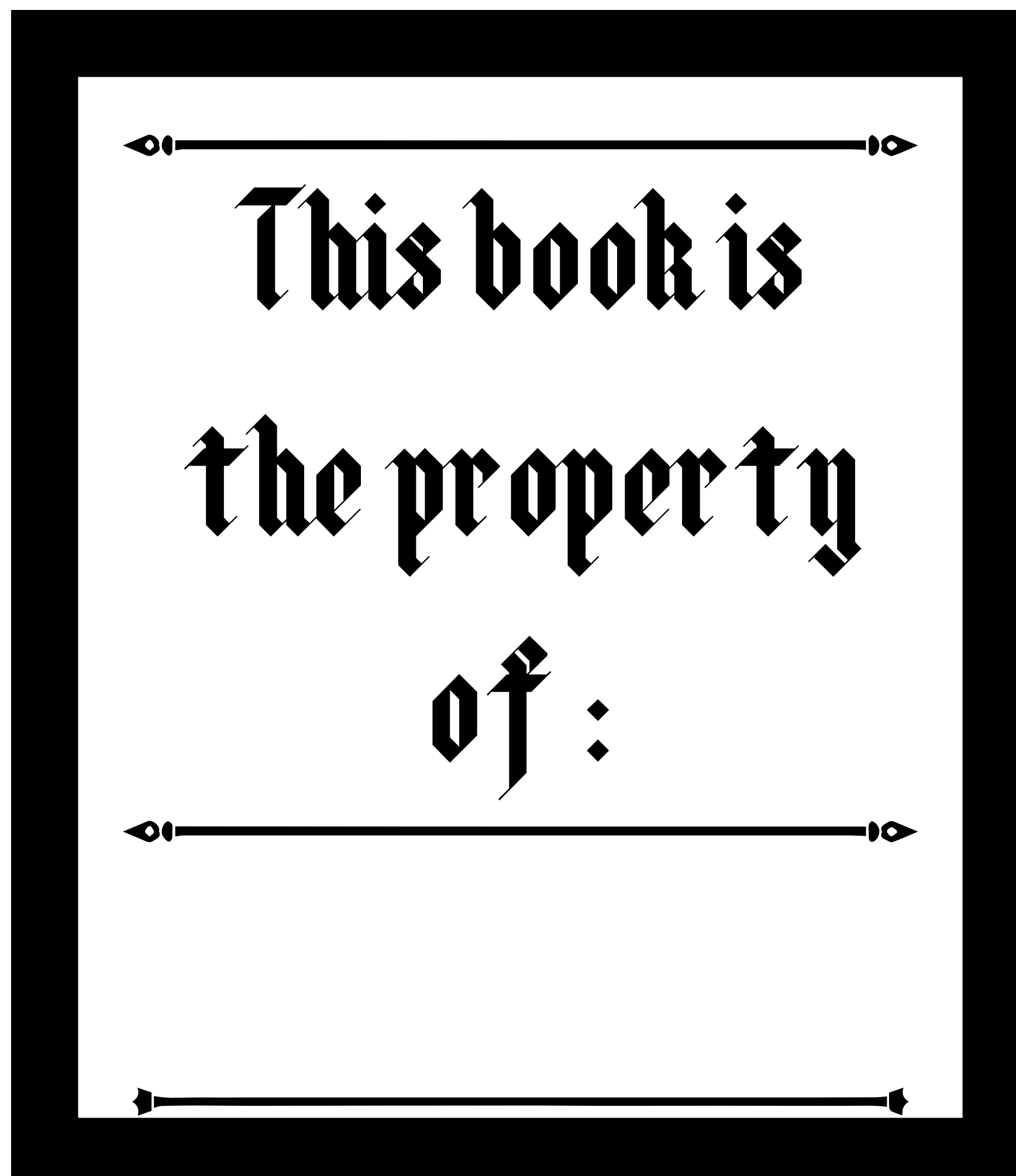




# Ol' Medical Colouring Book



**QUEEN'S UNIVERSITY LIBRARY**



You are invited to colour the cover. Cover image from:

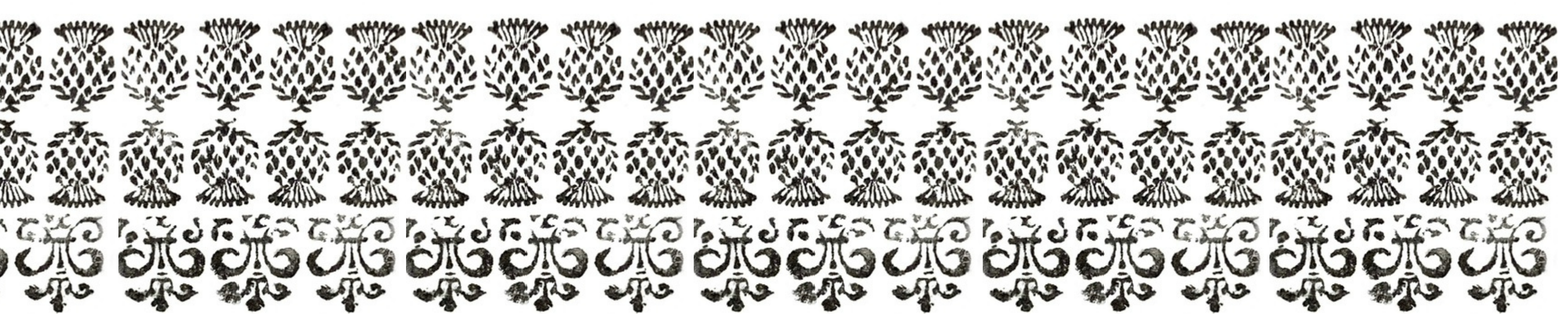
Browne, J., & Scarburgh, C. (1687). *Myographia nova sive musculorum omnium...* Jacobum Mouckee.

W.D. Jordan Library: Folio QM151 .B8

Ornamentation on the next page from:

Willis, T. (1664). *Cerebri anatome: cui accessit nervorum descriptio et usus*. Typis Tho. Roycroft, impensis Jo. Martyn & Ja. Allestry apud insigne Campanae in coemeterio D. Pauli.

W.D. Jordan Library: Dated 1664 .W5



# Queen's University Library

W.D. Jordan Rare Books & Special  
Collections

in association with

Bracken Health Sciences Library

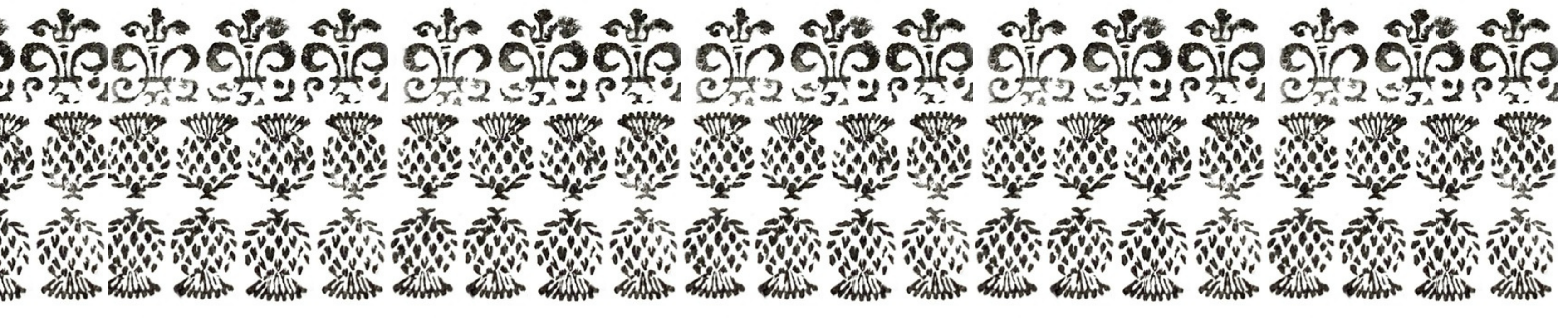
presents,

an effort to colour our collections,

# Medical Colouring Book

using sources from the Rare Books collection

assembled by Carolyn Kane



ISBN-13  
978-1-55339-681-9  
© 2022  
Digital Edition



# Welcome!

Queen's University, W.D. Jordan Rare Books & Special Collections and Bracken Health Sciences Library are situated on unceded Anishinaabeg and Haudenosaunee territory.

