

Museum Object: Item Number -
GLAHA:18137



Mental Health and Well Being

What does 'mental health and wellbeing' mean to you?

What are some things we use and do to stay mentally healthy?

Look at this picture can you describe what you see?

People? Things? Colour? What type of place is this?

What do you think is happening?

What do you think could be the title of the picture?

What does this scene make you think or feel?

The records we keep about museum objects and artworks tell us a lot about them.
Search the item number [GLAHA:18137](#) to see this one and try to complete the search tasks below.



Search Task: Can you find who created this object? ...Hint: look for "production person"

Search Task: What artist's work inspired this composition? ...Hint: look for "Masque of Queenes"

Now, let's look at our answers...

Look at this picture, what do you see?

This is an ink print; the artist achieved this soft grainy textured look by using a soft ground etching method. Within the print there are two people. Both are dressed in long flowing clothes, one with a hood over her head. The hooded figure in the centre and is kneeling on the ground, seemingly doing something with her hands. She seems to be digging. The people are in an outdoor location but there are few details to say what kind of place. Large rocks or boulders on either side are the only clear features. There is no bright colour – only shades of grey and black, like a pencil drawing.

What do you think is happening?

This print shows a witch digging up a Mandrake root, while a young female companion collapses in horror. Because mandrake roots look a bit like a human, legend has it that the mandrake would scream when it was pulled from the ground, killing anyone who heard it. In the legend, the human shaped root would shriek or give off a deadly gas when being dug up.



Photo credit: recipes.hypotheses.org

What is the title of the picture?

This print was originally titled 'Witch Digging up a Corpse' but was renamed. Its title now is: 'The Mandrake: A Charm' and is one of two compositions inspired by Ben Johnson's 'Masque of Queenes'.

What does this scene make you think or feel?

There's no right or wrong to what it makes you think of or how it makes you feel. Whatever you said was right!

Maybe you've heard of Mandrakes before? Mandrakes are a type of plant in the "deadly nightshade" family- a type of plant very poisonous to humans. If eaten they can cause hallucinations, which is when you think you see something but it's just your mind playing tricks on you – this, and its strange shape are probably what led to myths about its magic properties.

Watch Task: View a clip of the imagined Mandrakes you might already be familiar with – how close is this to reality?



Photo credit: pinterest.com, line.17qq.com, arleyberryhill.blogspot.com

Mental Health and Well Being

Mental health and wellbeing are about how we handle stress and manage our thoughts, emotions, and behaviours. In other words, how we think, feel and act.



Medicine is regularly used to treat physical and mental illness; when we don't feel our best it can help get us healthy.

Just as medicine keeps our body and mind healthy, using harmful substances makes us sick.

What are some harmful substances to stay away from?



Keeping up with your mental health is just as important as making sure you are physically healthy!

For some this means taking more time to focus on yourself and to practice self-care and using positive coping skills – for others this means talking with a doctor to decide if medication is right for you.

The Magical Mandrake: Fact and Myth



Photo credit: alamy.com, allenqinsberg.org, pinterest.com, pixels.com

Test everything you've learned with a fun quiz!