Cavallo, RHUL) and discussion.

**COFFEE 10.40-11.10**

**Exercise**
11.10-11.40 Carole Rawcliffe (UEA), ‘Exercise for Man and Beast in the Late Middle Ages’
11.40-12.00 Comment (Tessa Storey, RHUL) and Discussion

**Sleep**
12.00-12.30 Sasha Handley (Manchester University), ‘Experiencing Sleeplessness in English Domestic Households c.1660-1730’
12.30-12.50 Comments (Bill MacLehose, UCL) and discussion

**Plenary 13.00-13.30. Chair:** Lauren Kassell (Cambridge)