To acknowledge this traditional territory is to recognize its longer history, one predating the establishment of the earliest European colonies. It is also to acknowledge this territory's significance for the Indigenous Peoples who lived, and continue to live, upon it and whose practices and spiritualities were tied to the land and continue to develop in relationship to the territory and its other inhabitants today.

Please note that the images in this colouring book originate from books printed in Europe in the 16th, 17th and 18th centuries. The images reflect the cultural and scientific perspectives of this time and place.

All the sources used in this colouring book are from the Queen's University Library and can be found in W.D. Jordan Rare Books & Special Collections (located in Douglas Library) or Bracken Health Sciences Library. That means that you can visit them in person!

This colouring book has been created for the purpose of a stress relief activity for students during exam periods, or any stressful time. Tips to support your mental health are interspersed throughout.

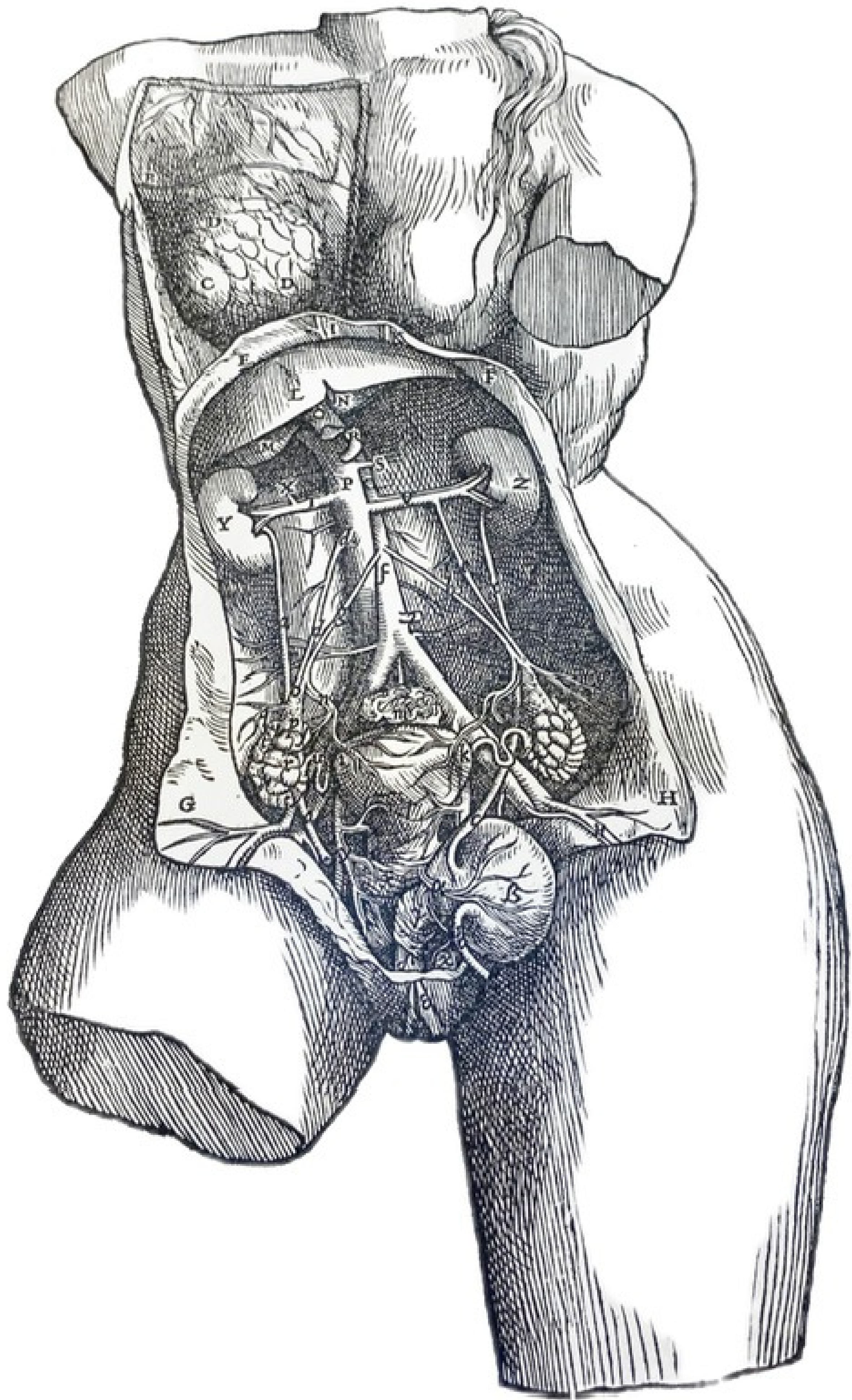
**Ways you can support your mental health:**

Call a friend or family member.

# Urinary system shown on the female form

Vesalius, A. (1555). *De humani corporis fabrica libri septem*. Ioannem Oporinum.

W.D. Jordan Library: Dated Folio 1555 .V5



## **Ways you can support your mental health:**

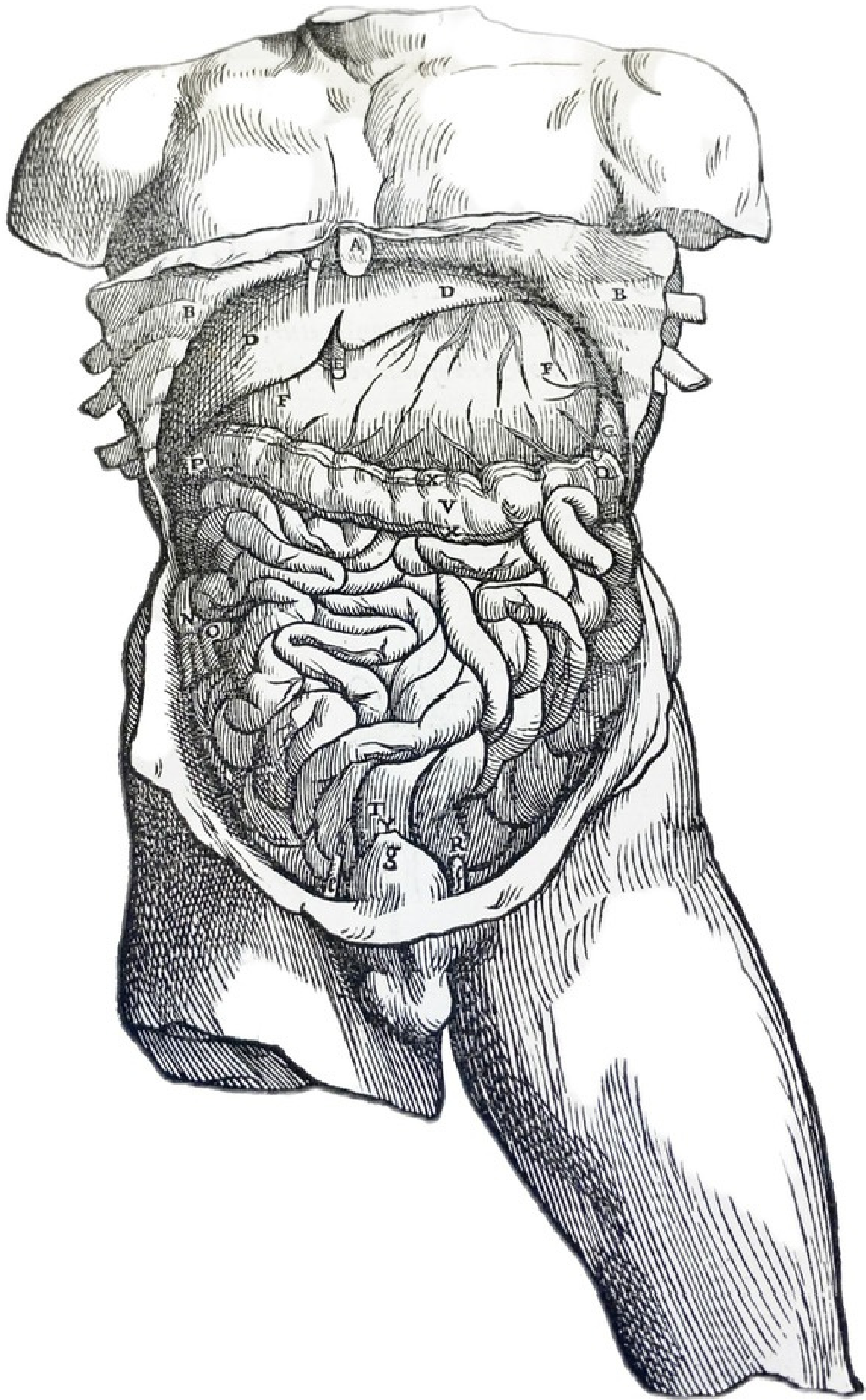
Go for a walk, this can be done alone or with a friend. Walking is a great way to clear your mind while getting exercise.

