

# Sex Diet And Debility In Jacksonian America Sylvester Graham And Health Reform

**The Oxford Encyclopedia of Food and Drink in America** - Andrew Smith 2013-01-31

Home cooks and gourmets, chefs and restaurateurs, epicures, and simple food lovers of all stripes will delight in this smorgasbord of the history and culture of food and drink. Professor of Culinary History Andrew Smith and nearly 200 authors bring together in 770 entries the scholarship on wide-ranging topics from airline and funeral food to fad diets and fast food; drinks like lemonade, Kool-Aid, and Tang; foodstuffs like Jell-O, Twinkies, and Spam; and Dagwood, hoagie, and Sloppy Joe sandwiches.

Horace Greeley - James M. Lundberg 2019-11-19

Tracing Greeley's twists and turns, this book tells a larger story about print, politics, and the failures of American nationalism in the nineteenth century.

*History of Macrobiotics (1715-2017)* - William Shurtleff; Akiko Aoyagi 2017-09-30

The world's most comprehensive, well documented. and well illustrated book on this subject. With extensive subject and geographical index. 345 photographs and illustrations - mostly color. Free of charge in digital format on Google Books.

**Gut Feeling and Digestive Health in Nineteenth-Century Literature, History and Culture** - Manon Mathias 2018-11-17

This book considers the historical and cultural origins of the gut-brain relationship now evidenced in numerous scientific research fields. Bringing together eleven scholars with wide interdisciplinary expertise, the volume examines literal and metaphorical digestion in different spheres of nineteenth-century life. Digestive health is examined in three sections in relation to science, politics and literature during the period, focusing on Northern America, Europe and Australia. Using diverse methodologies, the essays demonstrate that the long nineteenth century was an important moment in the Western understanding and perception of the gastroenterological system and its relation to the mind in the sense of cognition, mental wellbeing, and the emotions. This collection explores how medical breakthroughs are often historically preceded by intuitive models imagined throughout a range of cultural productions.

*Abolitionism and American Reform* - John R. McKivigan 1999

First Published in 2000. Routledge is an imprint of Taylor & Francis, an informa company.

*Health Care in America* - John C. Burnham 2015-05-15

A comprehensive history of sickness, health, and medicine in America from Colonial times to the present. In *Health Care in America*, historian John C. Burnham describes changes over four centuries of medicine and public health in America. Beginning with seventeenth-century concerns over personal and neighborhood illnesses, Burnham concludes with the arrival of a new epoch in American medicine and health care at the turn of the twenty-first century. From the 1600s through the 1990s, Americans turned to a variety of healers, practices, and institutions in their efforts to prevent and survive epidemics of smallpox, yellow fever, cholera, influenza, polio, and AIDS. Health care workers in all periods attended births and deaths and cared for people who had injuries, disabilities, and chronic diseases. Drawing on primary sources, classic scholarship, and a vast body of recent literature in the history of medicine and public health, Burnham finds that traditional healing, care, and medicine dominated the United States until the late nineteenth century, when antiseptic/aseptic surgery and germ theory initiated an intellectual, social, and technical transformation. He divides the age of modern medicine into several eras: physiological medicine (1910s-1930s), antibiotics (1930s-1950s), technology (1950s-1960s), environmental medicine (1970s-1980s), and, beginning around 1990, genetic medicine. The cumulating developments in each era led to today's radically altered doctor-patient relationship and the insistent questions that swirl around the financial cost of health care. Burnham's sweeping narrative makes sense of medical practice, medical research, and human frailties and foibles, opening the door to a new understanding of our current concerns.

The Oxford Companion to American Food and Drink - Andrew F. Smith 2007-05-01

Offering a panoramic view of the history and culture of food and drink in America with fascinating entries on everything from the smell of asparagus to the history of White Castle, and the origin of Bloody Marys to jambalaya, the Oxford Companion to American Food and Drink provides a concise, authoritative, and exuberant look at this modern American obsession. Ideal for the food scholar and food enthusiast alike, it is equally appetizing for anyone fascinated by Americana, capturing our culture and history through what we love most--food! Building on the highly praised and deliciously browseable two-volume compendium the Oxford Encyclopedia of Food and Drink in America, this new work serves up everything you could ever want to know about American consumables and their impact on popular culture and the culinary world. Within its pages for example, we learn that Lifesavers candy owes its success to the canny marketing idea of placing the original flavor, mint, next to cash registers at bars. Patrons who bought them to mask the smell of alcohol on their breath before heading home soon found they were just as tasty sober and the company began producing other flavors. Edited by Andrew Smith, a writer and lecturer on culinary history, the Companion serves up more than just trivia however, including hundreds of entries on fast food, celebrity chefs, fish, sandwiches, regional and ethnic cuisine, food science, and historical food traditions. It also dispels a few commonly held myths. Veganism, isn't simply the practice of a few "hippies," but is in fact wide-spread among elite athletic circles. Many of the top competitors in the Ironman and Ultramarathon events go even further, avoiding all animal products by following a strictly vegan diet. Anyone hungering to know what our nation has been cooking and eating for the last three centuries should own the Oxford Companion to American Food and Drink.

