



PRESS RELEASE

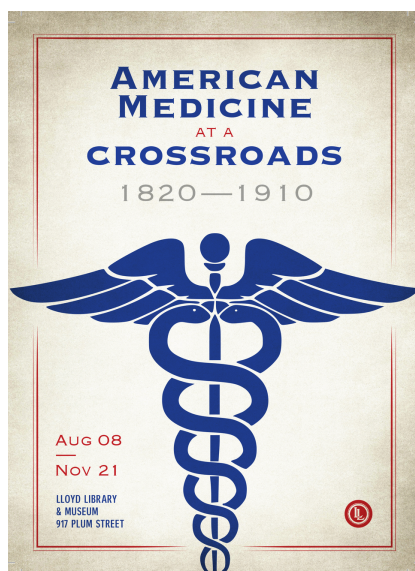
July 11, 2025

The Lloyd Library & Museum Presents: American Medicine at a Crossroads, 1820-1910

In early America, medicine was shaped more by observation and tradition than by scientific rigor. With no regulatory framework in place (landmark legislation like the Pure Food and Drug Act would not be enacted until 1906) medical education and the sale of remedies were largely unchecked. Drastic treatments such as bloodletting and purging remained widespread. By the mid-nineteenth century, Americans seeking care were as likely to consult a physician as they were a homeopathic healer, patent medicine-seller, or midwife.

Over time, more evidence-based, scientifically grounded practices began to take root, both within and outside the medical mainstream. Medical sects like Eclecticism, a Cincinnati-based movement, emerged to challenge orthodox practices and reshape the boundaries of medical authority.

Through rare books, medical and pharmaceutical implements, and more, the Lloyd's fall 2025 exhibition, *American Medicine at a Crossroads*, explores the evolution of American medicine from its early foundations to the transformative movements that helped usher in modern medical science. Don't miss the chance to explore this fascinating chapter in the history of healing—*American Medicine at a Crossroads, 1820-1910* is open August 8, 2025 through November 21, 2025.



OPENING RECEPTION

Friday, August 8, 5-7 p.m.
Lloyd Library & Museum
Free and open to the public
Light refreshments

Join us in celebrating the opening of *American Medicine at a Crossroads*! This compelling exhibition explores the complex and often contradictory world of early American medicine—a time when science had yet to take hold and medical practice was driven largely by observation, tradition, and personal belief.

The exhibition traces the transformation of American healthcare from its rudimentary beginnings to the rise of more scientific and evidence-based approaches. It also highlights the contributions of movements like Eclectic medicine, which challenged the authority of the mainstream medical establishment and helped set the stage for modern medical science.

PROGRAMS

Discover how centuries-old herbal wisdom is shaping the future of medicine in ***Nature's Pharmacy: Exploring the Science Behind Traditional Herbal Medicine***.

Dr. Mladen Golubić reveals how natural remedies are being validated by rigorous laboratory and clinical investigation and sheds light on the challenges facing the field, including the need for quality control, standardization, and the preservation of traditional knowledge. Whether you're a health professional, herbal enthusiast, or simply curious about the healing power of nature, this presentation offers a fascinating look at the science behind herbal medicine and why it matters more than ever.

Wednesday, August 13, 7-8 p.m.

In-Person Program at the Lloyd Library & Museum

Registration Required

Dr. Mladen Golubić is the Distinguished Professor and Medical Director at the Osher Center for Integrative Health and Family and Community Medicine at the University of Cincinnati. A graduate of the University of Zagreb School of Medicine, where he also earned his PhD following post-doctoral research at the Max-Planck Institute in Germany, Dr. Golubić is board-certified in Internal Medicine and Lifestyle Medicine and is a Fellow of the American College of Lifestyle Medicine.




University of
CINCINNATI
OSHER CENTER FOR
INTEGRATIVE HEALTH

Join us for an incredible three-part virtual program series featuring John S. Haller, Jr!

The Eclectics, September 24, 7-8 p.m.

The Thomsonians, October 22, 7-8 p.m.

The Homeopaths, November 19, 7-8 p.m.

Registration Required



This series explores three distinct 19th-century alternative medical systems that shaped American health practices: **Eclectic Medicine**, which rejected harsh conventional treatments in favor of plant-based remedies tailored to individual needs; **Thomsonianism**, which promoted herbal healing, body heat regulation, and a pioneering franchised business model; and **Homeopathy**, which emphasized the principles of “like cures like” and extreme dilution. Through these movements, Haller analyzes the growing pains of American medicine, the conflicts between old and new practices, and traces how they led to resolution or enduring stalemate within the evolving medical landscape.

Dr. John S. Haller, Jr., emeritus professor of medical humanities and the history of ideas, has authored more than thirty books on subjects ranging from race and sexuality, to medicine, pharmacy, biography, religion, spirituality, war, and philosophy. He is a former editor of *Caduceus* and served as vice president for academic affairs for twenty years at Southern Illinois University.

PROGRAMS

Medical Botany is an engaging and informative presentation that explores the powerful role of plants and plant-derived compounds in medicine. This session delves into how plants have been used across cultures and throughout history to both heal and harm, examining the complex ways in which plant-based compounds affect the human body. You'll learn about the chemistry behind these natural substances and the biological mechanisms through which they produce their effects, whether therapeutic or toxic. Theresa Culley will highlight examples of both beneficial and poisonous compounds, drawing from Western medicine as well as traditional healing systems from around the world. Whether you're interested in natural remedies, pharmaceutical development, or the intersection of science and culture, this presentation will offer valuable insights into the connection between plants and health.

Wednesday, October 8, 7-8 p.m.

In-Person Program at the Lloyd Library & Museum

Registration Required



Theresa Culley is a plant biologist at the University of Cincinnati where she teaches a popular undergraduate course on Medical Botany. While an expert on both invasive plants and rare endangered plants, Theresa is also mesmerized by the relatively understudied world of fungi and the immense role they have in our society today.



Step into the calm and quiet of Burnet Woods for a transformative **Forest Immersion** experience.

Inspired by the Japanese practice of shinrin-yoku ("forest bathing"), this gentle, sensory-based walk invites participants to slow down, reconnect with nature, and experience its profound benefits for mind and body. Barbara Walker, PhD, Director of the Osher Center's Nature as Medicine Program, a certified Forest Therapy Guide, will introduce simple yet powerful techniques to deepen your connection with the natural world. No special equipment or experience is needed—just an open mind, comfortable shoes, and a willingness to be present.

Saturday, October 25, 10 a.m.-12:30 p.m.

Registration Required

Dr. Barbara Walker is an Integrative Health and Performance Psychologist at the University of Cincinnati College of Medicine, where she also teaches in the Departments of Psychiatry and Psychology. She specializes in mind-body techniques, lifestyle medicine, and high-performance strategies, and directs the Nature as Medicine Program. A former competitive athlete and national speaker, she consults with athletes, executives, and healthcare professionals to enhance performance, resilience, and well-being.



Located at 917 Plum St. in Cincinnati, Ohio, the Lloyd is open 9 a.m.-4 p.m. Monday through Friday and the third Saturday of the month. For more information or to schedule a visit, contact the Library at (513) 721-3707 or email contact@lloydlibrary.org or visit LloydLibrary.org.