Part of digestive system (mainly  
large and small intestine)  
displayed on a male form

Vesalius, A. (1555). *De humani corporis fabrica libri septem*. Ioannem Oporinum.

W.D. Jordan Library: Dated Folio 1555 .V5





## **Ways you can support your mental health:**

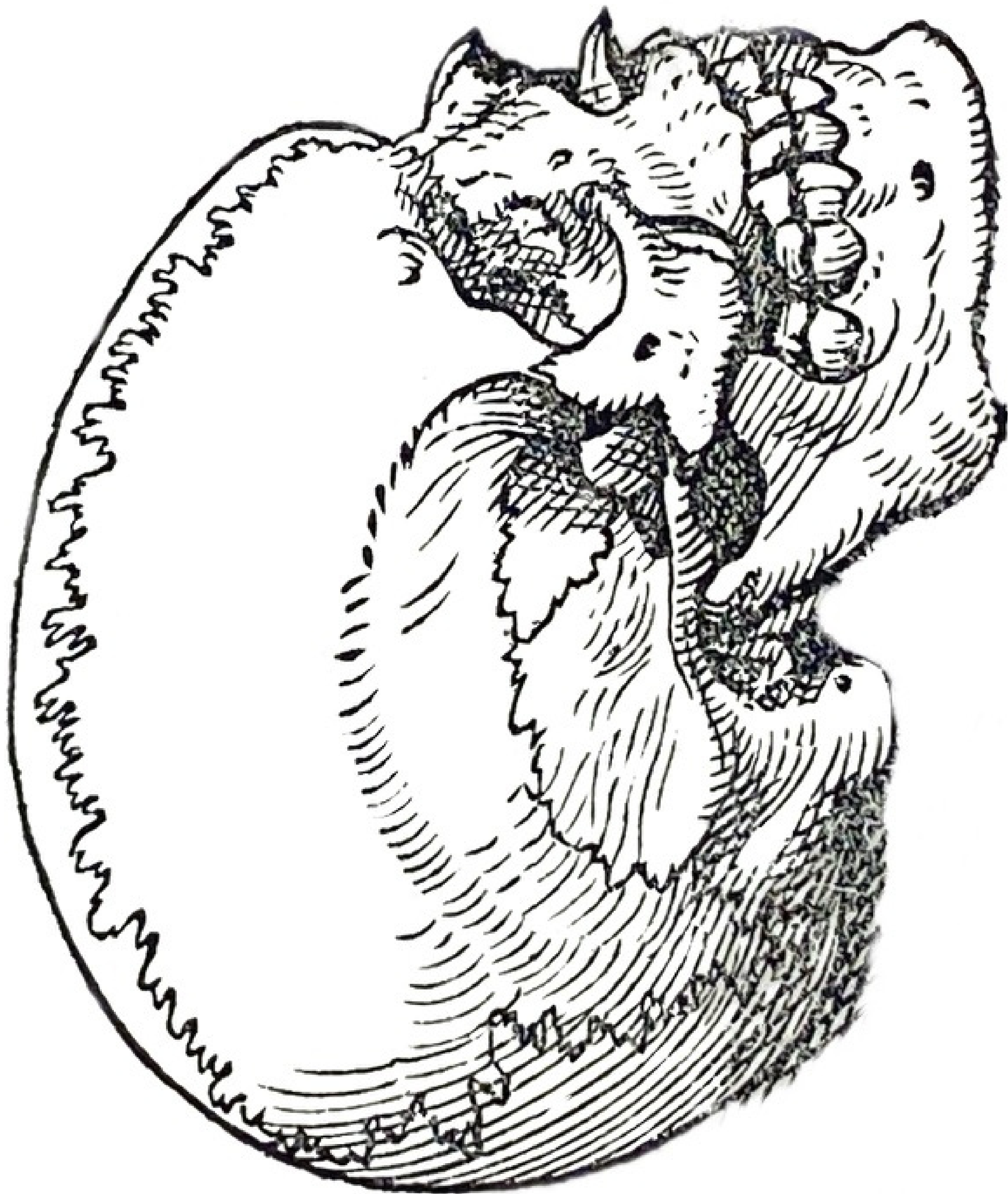
Writing down your feelings. You can also write down goals or ideas for the future.

# Skull

## Right external view of the lateral surface

Vesalius, A. (1555). *De humani corporis fabrica libri septem*. Ioannem Oporinum.

W.D. Jordan Library: Dated Folio 1555 .V5



change your perspective!

## **Ways you can support your mental health:**

Meditate! Even if it's just a few simple breaths meditation can really help. Taking a moment when you see yourself getting frustrated or stressed with work, pausing to evaluate the situation, meditating and then coming back to it.

# Ventral view of the brain

Willis, T. (1664). *Cerebri anatome: cui accessit nervorum descriptio et usus*. Typis Tho. Roycroft, impensis Jo. Martyn & Ja. Allestry apud insigne Campanae in coemeterio D. Pauli.  
W.D. Jordan Library: Dated 1664 .W5





## **Ways you can support your mental health:**

Nature can be very calming, even when indoors. Look up the fireplace channel, videos of rain, forests, the ocean. A simple google search can transport you!

