

Irish Country Furniture and Furnishings 1700-2000

Claudia Kinmonth

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Featured

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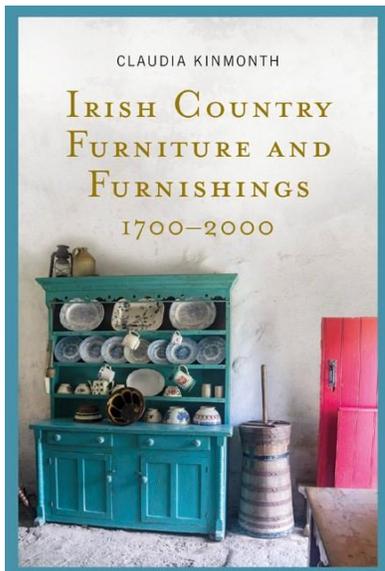
Cork

Key Selling Points

- This highly accessible text presents a broadly contextual cultural history of how the majority of Ireland's population used to live, underpinned by rigorous scholarship.
- The book spotlights the ingenuity of Irish designers, makers and householders, and is inspirational for those concerned about renewability, re-use, recycling and sustainability, which was innate in Ireland within living memory.
- The author's own fieldwork and resulting c.426 mainly colour photographs of authentic interiors since the 1980's, shows how uniquely colourful the Irish interior was, so is visually desirable.

Summary

This major illustrated study investigates farmhouse and cabin furniture from all over the island of Ireland. It discusses the origins and evolution of useful objects, what materials were used and why, and how furniture made for small spaces, often with renewable elements, was innate and expected. Encompassing three centuries, it illuminates a way of life that has almost vanished. It contributes as much to our knowledge of Ireland's cultural history as to its history of furniture. Lavishly illustrated with a mass of the author's own photographs, mostly in colour and many previously unpublished, it draws on several decades of fieldwork, underpinned by academic research. It looks at influences such as traditional architecture, shortage of timber, why and how furniture was painted, and the characteristics of designs made by a range of furniture makers. The incorporation of natural materials such as bog oak, turf, driftwood, straw, recycled tyres or packing cases is viewed in terms of use, and durability. Chapters individually examine stools, chairs and then settles in all their ingenious and multi-purpose forms. How dressers were authentically arranged, with displays varying minutely according to time and place, reveal how some had indoor coops to encourage hens to lay through winter. Some people ate communally or slept in outshot beds, in the coldest north-west, this is illustrated through art as well as surviving objects. Hanging cradles and falling tables are discussed. A chapter is devoted to the hearth and the shrine, another focuses on small furnishings, such as horn spoons, wooden drinking vessels, basketry, tin-ware, aluminium, coarse earthenware and spongeware pottery. This major illustrated study investigates farmhouse and cabin furniture from all over the island of Ireland. It discusses the origins and evolution of useful objects, what materials were used and why, and how furniture made for small spaces, often with renewable elements, was innate and expected. Encompassing three centuries, it illuminates a way of life that has almost vanished. It contributes as much to our knowledge of Ireland's cultural history as to its history of furniture. Lavishly illustrated with a mass of the author's own photographs, mostly in colour and many previously unpublished, it draws on several decades of fieldwork, underpinned by academic research. It looks at influences such as traditional architecture, shortage of timber, why and how furniture was painted, and the characteristics of designs made by a range of furniture makers. The incorporation of natural materials such as bog oak, turf, driftwood, straw, recycled tyres or packing cases is viewed in terms of use, and durability. Chapters individually



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Contributor Bio

Claudia Kinmonth is Research Curator (Domestic Life), Ulster Folk Museum and a Visiting Research Fellow, Moore Institute N.U.I. Galway

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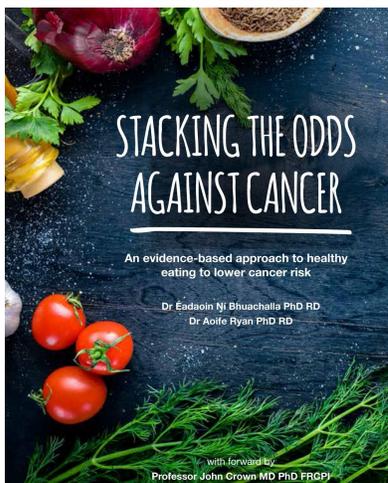
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The Cookbook that Stacks the Odds Against Cancer

