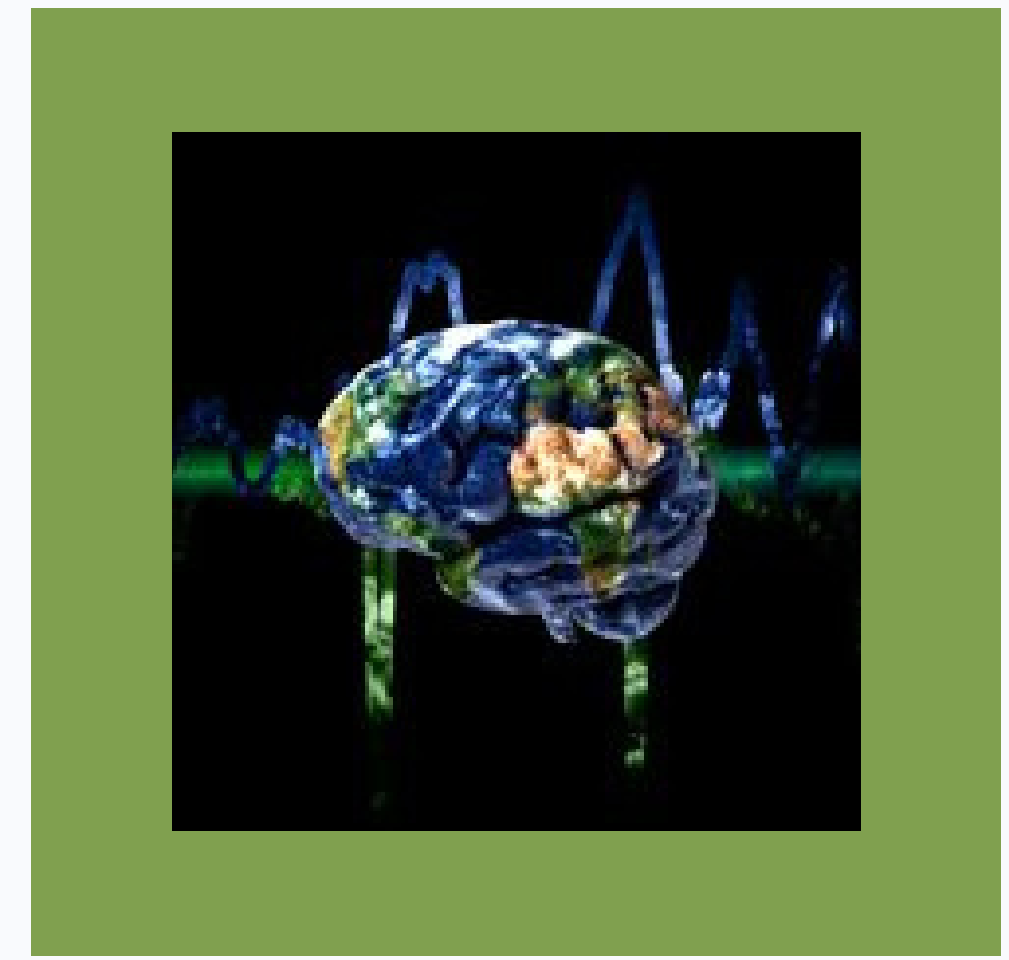




All meetings in this series will  
occur on Thursdays from  
2p.m.-3p.m. via zoom

<https://trincoll.zoom.us/my/health4brains>



## *Olmsted's Brain: Discovering Health in Urban Places and Wild Spaces*

An awareness of the health benefits of nature is experiencing a major global revival. While health is just one “ecosystem service” of the natural world, brain health is arguably the most valuable. As we approach the 200th birthday of Frederick Law Olmsted, founder of landscape architecture, this series will consider new science and diverse perspectives on the role that urban places and wild spaces play in our physical and mental wellbeing. Presentations will range among history, emerging science and public policy.