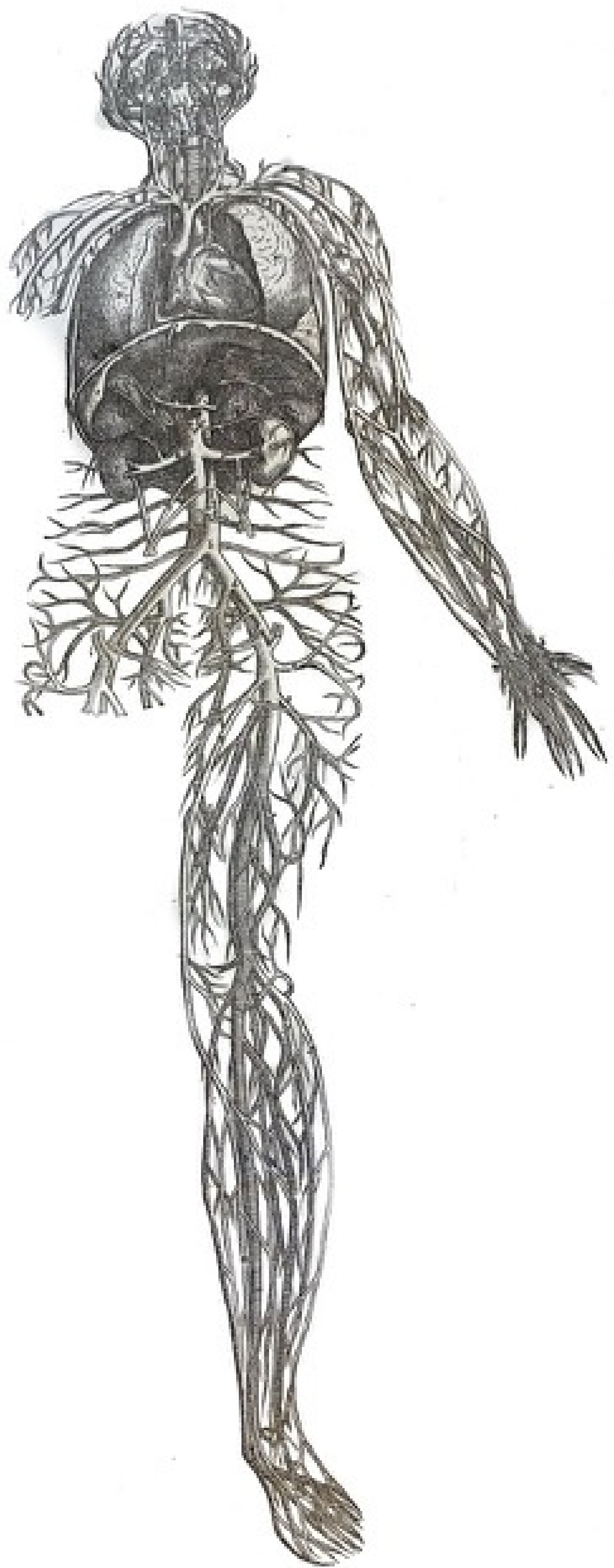
# Cardiovascular system

\*missing limbs due to original page layout

Vesalius, A. (1555). *De humani corporis fabrica libri septem*. Ioannem Oporinum.

W.D. Jordan Library: Dated Folio 1555 .V5

Suggestion: add in the missing areas.



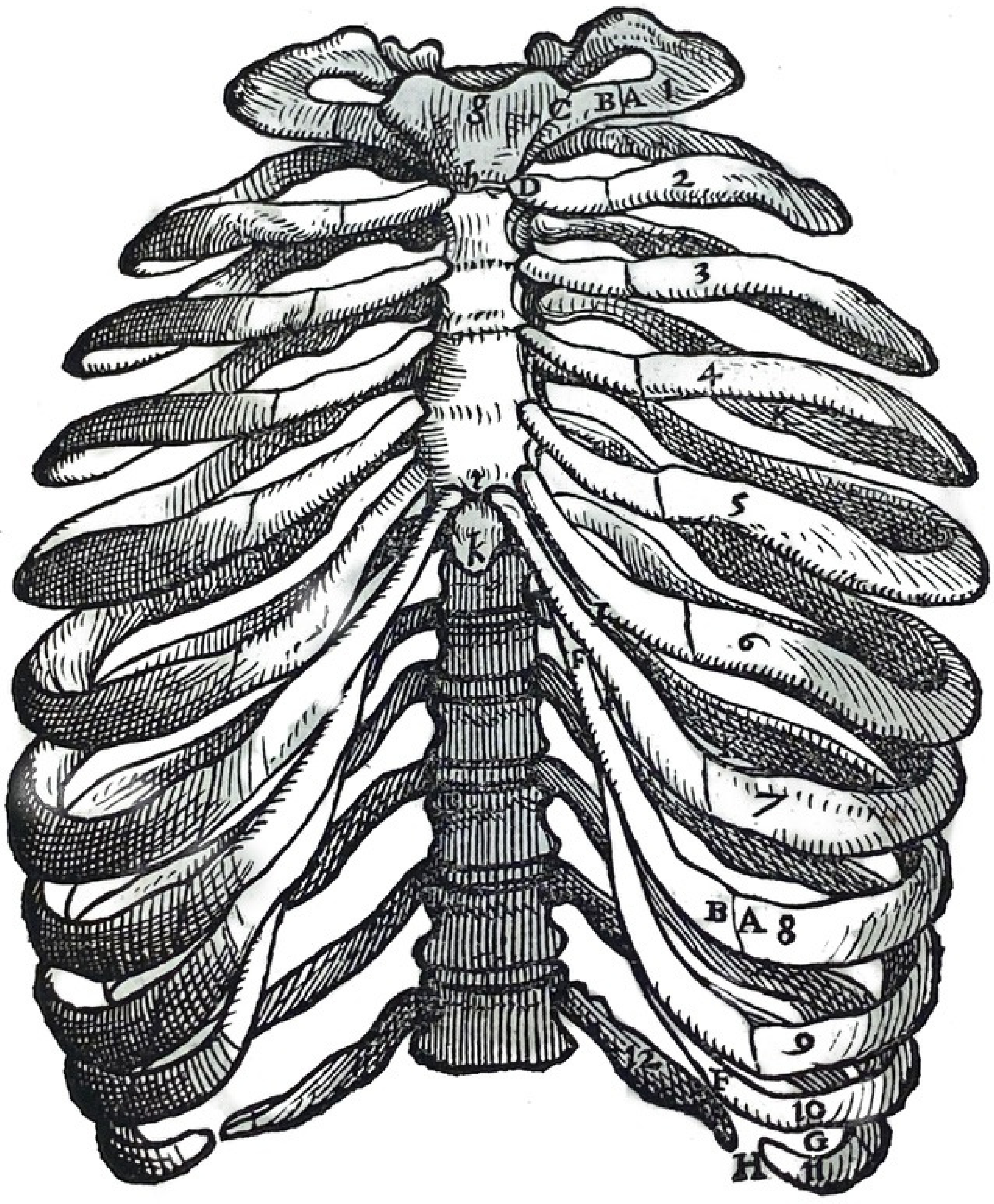
## **Ways you can support your mental health:**

Baking or cooking one of your favourite foods can be a great stress reliever.

# Ribcage

Vesalius, A. (1555). *De humani corporis fabrica libri septem*. Ioannem Oporinum.

W.D. Jordan Library: Dated Folio 1555 .V5



## **Ways you can support your mental health:**

Sleep is extremely important, especially during exams. Your brain cannot retain all that information if it is not well rested.

