

Department of English & Writing Studies

English 3349G and ARTHUM 3392G

Restoration and Eighteenth-Century Literature: Poetry and Well Being

Winter 2024

Course Description

This course explores the connection between poetry and well-being, human flourishing, and the exercise of the spirit. How do people write and read poetry to expand, calm, or buoy their spirits? We will look closely at poems that work on us, and attempt to explain how poetry become a privileged literary form for these feelings and feelings all kinds. Today we would call it mental health, but we will be reading and interpreting the idea of well being from the past and therefore will study the history of wellness, its challenges, and models for spirit unfamiliar to our own. We will compare some of these 17th and 18th poets to more contemporary poets.

Objectives:

By the end of the course, successful students will be able to:

- interpret literary texts and practice close reading at a more advanced level
- written analysis of texts with attention to argumentation at an upper level
- incorporate some secondary sources into your writing
- prepare and deliver a researched and coherent presentation of text(s)

Guidelines for tests and assignments will be provided and will be discussed in class.

Course Materials

Required: Custom Coursebook available at the Western Bookstore.

Bring the coursebook, your own notebook, pen or pencil to every class for writing and reflection.

***No laptops or other devices in class. ***

Schedule

Jan 8 and 10

Pema Chodron, *How to Meditate* Chapter 4 "Breath" and Chapter 5 "Attitude." Boulder: Sounds True, 2013. Pp 37-45.

Henry Vaughan, "The Retreat," "The Dwelling Place," and "The Night" in *Seventeenth-Century British Poetry, 1603-1660*, edited by John Rumrich and Gregory Chaplin. NY: Norton, 2006. pp 595-596, 609-611

Jan 15 and 17

Saint John of the Cross, "O Living Flame of Love" in *The Poems of Saint John of the Cross*, trans. Willis Barnstone, NY: New Directions, 1972. Pp 56-57

Pierre Hadot, "Spiritual Exercises" in *Philosophy as a Way of Life*, edited by Arnold Davidson, trans. Michael Chase. Oxford: Blackwell, 1995. Pp 81-109

Jan 22 and 24

Aristotle, *How to Flourish: Selections from the Nichomachean Ethics*, trans. Susan Sauvé Meyer. Princeton: Princeton UP, 2023. Pp. 249-273

Andrew Marvell, "The Garden," in *Seventeenth-Century British Poetry, 1603-1660*, edited by John Rumrich and Gregory Chaplin. NY: Norton, 2006. pp 553-555

(OPTIONAL) *Hermetica*, trans Brian Copenhaver. Cambridge UP, 1992. Pp 37-42.

Louise Glück, "Blue Rotunda" in *Averno* NY: Farrar, Straus, Giroux 2006. Pp 53-57

Louise Glück, "The Red Poppy" poets.org

Jan 29 and 31

Anne Finch, "The Spleen" UVA Open Anthology

Ross Gay, "Weeping" in *The Poem is You: 60 Contemporary American Poems and How to Read Them*, edited by Stephanie Burt. Cambridge, MA: Harvard UP, 2016. Pp 362-369.

Feb 5 and 7

In Class Essay Test Feb 7

Shakespeare, Sonnets 144-147 in *The Oxford Shakespeare: The Complete Sonnets and Poems*. Oxford UP, 2002. Pp 669-675

Feb 12 and 14

Essay Test Return and Discuss Revisions

Chinese poems:

"Cooing and Wooing." *Book of Poetry : Book of songs*(诗经·风). Translated by Xu Yuanchong[许渊冲], 中译出版社[China Translation & Publishing House], 2021, pp.2-4. (total pages 339)

Du, Fu. "a Moonlit Night." *300 Tang Poems* (唐诗三百首), Translated by Xu Yuanchong[许渊冲], Zhonghua Book Company[中华书局], 2018, p.74. (total pages 336)

Su, Shi. "Riverside Town." *300 Song Lyrics* (宋词三百首). Translated by Xu Yuanchong[许渊冲], China Translation & Publishing House[中译出版社],2017, pp. 202-203.

Li, Qingzhao. "Slow, Slow Tune." *300 Song Lyrics* (宋词三百首) Translated by Xu Yuanchong[许渊冲], China Translation & Publishing House[中译出版社],2017, p.403.

Feb 17-25 Study Break

Feb 26 and 28

John Milton, "Il Penseroso," in *Seventeenth-Century Poetry: An Annotated Anthology*, edited by Robert Cummings. Oxford: Blackwell, 2000. Pp 268-273.

William Sieghart, from *The Poetry Pharmacy* NY: Particular Books/Penguin, 2018. Pp xviii-xix, 2-3, 30-33

Revised Essay Due Sat. March 2. Submit to OWL assignment box by 11:55 pm.

