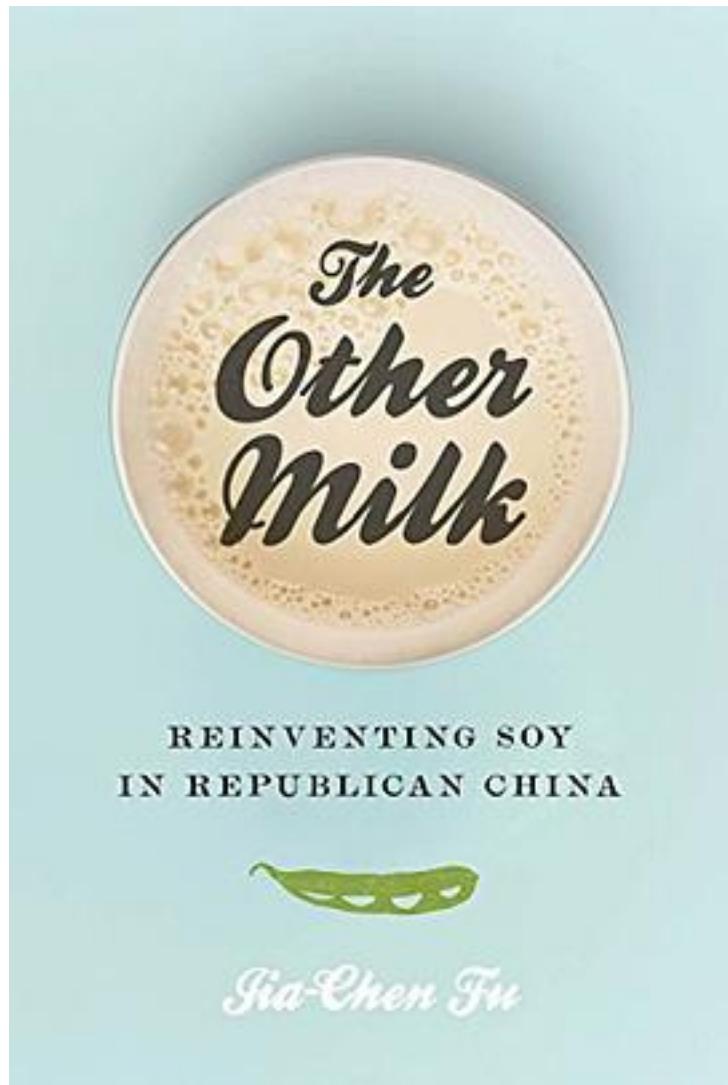


# The Other Milk



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著者:Jia-Chen Fu

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In the early twentieth century, China was stigmatized as the Land of Famine. Meanwhile in Europe and the United States, scientists and industrialists seized upon the soybean as a miracle plant that could help build modern economies and healthy nations. Soybeans, protein-packed and domestically grown, were a common food in China, and soybean milk (doujiang) was poised for reinvention for the modern age. Scientific soybean milk became a symbol of national growth and development on Chinese terms, and its competition with cow's milk reflected China's relationship to global modernity and imperialism.

The Other Milk explores the curious paths that led to the notion of the deficient Chinese diet and to soybean milk as the way to guarantee food security for the masses. Jia-Chen Fu's in-depth examination of the intertwined relationships between diet, health, and nation illuminates the multiple forces that have been essential in the formation of nutrition science in China.

## 作者介绍:

Jia-Chen Fu is assistant professor of Chinese at Emory University.

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## 标签

环境史

食物

民国史

历史

饮食

豆浆

大豆

评论

“每天一杯奶，强壮中国人”，你很难说清楚它是科学自强手段还是乳业行销行话，但可以肯定的是，至少在民国时期就有人在研究并推广观察其是否可行。狭义上的“奶”（Milk）由于受到畜牧养殖业生产以及消费能力限制，只有很少的城市人才能做到坚持每天来一杯，而豆浆则由于源自植物，容易成活且相对便宜，成为了所谓的“替代品”。然而这样的考虑依然有疏失：豆类作物会与其他粮食（碳水）作物争地；长期食用豆制品对身体（特别是男性）会有副作用（性早熟）；更重要的是，与缺乏蛋白质相比，彼时（甚至之后长期一段时间）民众真正缺乏的是碳水，原因就是化肥与农药杀虫剂并未（也没有能力）广泛使用，中国农业生产高度内卷化导致粮食单产已达到极致但依然无法满足需求，粮食才是硬通货，因此“老上海穷逼只能吃大闸蟹充饥”并非只是讥讽

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与近期出版的许多中国近代科技史一样，通过某一样科学/探讨中西传统与科学碰撞的那段时期究竟是发生了什么？而大多数的著作都会耐心地告诉你：既不是东风压倒西风，也不是西风压倒东风，而是在糅合之间取传统、或不传统但是本地的知识以西方科学的方式解释，来塑造一种local的modernity。这本书从人们对于豆/豆浆的思维转变开始下手，从生产到宣传到使用、食用，仔细观察soymilk与nutritional nationalism, gender dynamic, intellectual/masses的关系，看起来很扎实。但是吧，总觉得吧，虽然从East Asian Studies或科技史来看很工整，但是从food studies来看还是有些太正经了，应该还有其他可以申发的方向吧。

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雅思阅读范文

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## 书评

大豆易于种植，对生长发育要求不高，不耗竭土壤微量元素，还能起到固氮作用，让农民在贫瘠年份里也能保证不错的收成。因此在周期性被饥馑阴影纠缠的中国历史上，大豆一直扮演一个不显眼而又不可或缺的角色。可是由于口感欠佳、热量不高，大豆一直作为五谷老幺，荒年受宠丰年喂...