**Shoulder blade**

**Forearm**

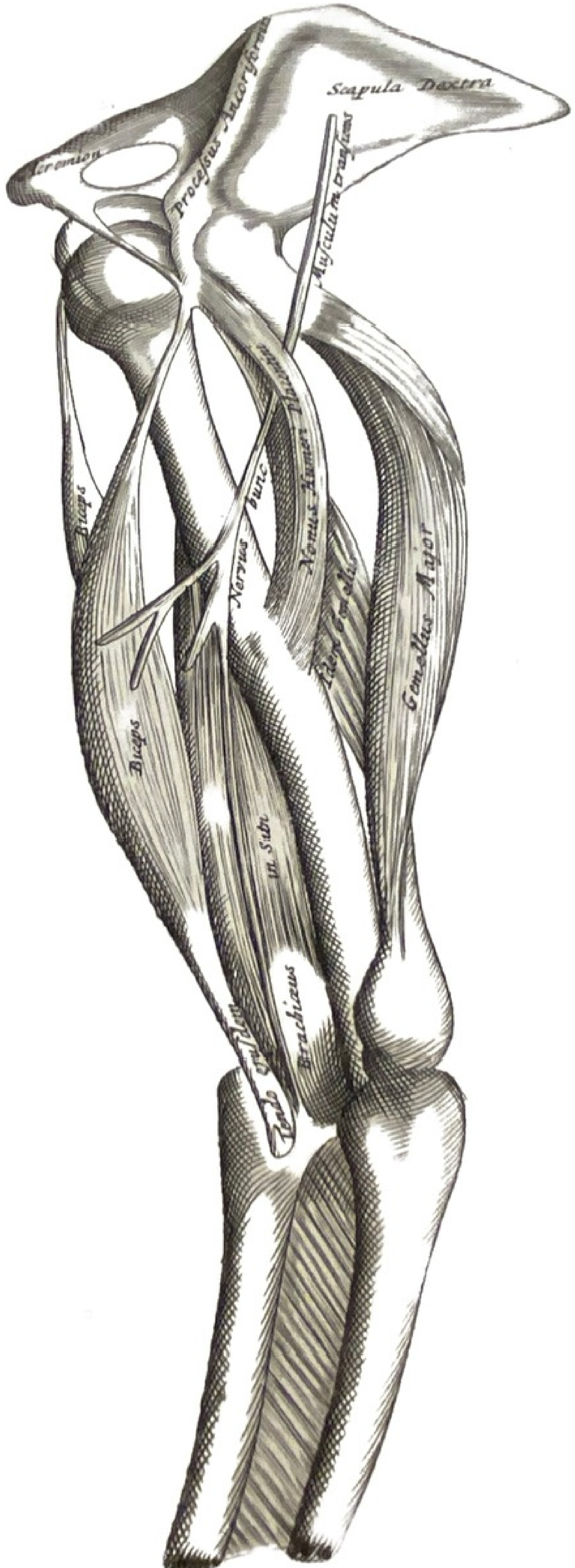
**Arm**

**Humorous**

Browne, J., & Scarburgh, C. (1687). *Myographia nova sive musculorum omnium....* Jacobum Mouckee.

W.D. Jordan Library: Folio QM151 .B8





Scapula Dextra

Tuberculum Inferius

Processus Acromiatus

Musculus Trapezius

Biceps

Nervus Humeri

Tubo Coraco

Triceps

Deltoides Major

Biceps

in. Subi

Tendo Cruralis

Brachialis

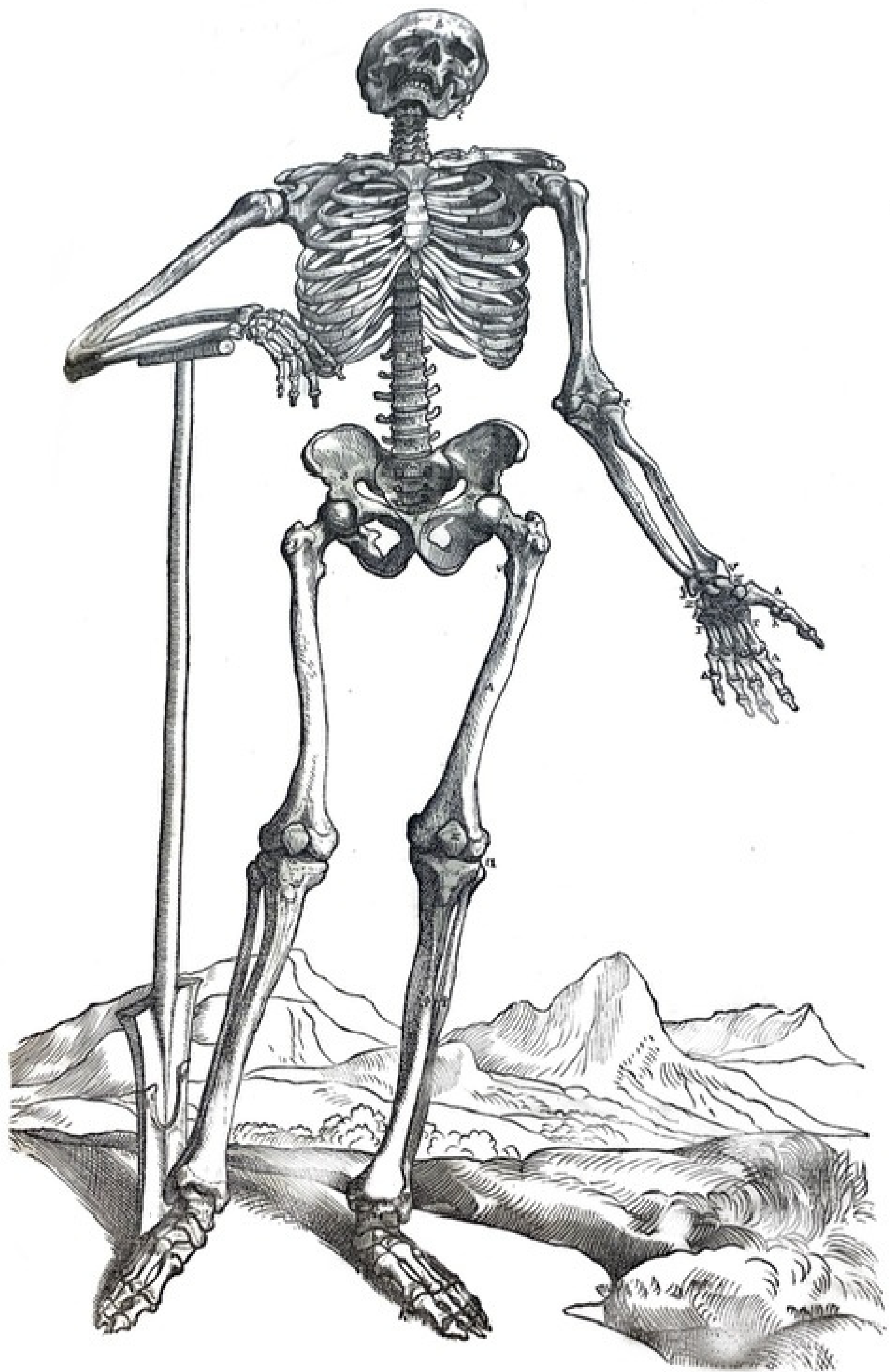
## **Ways you can support your mental health:**

Take a break from schoolwork to have some fun. This could be going out with friends, going out for dinner, or watching your favourite movie!

# Anterior view of the skeletal system

Vesalius, A. (1555). *De humani corporis fabrica libri septem*. Ioannem Oporinum.  
W.D. Jordan Library: Dated Folio 1555 .V5

Suggestion: draw in the rest of the background!



