## Boise State University **ScholarWorks**

The Idea of Nature Public Lecture Series

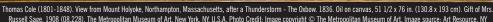
**Interdisciplinary Explorations** 

3-15-2012

### Henry David Thoreau and Health in Nature (Flyer)

James Engell Harvard University





# Interdisciplinary **Explorations**

# The Idea of Nature

PUBLIC LECTURE SERIES
SPRING 2012

### Thursday, March 15, 2012 · 6-7 PM

FREE and Open to Public • Boise State Student Union Building, Simplot Ballroom A-B Reception following with cash bar and appetizers

Tickets for the receptions are limited: please contact Dr. Harvey at **samanthaharvey@boisestate.edu** or go to **www.boisestate.edu/research/ahi** for more information.



#### **Henry David Thoreau and Health in Nature**

**James Engell** 

Gurney Professor of English, Harvard University

As if he had always been looking to the future, Thoreau's idea of health remains astonishingly relevant. He senses the danger of environmentally-linked and environmentally-caused illness. He promotes wellness of body, mind, and spirit together, which achieves harmony with nature through diet, exercise, sensory

contact, and ethical self-reflection. The idea of human health in relation to nature informs all that he wrote and appears repeatedly for two decades throughout his Journal. Yet, he doesn't devote a whole book, single chapter, or complete essay to it exclusively, perhaps because health and nature connect to so many other concerns. Instead, health linked to nature permeates his entire experience as a form of personal ecology.

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