



Library News

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Library Now Available in Populi

The NWSC Library catalog and other library resources are now available in Populi. The link to the Library appears on the very top menu bar on the left side of the Populi page. The link does not appear in the main menu bar, where “My Courses,” “Academics,” etc., are located. (See screenshot). Once you are on the Library home page, the catalog link appears

as the first tab. Our catalog, like most library catalogs, is searchable by author, title, subject, call number, and barcode number, as well as “all fields” which is used in a keyword search. The results will indicate the call number and availability of the item. Remember that when you are searching our catalog in Populi, you are searching what we have in our own library, not what is

available in other libraries, or on the Internet.

The third tab on the Library home page is the “Links” tab. When you click on this Links tab, you will have access to the “Open Access and Useful Web Sites” link which leads you to sites such as *Medline* and *PubMed Central*, where you can find health information. The “Useful Web Sites” link will lead you to many sites with health information, organized by subject or by demographic group.

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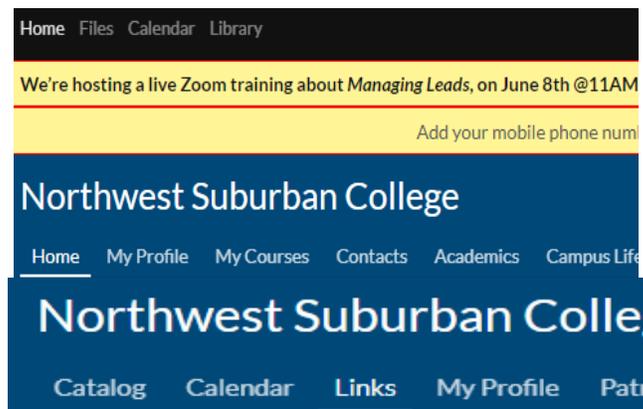
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Librarian contact:
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Library tab appears in top menu bar (in black)

Links tab opens up other Library resources

Library Resources

Library Information

This link provides basic information about the library

[Open Access Databases and Useful Web Sites](#)

The National Institutes of Health publishes a monthly newsletter with timely topics. Click [here](#) for the latest issue

Whole Person Health

In its desire to “integrate” complementary methods of improving health with conventional therapies, the National Center for Complementary and Integrative Health has developed a [2021-2025 strategic plan](#) that focuses on “Whole Person Health.” As more research on health issues, especially public health issues, is done, it is obvious that the health of each individual involves a complex web of biological, behavioral, social, and

environmental factors.

Our health and well being of course, involves our genes and our behaviors, such as what we eat, how we exercise, and how much sleep we get. But it involves many more factors, such as where we grew up and where we live and work.. How we handle stress is also an important factor and if not managed properly, can contribute to chronic disease. As part of the “Whole Person Health” program, studies will be done which will consider social, en-

vironmental, as well as behavioral and biological factors in the health choices we make and how these choices affect our health. The role of complementary interventions in health status, and recovery from illness will be studied. Improvements in educating the public in the effectiveness of complementary therapies in improving health will be addressed, Click [here](#) for a more detailed description of this program.

Health Check Tools

Do you know your ideal body mass index, or BMI? How much calcium should you be consuming, and are you getting enough from your diet? What is your optimal heart rate during exercise?

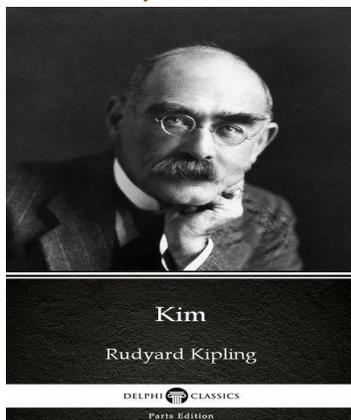
You can discover these important health facts by using the Health Check Tools available through the [MedlinePlus](#) site.

This site provides an alphabetical checklist of various tools you can use to monitor key health factors. You can use information from this site to determine if you are in the healthy range of certain health factors such as diet, if you should change some habits or behaviors, and if you should seek medical advice from a professional.

Saved by the Book (Literally)

A remarkable story appeared in a recent issue of the *Library of Congress Magazine*. A French soldier kept a copy of Rudyard Kipling's novel, *Kim*, in his breast pocket when he entered the fighting at the Battle of Verdun in World War I. He awakened on the battlefield to find that he had been protected from a gun shot by the book, which had been shot through. The book had saved him from a shot to the heart. This soldier, Maurice Hammonneau, was awarded the Croix de Guerre for his bravery. When Maurice learned that Rudyard Kipling had lost his son, John, in the war, he sent both the damaged copy of *Kim*, as well as his war medal, to the author. Kipling wrote back and the two remained friends through their corre-

spondence. Kipling told Maurice that if he ever had a son, he would return both the book and the medal to Maurice. Maurice did have a son and named him Jean, after Kipling's deceased son, and Kipling returned the book and the medal to Maurice. The book and the original letters exchanged between Kipling and Maurice are now part of the Rare Books and Special Collections Division at the Library of Congress in Washington, D.C. You can read the full story [here](#).



The Covid Record

Beginning in 2000, the Library of Congress began archiving web information on important topics and/or events. Needless to say, the Library has created an archive of information on COVID-19. The site currently includes over 450 web archives in English and over twenty other languages. The collection is wide ranging, representing perspectives of government, business and trade, health, education, and culture. The purpose, of course, is to preserve the record of the impact of COVID-19 on all aspects of life. New sites and information continue to be added as these become available. Click this link: [Coronavirus Web Archive](#), in order to access these resources.



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