**Common Name: White Water Lily**

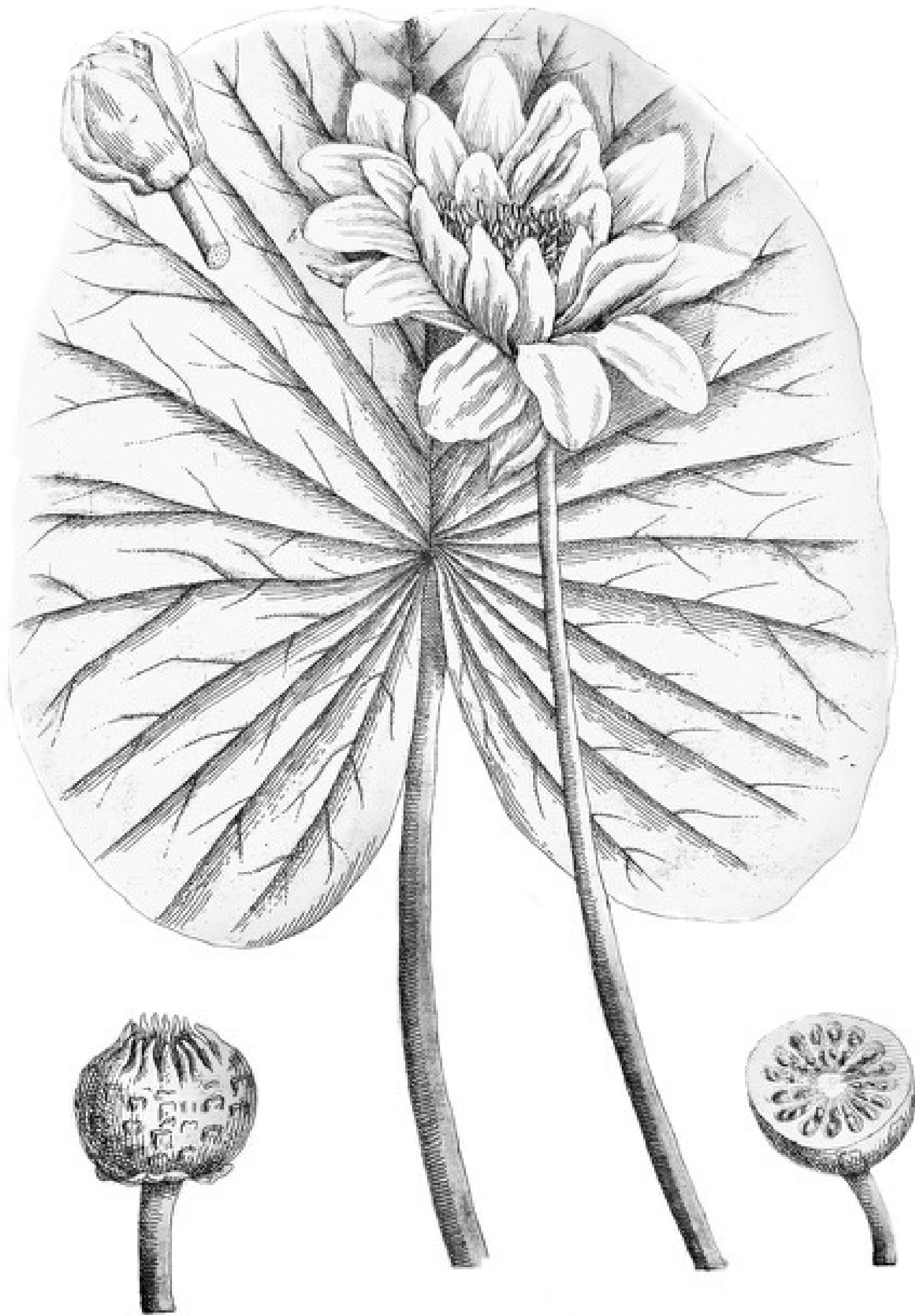
**Latin Name: Nymphaeae Alba**

**Medical Properties: The bulb of the Water Lily can be used to make medicine. A chemical called tannins are found in Water Lillies, which help to reduce inflammation. This is most commonly used to treat chronic diarrhea.**

**Image from: *Herbarium Blackwellianum***

RxList. (2021, June 11). *American White Water Lily. Health benefits, side effects, uses, Dose & precautions*. RxList. Retrieved October 10, 2022, from [https://www.rxlist.com/american\\_white\\_water\\_lily/supplements.htm](https://www.rxlist.com/american_white_water_lily/supplements.htm)

Blackwell, E. (1765). *Herbarium Blackwellianum emendatum et auctum, id est, Elisabethae Blackwell Collectio stirpium. Centuria V. ultima*. (C. J. Trew, Ed.). Typis Christiani de Launoy heredis. W.D. Jordan Library: Marian Webb Botanical Collection, Folio QK41 .B63 1765





Common Name: Meadowsweet

Scientific Name: Filipendula ulmaria

Medical Properties: The part of the plant that grows above ground can be used for medicine.

Meadowsweet can be used to heal: heartburn, upset stomachs, bronchitis and colds among others.

Image from: *Herbarium Blackwellianum*

RxList. (2021, June 11). *Meadowsweet. Health benefits, side effects, uses, Dose & precautions.*

RxList. Retrieved October 10, 2022, from <https://www.rxlist.com/meadowsweet/supplements.htm>

Blackwell, E. (1765). *Herbarium Blackwellianum emendatum et auctum, id est, Elisabethae Blackwell Collectio stirpium. Centuria V. ultima.* (C. J. Trew, Ed.). Typis Christiani de Launoy heredis.

W.D. Jordan Library: Marian Webb Botanical Collection, Folio QK41 .B63 1765



Common Name: Ginger

Scientific Name: *Zingiber officinale*

Medical Properties: *Culpeper's Complete*

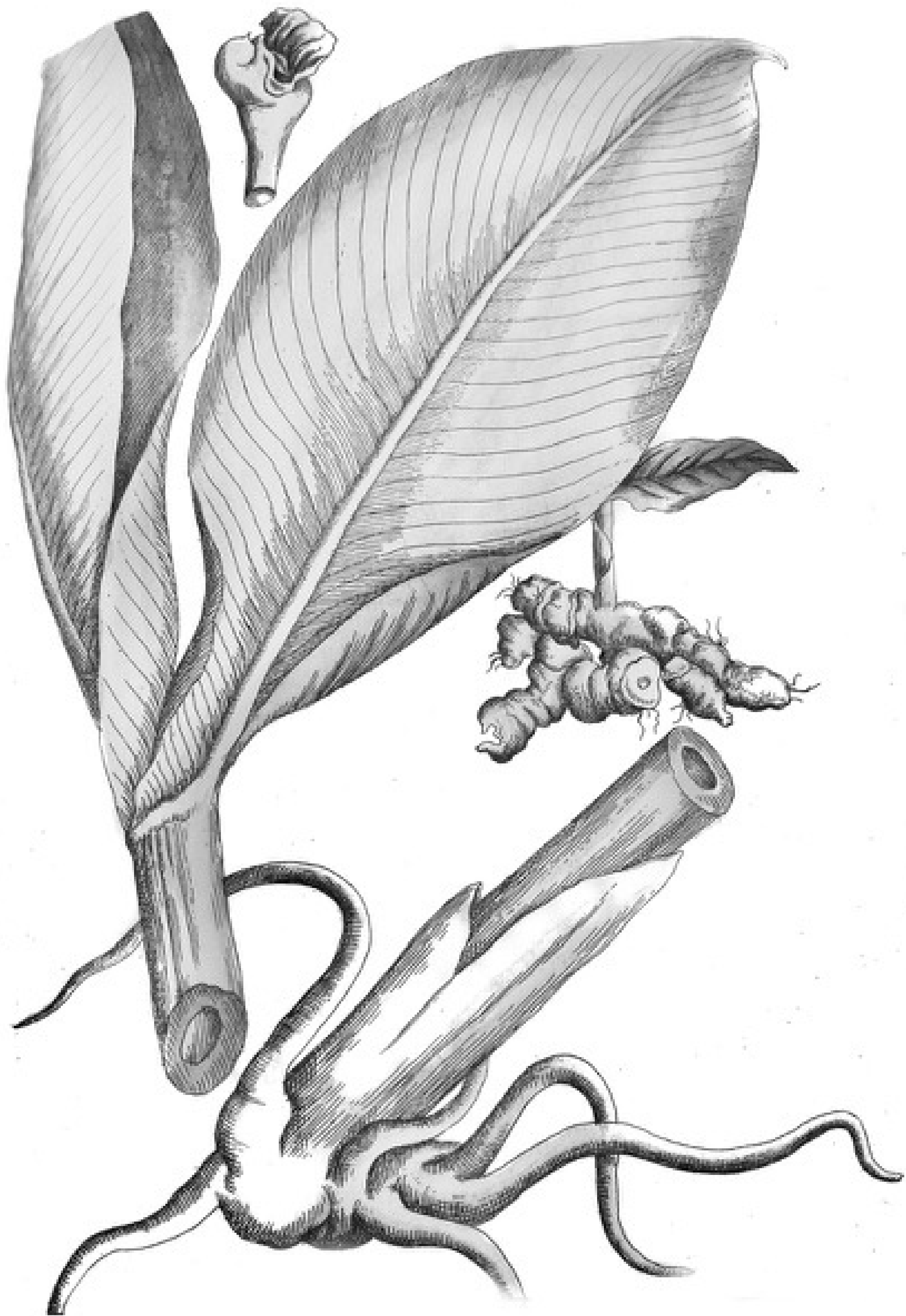
*Herbal* explains that the only part of Ginger used is the root. Ginger can be used to: cure and prevent colics, assist digestion, and help with recovering from stomach issues.

