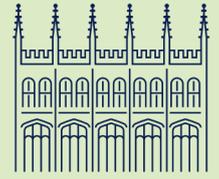


# MELANCHOLY

*A New Anatomy*



BODLEIAN  
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## Exhibition Trail Answers

The exhibition trail is designed to encourage exploration of the displays, so most questions have many possible answers. Here are some suggestions based on the themes of the exhibition.

### *Diet Rectified*

1. Find some examples of foods Burton thought we should eat or avoid.

**Foods to eat: e.g. apples, bread, herbs, meat (in moderation), water, wine (in moderation)**

**Foods to avoid: e.g. beans, fruit, pulses**

2. How do Burton's ideas compare to modern advice about our diet?

**We would encourage moderation, as Burton does, but, unlike him, we would also encourage a varied diet including fruit, vegetables, beans and pulses, and staying hydrated.**

### *Reading and Writing*

3. Use the displays to find out what is meant by these words:

**Bibliotherapy: Answer that indicates a therapeutic value in reading e.g. Harold MacMillan's letter to his mother; Russian translation of Dicken's *The Pickwick Papers* from the Crimean war; *The Convalescent* by Gwen John.**

**Scriptotherapy: Answer that indicates a therapeutic value in writing e.g. Wilfred Owen's manuscript poetry; the Craiglockhart hospital *Hydra* magazine; Mary Shelley's Journal; *A Grief Observed* by C.S. Lewis.**

### *Spiritual Physick*

Find an example of a religious text or artwork designed for meditation, contemplation or prayer.

5. Which religion is it from?

**E.g. Manuscript of chanting practices (Buddhist); Pentateuch/Book of Ecclesiastes/Psalm 88/Book of Job (Judaism/Christianity); Bhagavad Gita (Hinduism); Shikshapatri (Swaminarayan Hinduism).**

### *Air Rectified*

6. Which of Burton's garden features can you find? **Tree, hedge, lawn and stream. Not Fountain.**

7. What else would you include in your paradise garden? Free response

### *Sleeping and Waking*

Choose one aid to good sleep from the display. 8. How successful do you think it would be?

**Effective: e.g. regular sleep pattern (daylight saving); lullabies; music.**

**Not Effective: e.g. electropathic belt; mouse fat rubbed on feet.**

### *Mirth, Music and Merry Company*

9. Do you think Burton would have approved of this?

Free response reflecting on Burton's beliefs that laughter, company and especially music were all helpful.