



BODY & SOUL

Exeter's Historic Medical Collections

Demonstrations, talks and displays of local medical collections from Exeter's past



Saturday 22 July

Drop in 10.30 – 3.30

St Nicholas Priory, The Mint

Tuckers Hall, Fore Street

and

21 The Mint, Exeter, EX4 3BL

Vertuous Herbes – Tudor herbal medicine demonstrations

Devon & Exeter Medical Society Collection – medical implements display

Tuckers Hall – family activity: making herb sachets (accompanied children only please)

Devon Heritage Centre

Exeter Cathedral Archives

Devon & Exeter Institution

} – books and manuscripts display

Prof. James Clark, University of Exeter – lecture: 'Monastic Prayer, Care and Medicine'

Exeter Historic Buildings Trust – guided tours of 21 The Mint and its cloister garden

Exeter has a long history of promoting people's wellbeing. Monks cared for the souls and the bodies of medieval society and through their distinctive practice of religion, they became pioneers of medical care and social welfare. In Tudor times, women had a special role in preparing home-made recipes to help guard their households against illness and vermin. Increasingly ideas and practices were written down and captured for future generations, preserved today in Exeter's significant archive collections alongside the practical instruments developed to help improve health and save lives.

To discover more, come to some of Exeter's most beautiful and historic buildings on July 22, all within walking distance of each other:

- in St Nicholas Priory's kitchen, step into the year 1602 and meet Mistresses Elinor and Christina demonstrating the preparation of infusions, tisanes, poultices and healing salves to keep the household healthy
- In the Priory parlour, meet our local archive experts with facsimiles of Exeter's medical manuscript collections
- At historic Tuckers Hall, choose from a selection of herbs to create your own moth-prevention scented sachet.
- In the meeting room of 21 The Mint, with its arch-braced roof, explore our display of historic medical instruments and hear from Professor James Clarke about how medieval monks cared for the bodies and souls of parishioners

Timed events:

- **Tudor herbal medicine demonstrations** at 10.30 – 11.30am, 11.45 – 12.30pm and 1.30 – 2.15pm, in the kitchen at St Nicholas Priory
- **Prof. James Clark, University of Exeter** – lecture: 'Monastic Prayer, Care and Medicine'
- 11.30 and 2pm, upstairs at 21 The Mint
- **Devon & Exeter Medical Society Collection** – medical implements, 10.30 – 11.30 am, 12.30 – 2pm and 3 – 3.30pm, upstairs at 21 The Mint
- **Drop in 10.30 – 3.30 to see:**
 - **Devon Heritage Centre, Exeter Cathedral Archives, Devon & Exeter Institution**– medical books and manuscripts, in the parlour at St Nicholas Priory
 - **Tuckers Hall** – family activity: making herb sachets (accompanied children only please), at Tuckers Hall, Fore Street
- **Exeter Historic Buildings Trust:** guided tours of 21 The Mint and its cloister garden, 11 to 4pm, **(on both 22nd and 23rd July)**

Body & Soul is organized by Exeter Historic Buildings Trust working with Devon Heritage Centre, Devon & Exeter Institution, Exeter Cathedral Library & Archives, Devon & Exeter Medical Society Collection, the University of Exeter and Tuckers Hall.

Please be aware that there is no lift access into 21 The Mint. Event enquiries to enquiries@ehbt.org.uk.

Exeter Historic Buildings Trust is supported by the Heritage Lottery Fund