Image from: *Herbarium Blackwellianum*

Culpeper, N. (1981). *Culpeper's complete herbal, and English physician; wherein several hundred herbs, with a display of their medicinal and occult properties,... rules for compounding medicines ...forming a complete family dispensatory, and system of physic*. Harvey Sales.

Blackwell, E. (1765). *Herbarium Blackwellianum emendatum et auctum, id est, Elisabethae Blackwell Collectio stirpium. Centuria V. ultima*. (C. J. Trew, Ed.). Typis Christiani de Launoy heredis.

W.D. Jordan Library: Marian Webb Botanical Collection, Folio QK41 .B63 1765



Common Name: Dittany of Crete

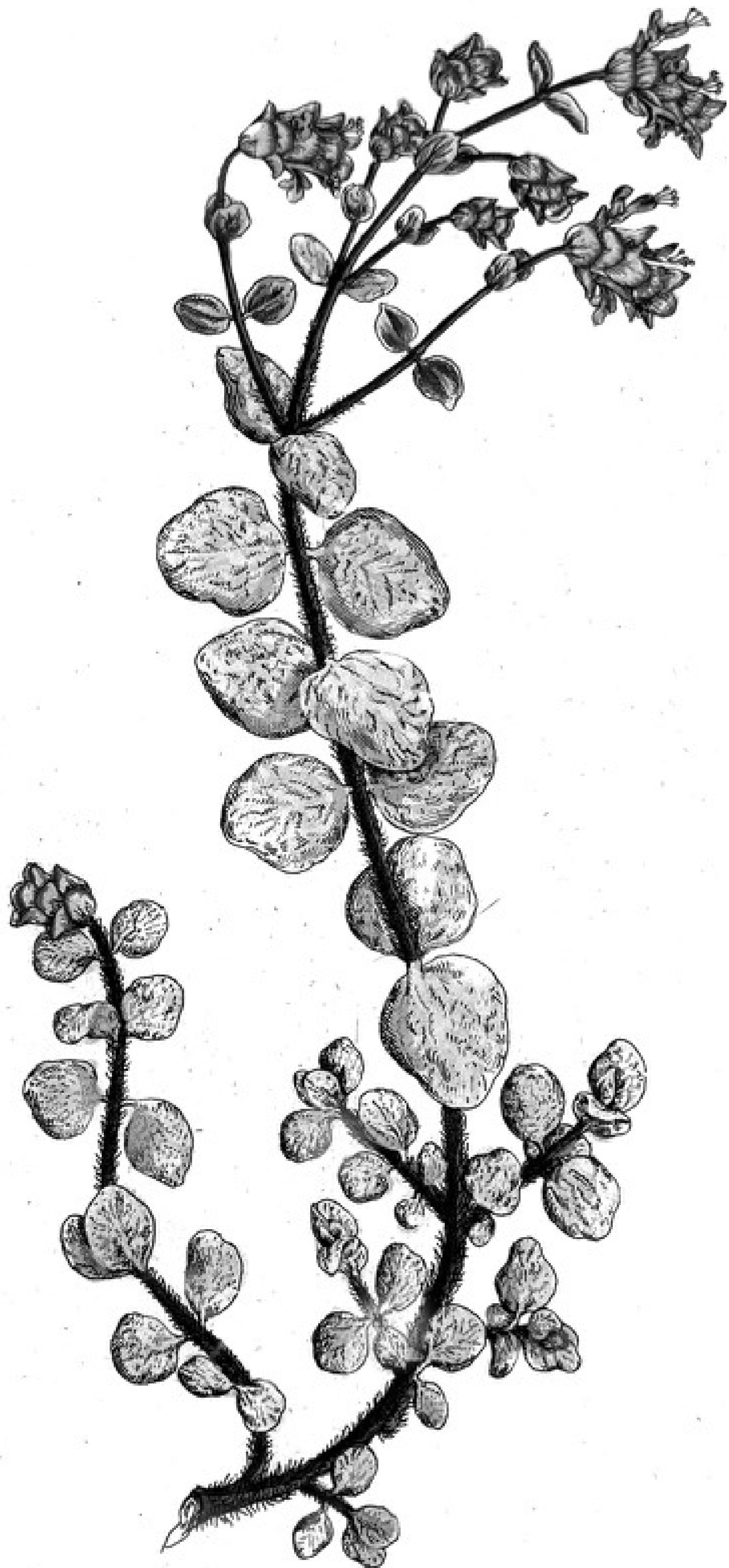
Scientific Name: *Origanum dictamnus*

Medical Properties: Through the form of herbal tea, Dittany of Crete can be used to calm: coughs, colds, and stomach/gut digestive issues. Bandages can be infused with the tea to soothe minor skin inflammations and bruises.

Image from: *Herbarium Blackwellianum*

European Medicines Agency . (2013, August 13). *Dittany of crete herb - european medicines agency*. Herbal medicine: summary for the public. Retrieved October 10, 2022, from [https://www.ema.europa.eu/en/documents/herbal-summary/dittany-crete-herb-summary-public\\_en.pdf](https://www.ema.europa.eu/en/documents/herbal-summary/dittany-crete-herb-summary-public_en.pdf)

Blackwell, E. (1765). *Herbarium Blackwellianum emendatum et auctum, id est, Elisabethae Blackwell Collectio stirpium. Centuria V. ultima*. (C. J. Trew, Ed.). Typis Christiani de Launoy heredis. W.D. Jordan Library: Marian Webb Botanical Collection, Folio QK41 .B63 1765





