

## Press release

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## Self-help healthcare in the seventeenth-century: new book

What sort of household medicine was available in seventeenth-century England? A newly published book draws on original archives to show the extent of self-help used by families and explores their favourite medicinal remedies, some purchased and others made up from recipes. The author, Anne Stobart, is an Honorary Fellow at the University of Exeter, UK and previously taught herbal medicine at Middlesex University, London. Anne helps to coordinate the Herbal History Research Network which links up researchers in the history of herbal medicine. She also contributes to the Recipes Hypotheses Project which brings together an international group of scholars writing on the history of recipes.

Drawing on previously unpublished household papers, ranging from recipes to household accounts and letters, this book is fully referenced and provides an excellent source for researchers interested in the history of domestic medicine. Included are details of the extensive range of medicinal ingredients available to make up remedies, and discussion of how these ingredients were obtained, whether from the apothecary, garden or hedgerow. The use of food or 'kitchen physick' for health is covered, alongside treatments for children and those with chronic complaints. Some unexpected findings challenge previous assumptions about how women were involved in providing healthcare for their families and the local neighbourhood. This book helps us to better understand how people thought about illness in the seventeenth century and what they did to try and direct their medical treatment through self-help or the use of physicians.

## Book details

Stobart, Anne. Household Medicine in Seventeenth-Century England. London: Bloomsbury Academic, 2016.

## Online link

<http://www.bloomsbury.com/uk/household-medicine-in-seventeenth-century-england-9781472580344/>

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