Nature's Path - Susan E. Cayleff 2016-03-30

"In *Nature's Path*- the first comprehensive book to examine the complex history and culture of American naturopathy- Susan E. Cayleff tells the fascinating story of the movement's nineteenth-century roots." -- book jacket.

*From Hardtack to Homefries* - Barbara Haber 2010-05-11

Barbara Haber, one of America's most respected authorities on the history of food, has spent years excavating fascinating stories of the ways in which meals cooked and served by women have shaped American history. As any cook knows, every meal, and every diet, has a story -- whether it relates to presidents and first ladies or to the poorest of urban immigrants. *From Hardtack to Home Fries* brings together the best and most inspiring of those stories, from the 1840s to the present, focusing on a remarkable assembly of little-known or forgotten Americans who determined what our country ate during some of its most trying periods. Haber's secret weapon is the cookbook. She unearths cookbooks and menus from rich and poor, urban and rural, long-past and near-present and uses them to answer some fascinating puzzles: • Why was the food in Franklin and Eleanor Roosevelt's White House so famously bad? Were they trying to keep guests away, or did they themselves simply lack the taste to realize the truth? It turns out that Eleanor's chef wrote a cookbook, which solves the mystery. • How did food lure settlers to the hardship of the American West? Englishman Fred Harvey's Harvey Girls tempted them with good food and good women. • How did cooking keep alive World War II Army and Navy POWs in the Pacific? A remarkable cookbook reveals how recollections of home cooking and cooking resourcefulness helped mend bodies and spirits. *From Hardtack to Home Fries* uses a light touch to survey a deeply important subject. Women's work and women's roles in America's past have not always been easy to recover. Barbara Haber shows us that a single, ubiquitous, ordinary-yet-extraordinary lens can illuminate a great deal of this other half of our past. Haber includes sample recipes and rich photographs, bringing the food of bygone eras back to life. *From Hardtack to Home Fries* is a feast, and a delight.

**Female Adolescence in American Scientific Thought, 1830-1930** - Crista DeLuzio 2007-09-23

DeLuzio's provocative work permits a fuller understanding of how adolescence emerged as a "crisis in female development and offers insight into why female adolescence remains a social and cultural preoccupation even today.

*Reforming Men and Women* - Bruce Dorsey 2006

Before the Civil War, the public lives of American men and women intersected most frequently in the arena of religious activism. Bruce Dorsey broadens the field of gender studies, incorporating an analysis of masculinity into the history of early American religion and reform. His is a holistic account that reveals the contested meanings of manhood and womanhood among antebellum Americans, both black and white, middle class and working class. Urban poverty, drink, slavery, and Irish Catholic immigration--for each of these social problems that engrossed Northern reformers, Dorsey examines the often competing views held by male and female activists and shows how their perspectives were further complicated by differences in class, race, and generation. His primary focus is Philadelphia, birthplace of nearly every kind of benevolent and reform society and emblematic of changes occurring throughout the North. With an especially rich history of African-American activism, the city is ideal for Dorsey's exploration of race and reform. Combining stories of both ordinary individuals and major reformers with an insightful analysis of contemporary songs, plays, fiction, and polemics, Dorsey exposes the ways race, class, and ethnicity influenced the meanings of manhood and womanhood in nineteenth-century America. By linking his gendered history of religious activism with the transformations characterizing antebellum society, he contributes to a larger quest: to engender all of American history.