Common Name: Canadian Plum/Black Plum

Scientific Name: *Prunus Nigra*

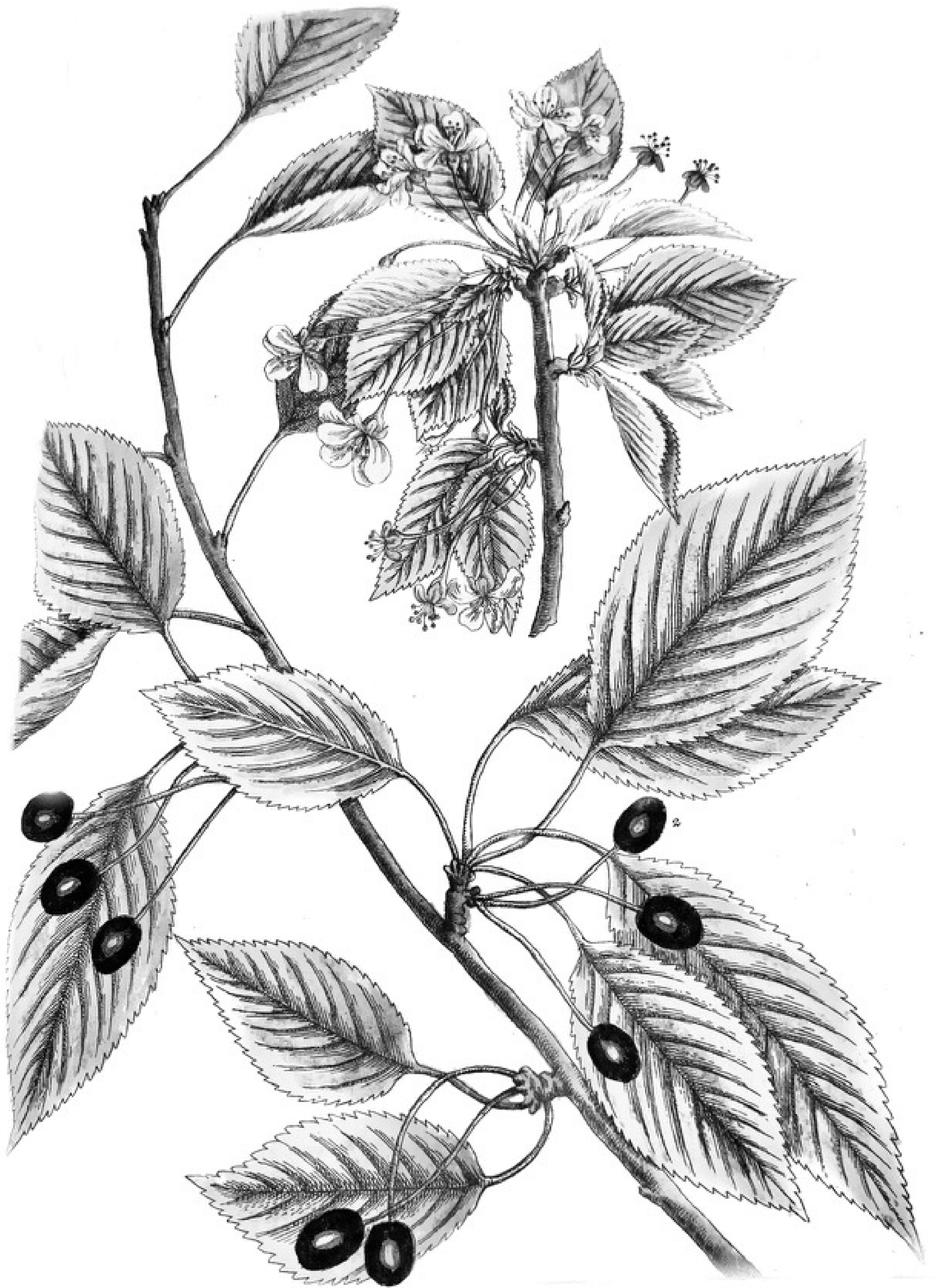
Medical Properties: Many of the same genus are poisonous due to the production of hydrogen cyanide. However, the infusion of the inner bark of the Canadian Plum can be used to treat colds and help settle the stomach when food will not digest.

Image from: *Herbarium Blackwellianum*

Practical Plants. (2013, May 4). *Prunus nigra (Canadian plum)*. Practical Plants. Retrieved October 10, 2022, from [https://practicalplants.org/wiki/prunus\\_nigra/](https://practicalplants.org/wiki/prunus_nigra/)

Blackwell, E. (1765). *Herbarium Blackwellianum emendatum et auctum, id est, Elisabethae Blackwell Collectio stirpium. Centuria V. ultima*. (C. J. Trew, Ed.). Typis Christiani de Launoy heredis.

W.D. Jordan Library: Marian Webb Botanical Collection, Folio QK41 .B63 1765



# Further Resources

Follow Queen's University library on  
Instagram **@queensulibrary**  
and W.D. Jordan Library **@jordan\_library**

W.D. Jordan Rare Books &  
Special Collections



Bracken Health  
Sciences Library



Queen's University Library



**Student Wellness Services (SWS)** offers a range of medical, mental health, accessibility and health promotion supports and programs for students at Queen's University. The SWS mission is to provide an integrated, welcoming, confidential, and equitable service that is responsive to the needs of students.

First floor, Mitchell Hall

Call 613-533-2506 Monday to Friday from 9:00am-4:00pm to book an appointment.

[wellness.services@queensu.ca](mailto:wellness.services@queensu.ca)

[www.queensu.ca/studentwellness](http://www.queensu.ca/studentwellness)

IG/TikTok @queensuniversitybewell



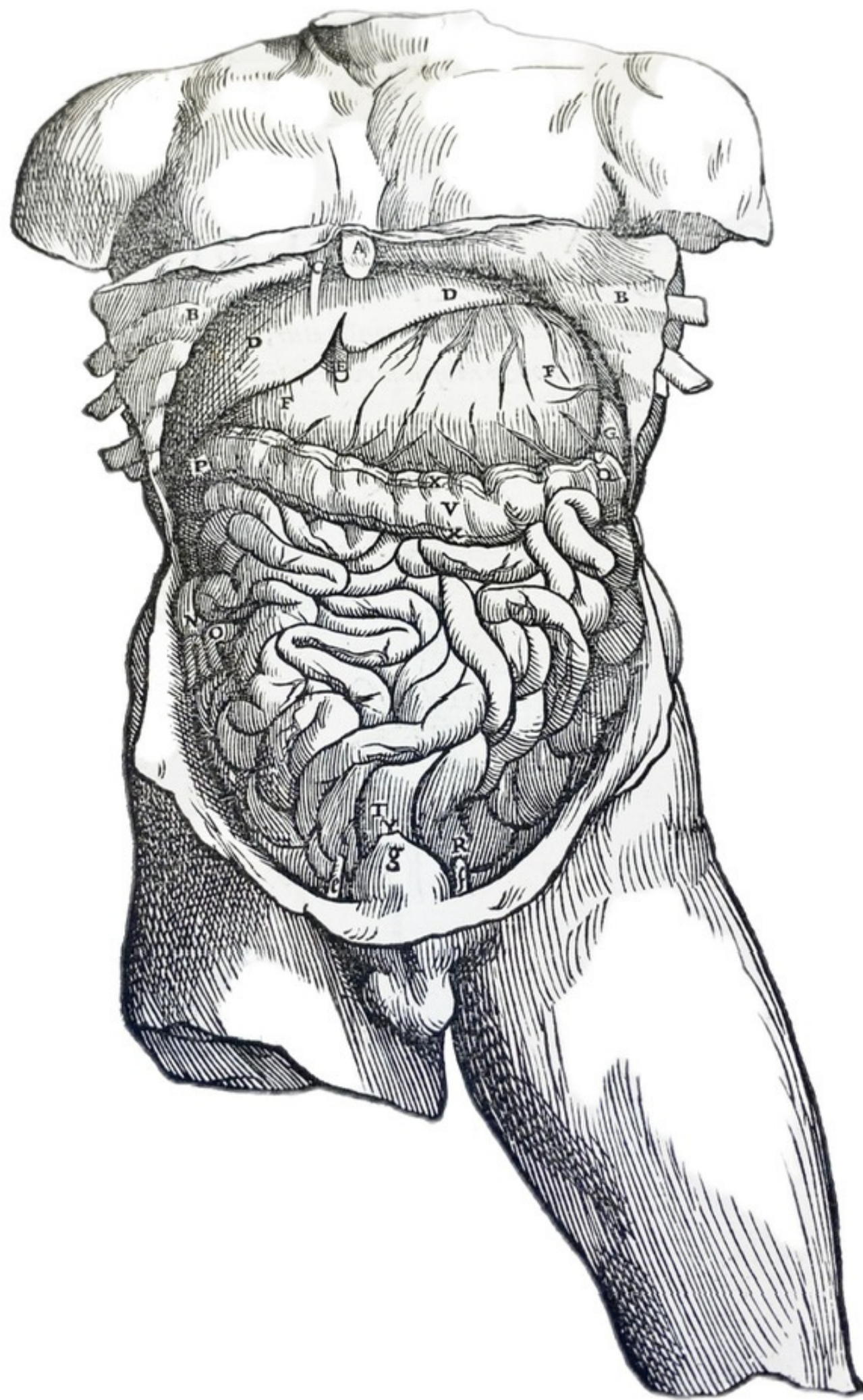
We hope that this  
Colouring Book serves as  
a helpful stress relief  
tool for you!



Colour the figures. Cut along the dotted lines with scissors. Fold along the line in the middle. Glue the paper together.

Create your very own bookmark!

Ol' Medical  
Colouring Book



Ol' Medical  
Colouring Book

