

Museum Object: Item Number -
GLAHM:151081/1



Mental Health and Well Being

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

Do you think mental health is related at all to money?

Could people who have a lot of money have better mental health? Why or why not?

Who do you think this object is?

What do you think this object is used for?

Have you seen something similar or used one yourself?

Who do you think owned this object?

The records we keep about museum objects will answer some of these questions. Search the item number [GLAHM:151081/1](#) to see one. It will help you answer these questions:

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

Search Task: Can you find who owned this object?

Now, let's see if you were right!

What do you think this object is?

This is a small paper book called a Chequebook. This one is from the 1860's. Chequebooks came before bankcards and were used to make monetary transactions. If someone had money in a bank account, they used a chequebook to pay for things without having to go into the bank and handle the real money every time. It's a bit like an "I Owe You" note as the person receiving the cheque will get the money from the bank later.

Search Task: Did you notice that this cheque was issued by the Bank of Scotland? Can you search and find the updated Bank of Scotland logo?

What do you think this object is used for?

As it states in the small writing on the blue paper, all the person had to do was write on the cheque who they were paying the money to, and the amount they wanted to pay. They then had to make sure they signed it. They would give the completed cheque to whoever they were paying and that person then puts the cheque into their bank. The banks would then arrange a transfer from one account to the other.

Have you seen something similar or used one yourself?

Chequebooks were first introduced in 1659. Bank cards were introduced in 1967, and then internet banking/apple pay was introduced in 2011. Believe it or not, some people still use cheques today in 2021.

How can you tell if a cheque is real or fake?

You can tell if a cheque is real by seeing if it has a special embossed stamp on it, which is a place on the paper where you can feel the bank has marked it as real. If you were to touch this cheque, you would be able to feel the marking! This chequebook's embossed part looks like this



Search Task: The Hunterian holds an old machine used for writing cheques. Can you find what it was called? Put the words *cheque writer* in the [description box](#) to find it

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.



If you had an unlimited amount of money, what is something you would buy that would encourage positive mental health?



What is something that costs nothing and encourages positive mental health?



Keeping up with your mental health is just as important as making sure you are physically healthy; remember, this can be as expensive or inexpensive as you want!

Who do you think owned this object?

This particular Chequebook belonged to a man known as Lord Kelvin. Before gaining the title of Lord Kelvin, his name was simply William Thompson. Although he grew up in Belfast, he studied and later taught at University of Glasgow and became well known for the development of what we now call physics. He invented the Kelvin temperature scale, which introduced the idea of an absolute zero temperature. This was very important for helping us get to where we are today with our knowledge of temperature. He was also very important in helping develop communications using electricity, something we take for granted today.



Think Task: What do you think Lord Kelvin would have been buying with his money?

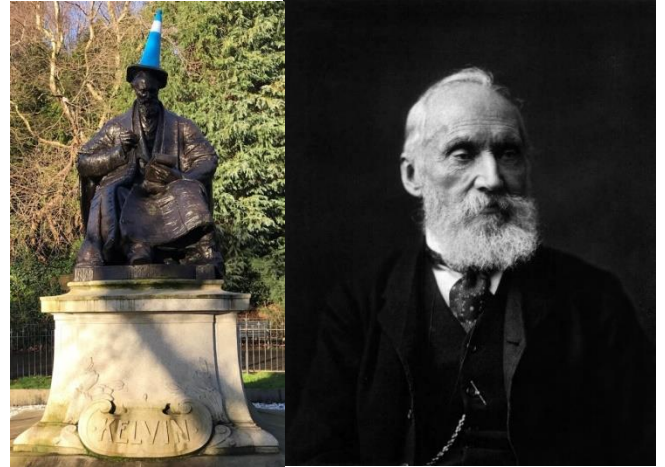


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The History of Money - Learn and Practice here!



Test everything you've learned with a fun quiz!