Aoife Ryan, Eadaoin Ni Bhuachalla

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Summary

Cancer causes one in six deaths worldwide and has overtaken cardiovascular disease as the leading cause of death in many parts of the world. One in three of the world's most common cancers could be preventable through maintaining a healthy body weight, eating a healthy diet, reducing alcohol and keeping active. There are thousands of websites, books and blogs written about how to prevent cancer. Many of these are not evidence-based. This book is written by two academic registered dietitians who have taken the most recent evidence-based recommendations for cancer prevention and translated them into an easy to use cookbook with a large selection of delicious healthy meals suitable for all the family. This book has two parts. An introductory text (approx. 35 pages) where the authors explain in lay language the scientific evidence regarding diet and cancer. The authors describe the main cancer prevention recommendations from the global expert body on cancer prevention. The second part of the book is a series of recipes (130 in total): 12 soups, 31 light meals, 12 snacks, 58 main courses and 4 side dishes. All of these recipes meet the exact nutritional recommendations for cancer prevention. Cancer causes one in six deaths worldwide and has overtaken cardiovascular disease as the leading cause of death in many parts of the world. One in three of the world's most common cancers could be preventable through maintaining a healthy body weight, eating a healthy diet, reducing alcohol and keeping active. There are thousands of websites, books and blogs written about how to prevent cancer. Many of these are not evidence-based. This book is written by two academic registered dietitians who have taken the most recent evidence-based recommendations for cancer prevention and translated them into an easy to use cookbook with a large selection of delicious healthy meals suitable for all the family. This book has two parts. An introductory text (approx. 35 pages) where the authors explain in lay language the scientific evidence regarding diet and cancer. The authors describe the main cancer prevention recommendations from the global expert body on cancer prevention. The second part of the book is a series of recipes (130 in total): 12 soups, 31 light meals, 12 snacks, 58 main courses and 4 side dishes. All of these recipes meet the exact nutritional recommendations for cancer prevention.

Contributor Bio

Dr. Aoife Ryan graduated with an honours degree in Human Nutrition and Dietetics from Trinity College Dublin/Dublin Institute of Technology in 2000 and was the recipient of a Trinity College Gold Medal. She initially worked as a dietitian at St. James's Hospital for 8 years in the area of surgical oncology during which time she completed her PhD (2008) at Trinity College Dublin under the supervision of Prof John Reynolds on the topic of nutrition and upper gastrointestinal cancer. In 2008 she was appointed Assistant Professor of Nutrition & Dietetics at New York University. She returned to Ireland and joined the academic staff of UCC in 2011 where she is now a Senior Lecturer in Nutritional Sciences. Aoife is a CORU Registered Dietitian and also holds a Postgraduate Diploma in Teaching & Learning in Higher Education. Aoife runs an active research programme on nutrition and cancer at University College Cork. She has previously been awarded INDI Research Dietitian of the Year and the Julie Wallace Award from the Nutrition Society. Aoife has published many scientific journal articles and four cookbooks for cancer patients which have all been professionally endorsed and have received a number of awards.

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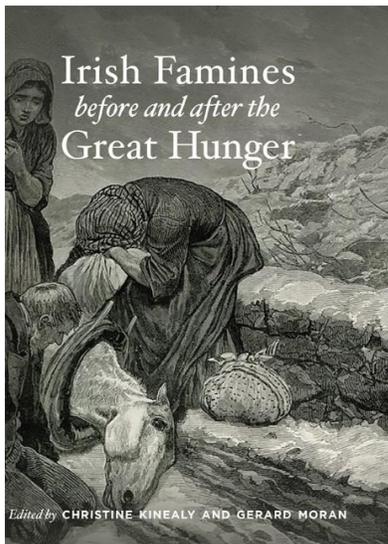
Dr. Éadaoin Ní Bhuachalla graduated with an honours degree in Human Nutrition and Dietetics from Dublin Institute of Technology/Trinity College Dublin in 2013. Following this, she joined Dr. Aoife Ryan's research team in University College Cork and Mercy University Hospital. There, her research and publications focused on the identification, impact and treatment of malnutrition in the oncology setting, as well as the role of nutrition in cancer prevention. Éadaoin has co-authored nutritional resources for patients suffering from cancer-induced weight loss that include high-protein, highcalorie recipes tailored to meet their nutritional needs. To date, 29 000 copies of these resources have been printed and distributed to 74 health care locations nationwide free of charge. In 2015, the 'Good Nutrition for Cancer Recovery' cookbook received an Irish Health Care Award for the Best Patient Lifestyle Education Initiative. Éadaoin was awarded her PhD in 2017 under the supervision of Dr. Aoife Ryan and Dr. Derek Power in University College Cork. In 2018, Éadaoin joined the Health Service Executive, where she now works as a Senior Primary Care Dietitian. She is a CORU Registered Dietitian.

