



The Early American Table: Food and Society in the New World

By Trudy Eden

Northern Illinois University Press. Hardback. Book Condition: new. BRAND NEW, The Early American Table: Food and Society in the New World, Trudy Eden, An exploration in the history of biopolitics, "The Early American Table" offers a unique study of the ways in which English colonists in North America incorporated the "you are what you eat" philosophy into their conception of themselves and their proper place in society. Eden aptly demonstrates that ideas about the body - ideas which may seem irrelevant or even laughable today - not only guided day-to-day personal behavior but also influenced society and politics. According to the 17th- and 18th-century understanding of the body, food affected the blood, bones, mind, and spirit in ways other social markers (e.g. clothes, manners, speech) did not because food was directly assimilated by the consumer. A plentiful, varied diet of high-quality refined foods created virtuous, refined individuals fit to govern society. In contrast, a more restricted diet of poor quality, coarse foods made an individual coarse, even beastly, and unfit to lead. In the Old World, especially before 1600, poverty, legal restrictions, and the scarcity of land prohibited most individuals from purchasing or raising foods believed to produce refinement and virtue...



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