Mar 4 and 6

Hafiz, *The Gift: Poems by Hafiz*. Trans. Daniel Ladinsky NY: Penguin 1999. pp 94-107

The Teachings of Hafiz, trans Gertrude Lowthian Bell. London: Octagon Press, 1972. Pp 95-98, 108-109

Mar 11 and 13

Katherine Philips, "A Country Life," "Submission" in *The Collected Works of Katherine Philips, The Matchless Orinda*, edited by Patrick Thomas. Stump Cross: Stump Cross Books, 1990. Pp 159-162, 178-181

Alice Notley, "Voice" in *Coming After: Essays on Poetry* Ann Arbor: University of Michigan, 2005. Pp 147-157

Mar 18 and 20

Anne Finch, "Ardelia to Melancholy" "The Bird," "The Tree," "Petition for an Absolute Retreat" in *The Cambridge Edition of the Works of Anne Finch*, edited by Jennifer Keith and Claudia Thomas Kairoff. Vol 1 Cambridge UP, 2019. ISBN 978-1-107-06860-5 pp 51-54, pp 56-57, pp 315-325

Mary Whateley Darwall, "The Pleasures of Contemplation" in *British Women Poets of the Long Eighteenth Century*, edited by Paula Backscheider and Catherine Ingrassia. Baltimore: Johns Hopkins UP, 2009, pp 345-348

Mar 25 and 27

Jonathan Culler, "Why Lyric?" *PMLA*, Vol. 123, No. 1 (Jan., 2008), pp. 201-206

Alice Oswald, "A Short Story of Falling," "Flies," and "Vertigo" in *Falling Awake* London: Penguin Random House, 2016. p 1, p 4, pp 22-23 (total pages 81)

April 1 and 3

James Thomson, "Winter" <https://www.poetryfoundation.org/poems/45406/the-seasons-winter>

April 8

Conclusions

Teaching Revision due April 8 by midnight. Submit to OWL assignment box.

Methods of Evaluation

The grade for the course will be arrived at as follows:

In-class essay test 25%

Revision and expansion of test question into essay 5-7 pages 25%

Group Teach part of a class (20-30 minutes) 15% for oral presentation

Teaching revision: analysis in research contexts, and reflection 8-10 pages 35%

Students are fully responsible for looking at and being familiar with the information posted on the department website at <http://www.uwo.ca/english/undergraduate/Student%20Information.html>.

Attendance

Missing more than 4 classes in a term without accommodation is quite a lot and will negatively affect your grade for the course.

General Policy: Attendance is mandatory in all classes and tutorials. In cases of excessive absenteeism (e.g. more than 9 unexcused hours for a half course, 18 for a full course), which are not accounted for by either academic consideration or accommodation, students may be debarred from taking the final examination, and will receive an official warning to this effect by or before the course drop date (see Senate policy). In classes with or without final exams, students who do not attend class will receive 0% for course participation grades. Unless other policies dictate a different set of penalties in specific English and Writing Studies programs, this will apply to all department programs.

Accommodation Policies

Accommodation for Students with Disabilities:

Students with disabilities work with Accessible Education (formerly SSD) which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The accommodation policy can be found here: [Academic Accommodation for Students with Disabilities](#).

Accommodation for Students on Medical Grounds:

Students seeking academic accommodation on medical grounds for any missed tests, exams, participation components and/or assignments worth (either alone or in combination) 10% or more of their final grade must apply to the Academic Counselling office of their home Faculty and provide documentation. Academic accommodation cannot be granted by the instructor or department.

Documentation shall be submitted, as soon as possible, to the Office of the Dean of the student's Faculty of registration, together with a request for relief specifying the nature of the accommodation being requested. The Student Medical Certificate (SMC) can be found at https://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf.

The full policy is set out here:

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_medical.pdf.

Religious Accommodation:

Students should consult the University's list of recognized religious holidays, and should give reasonable notice in writing, prior to the holiday, to the Instructor and an Academic Counsellor if their course requirements will be affected by a religious observance. Additional information is given in the [Western Multicultural Calendar](#).

Academic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

Plagiarism:

Students must write their essays and assignments in their own words. Whenever students take an idea or passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence.

Plagiarism Checking:

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com <http://www.turnitin.com>.

All instances of plagiarism will be reported to the Chair of Undergraduate Studies. Proven cases of plagiarism will result in a grade of zero for the assignment. Subsequent offences will result in failure for the course.

Statement on Gender-Based and Sexual Violence

Western is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced gender-based or sexual violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts, [here](#). To connect with a case manager or set up an appointment, please contact support@uwo.ca.

Support Services

Registrarial Services <http://www.registrar.uwo.ca>

Student Support Services <https://student.uwo.ca/psp/heprdweb/?cmd=login>

Services provided by the USC <http://westernusc.ca/services/>

Academic Support & Engagement <http://www.sdc.uwo.ca/>

Students who are in emotional/mental distress should refer to MentalHealth@Western:
<http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.