Illustrations



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Irish Famines before and after the Great Hunger

Christine Kinealy, Gerard Moran

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Summary

The Great Hunger of 1845 to 1852 cast a long shadow over the subsequent history of Ireland and its diaspora. Since 1995, there has been a renewed interest in studying this event, not only by history scholars and students, but by archeologists, artists, musicians, scientists, folklorists, etc., all of which has added greatly to our understanding of this tragic event. The focus on the Great Hunger, however, has overshadowed other periods of famine and food shortages in Ireland and their impact on a society in which poverty, hunger, emigration and even excess mortality, were part of the life cycle and not unique to the 1840s. This publication re-examines some of the forgotten famines that not only shaped Ireland's history, but the histories of the many countries in which successive waves of emigrants chose to settle. The Great Hunger of 1845 to 1852 cast a long shadow over the subsequent history of Ireland and its diaspora. Since 1995, there has been a renewed interest in studying this event, not only by history scholars and students, but by archeologists, artists, musicians, scientists, folklorists, etc., all of which has added greatly to our understanding of this tragic event. The focus on the Great Hunger, however, has overshadowed other periods of famine and food shortages in Ireland and their impact on a society in which poverty, hunger, emigration and even excess mortality, were part of the life cycle and not unique to the 1840s. This publication re-examines some of the forgotten famines that not only shaped Ireland's history, but the histories of the many countries in which successive waves of emigrants chose to settle.

Contributor Bio

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MindYourSelf

REWRITING OUR STORIES

Education, empowerment,
and well-being



Dr Derek Gladwin
SERIES EDITOR: Dr Marie Murray

Rewriting Our Stories

Education, empowerment, and well-being

Derek Gladwin

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Summary

Rewriting Our Stories: Education, Empowerment, and Well-being harnesses the therapeutic power of storytelling to convert feelings of fear and powerlessness into affirmative life narratives. Rather than seeing fear as an outcome, we can view it as a feeling in the moment largely governed by narratives. Many of our fears are stories we tell ourselves, even if they are largely fictional and rooted in sociocultural belief systems. The result is that we often feel helpless in the face of those fears. This transformational book considers a potent antidote: by recognising our recurring negative stories, we can rewrite and transform them to achieve greater empowerment and well-being in our lives. Throughout human existence, no matter where our place of origin or when in history, storytelling shapes our societies, influencing personal, sociocultural, educational, and public discourses that impact how we live. Creating and communicating the language of stories – to ourselves and others – enhances our innate voices and can empower us to engage in greater empathy, compassion, and possibility. Intended for educators, leaders, therapists, mental health professionals, and youth organisations, as well as the general public, Derek Gladwin offers practical and positive tools for everyone to re-author their lives.

Rewriting Our Stories: Education, Empowerment, and Well-being harnesses the therapeutic power of storytelling to convert feelings of fear and powerlessness into affirmative life narratives. Rather than seeing fear as an outcome, we can view it as a feeling in the moment largely governed by narratives. Many of our fears are stories we tell ourselves, even if they are largely fictional and rooted in sociocultural belief systems. The result is that we often feel helpless in the face of those fears. This transformational book considers a potent antidote: by recognising our recurring negative stories, we can rewrite and transform them to achieve greater empowerment and well-being in our lives. Throughout human existence, no matter where our place of origin or when in history, storytelling shapes our societies, influencing personal, sociocultural, educational, and public discourses that impact how we live. Creating and communicating the language of stories – to ourselves and others – enhances our innate voices and can empower us to engage in greater empathy, compassion, and possibility. Intended for educators, leaders, therapists, mental health professionals, and youth organisations, as well as the general public, Derek Gladwin offers practical and positive tools for everyone to re-author their lives.

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Dr Derek Gladwin, Assistant Professor in Language & Literacy Education at University of British Columbia, has authored books on narrative, media, and eco-literacy, including *Contentious Terrains* and *Ecological Exile*. He also supports individuals and groups with narrative coaching.



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