**September 16th**

Mary Mahoney

Digital Scholarship Coordinator



### ***Histories of “The Nature Cure”: The Therapeutic Power of Gardens, Camping, and Parks***

In 1879, Friends Hospital established its first greenhouse for therapeutic use in treating mental illness. The greenhouse built on a decades-long commitment by the Hospital to create a beautiful landscape for its patients based in part on a prevailing belief that environment impacted health. “Garden therapy,” now called horticulture therapy, developed based on the idea that the act of gardening and the proximity to nature could have demonstrable effects on health. This same belief fueled the development of the “camp cure” in the late 19th century to offer white-collar workers a rest from work-related exhaustion. In the same period, Frederick Law Olmsted argued access to parks in urban spaces provided preventative health measures for urban dwellers at a time when concepts of disease were firmly linked to ideas of sanitation and hygiene. The resonance of this idea is evident in the public’s record-breaking use of national parks during the recent pandemic. This talk will sketch a history of attempts by medical professionals to make a therapeutic use of nature from 1800 to the present. In so doing, it will link past examples to present concepts of “ecotherapy” or “the nature cure” and identify key questions that persist in thinking about this topic, including: what have medical professionals used nature to treat? What do they believe it heals? How is it therapeutic? How does medicine center human beings in relationship to nature, and how does that reflect larger conversations about conservation and privilege? This talk will draw on archival research and an emerging subgenre of “eco-cure” memoirs to provide a shared language for discussion.

**September 30th**

Joan Maloof

Executive Director, Old-

Growth Forest Network

Professor Emerita,

Salisbury University



### ***Shinrin-yoku: From Science to Literature to Culture***

Where did the popular movement of ‘forest bathing’ begin? Our guest for this class, Dr. Joan Maloof, has some insights into that. Sixteen years ago she brought the Japanese research to a general US audience. The concept struck a chord. Now there are numerous books about forest bathing, and you can even get certified to teach it. In this introduction, Maloof will briefly describe the human health benefits from spending time in a forest, and discuss how science can change culture.



**October 28th**

Linda Powers Tomasso  
PhD Candidate, Department of  
Environmental Health  
Harvard T.H. Chan School of  
Public Health | Harvard  
University



## ***It's All Interconnected: Nature Contact Today, Planetary Health Tomorrow***

It's hard to care about things we don't know, and that includes nature. By extension, it includes the environment, climate, and our stressed planet. In this session, we will consider how contact with nature influences what is known as environmental attitudes and behaviors and more fundamentally, how we as individuals become changed through our relationship to nature. Examination of scientific evidence will launch our discussion. Plus, how you can participate in scientific research to move forward understanding of how time in nature affects brain health!

**November 18th**

Dennis Liu  
Vice President of  
Education E.O. Wilson  
Biodiversity Foundation



## ***Leave No Species Behind: Saving Nature and Ourselves***

E.O. Wilson is strongly associated with the term Biophilia, the notion that we - as a species that evolved on earth- have an innate interest in organisms and living processes. We are part of nature. We love nature. And yet, we are in the midst of an intense extinction crises across the many scales of biodiversity. Dr Liu will explore ways in which the scientific approach can complement and harmonize with the informal ways that diverse people interact with and respond to nature. A mantra of the Half-Earth Project is to leave no species behind. But "species" is a human statistical construct, an abstract population of living things. Can big data and digital tools like the Half-Earth Map ([map.half-earthproject.org](http://map.half-earthproject.org)) help people to love and save "statistical" creatures as an expression of biophilia?

**December 2nd**

Michael Kellett  
Executive Director at  
RESTORE: The North Woods



## ***Why We Need New National Parks***

The National Park System is open to everyone and helps fight climate change, prevent the loss of wildlife species, and provide vital public green space. In 2021, after a year of pandemic restrictions, record numbers of people flocked to America's national parks. Yet, we have barely increased parkland acreage since the 1990s, and our existing parks are underfunded and often crowded. America's national parks are a haven for native wildlife, clean air and water, geological wonders, intact ecosystems, and historic sites. They are also engines of economic activity and sources of local and national pride. Given the value of national parks to individual and community well-being, as well as their importance to our national heritage, adding new national park units and expanding many other areas can help to fully protect the values for which they were established.