**Sojourner Truth's America** - Margaret Washington 2011-04-21

This fascinating biography tells the story of nineteenth-century America through the life of one of its most charismatic and influential characters: Sojourner Truth. In an in-depth account of this amazing activist, Margaret Washington unravels Sojourner Truth's world within the broader panorama of African American slavery and the nation's most significant reform era. Born into bondage among the Hudson Valley Dutch in Ulster County, New York, Isabella was sold several times, married, and bore five children before fleeing in 1826 with her infant daughter one year before New York slavery was abolished. In 1829, she moved to New York City, where she worked as a domestic, preached, joined a religious commune, and then in 1843 had an epiphany. Changing her name to Sojourner Truth, she began traveling the country as a champion of the downtrodden and a spokeswoman for equality by promoting Christianity, abolitionism, and women's rights. Gifted in verbal eloquence, wit, and biblical knowledge, Sojourner Truth possessed an earthy, imaginative, homespun personality that won her many friends and admirers and made her one of the most popular and quoted reformers of her times. Washington's biography of this remarkable figure considers many facets of Sojourner Truth's life to explain how she became one of the greatest activists in American history, including her African and Dutch religious heritage; her experiences of slavery within contexts of labor, domesticity, and patriarchy; and her profoundly personal sense of justice and intuitive integrity. Organized chronologically into three distinct eras of Truth's life, *Sojourner Truth's America* examines the complex dynamics of her times, beginning with the transnational contours of her spirituality and early life as Isabella and her embroilments in legal controversy. Truth's awakening during nineteenth-century America's progressive surge then propelled her ascendancy as a rousing preacher and political orator despite her inability to read and write. Throughout the book, Washington explores Truth's passionate commitment to family and community, including her vision for a beloved community that extended beyond race, gender, and socioeconomic condition and embraced a common humanity. For Sojourner Truth, the significant model for such communalism was a primitive, prophetic Christianity. Illustrated with dozens of images of Truth and her contemporaries, *Sojourner Truth's America* draws a delicate and compelling balance between Sojourner Truth's personal motivations and the influences of her historical context. Washington provides important insights into the turbulent cultural and political climate of the age while also separating the many myths from the facts concerning this legendary American figure.

**Spirit Cure** - Joseph W. Williams 2013-02-14

Joseph W. Williams examines the changing healing practices of pentecostals in the United States over the past 100 years, from the early believers to the later generations of pentecostals and their charismatic successors.

*History of Vegetarianism and Veganism Worldwide (1970-2022)* - William Shurtleff; Akiko Aoyagi  
2022-03-10

The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 48 photographs and illustrations - mostly color. Free of charge in digital PDF format.

*A Geography of Digestion* - Nicholas Bauch 2017

"A Geography of Digestion explores the legacy of the Kellogg Company, one of America's most enduring and storied food enterprises. In the late nineteenth century, company founder John H. Kellogg was experimenting with state-of-the-art advances in nutritional and medical science at his Battle Creek Sanitarium. At the same time, he was involved in overhauling the form and function of the broader landscapes in which his health practice was situated. Innovations in food-manufacturing machinery, urban sewer infrastructure, and agricultural technology came together to forge an extensible geography of his patients' bodies, changing the way Americans consumed and digested food. In this novel approach to the study of the Kellogg enterprise, Nicholas Bauch asks his readers to think geographically about the process of digesting food. Beginning with the stomach, Bauch moves outward from the sanitarium through the landscapes and technologies that materialized Kellogg's particular version of digestion. Far from a set of organs confined to the epidermal bounds of the body, the digestive system existed in other places. Moving from food-processing machines, to urban sewerage, to agricultural fields, *A Geography of Digestion* paints a grounded portrait of one of the most basic human processes of survival--the incorporation of food into our bodies--leading us to question where exactly our bodies are located"--Provided by publisher.

**American Countercultures: An Encyclopedia of Nonconformists, Alternative Lifestyles, and Radical Ideas in U.S. History** - Gina Misiroglu 2015-03-26

Counterculture, while commonly used to describe youth-oriented movements during the 1960s, refers to any attempt to challenge or change conventional values and practices or the dominant lifestyles of the day. This fascinating three-volume set explores these movements in America from colonial times to the present in colorful detail. "American Countercultures" is the first reference work to examine the impact of countercultural movements on American social history. It highlights the writings, recordings, and visual works produced by these movements to educate, inspire, and incite action in all eras of the nation's history. A-Z entries provide a wealth of information on personalities, places, events, concepts, beliefs, groups, and practices. The set includes numerous illustrations, a topic finder, primary source documents, a bibliography and a filmography, and an index.

**Clio Medica. Acta Academiae Internationalis Historiae Medicinae. Vol. 16** - 2020-01-29

As periodical of the International Academy of the History of Medicine, this *Clio Medica* volume contains 10 papers.

**Food in Russian History and Culture** - Musya Glants 1997-08-22

This Collection of Original Essays gives surprising insights into what foodways reveal about Russia's history and culture from Kievan times to the present. A wide array of sources - including chronicles, diaries, letters, police records, poems, novels, folklore, paintings, and cookbooks - help to interpret the moral and spiritual role of food in Russian culture. Stavelore in Russian folklife, fasting in Russian peasant culture, food as power in Dostoevsky's fiction, Tolstoy and vegetarianism, restaurants in early Soviet Russia, Soviet cookery and cookbooks, and food as art in Soviet paintings are among the topics discussed in this appealing volume.

*Sex, Diet, and Debility in Jacksonian America* - Stephen Nissenbaum 1980-06-20

Graham, Sylvester.

*Food* - 2010

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