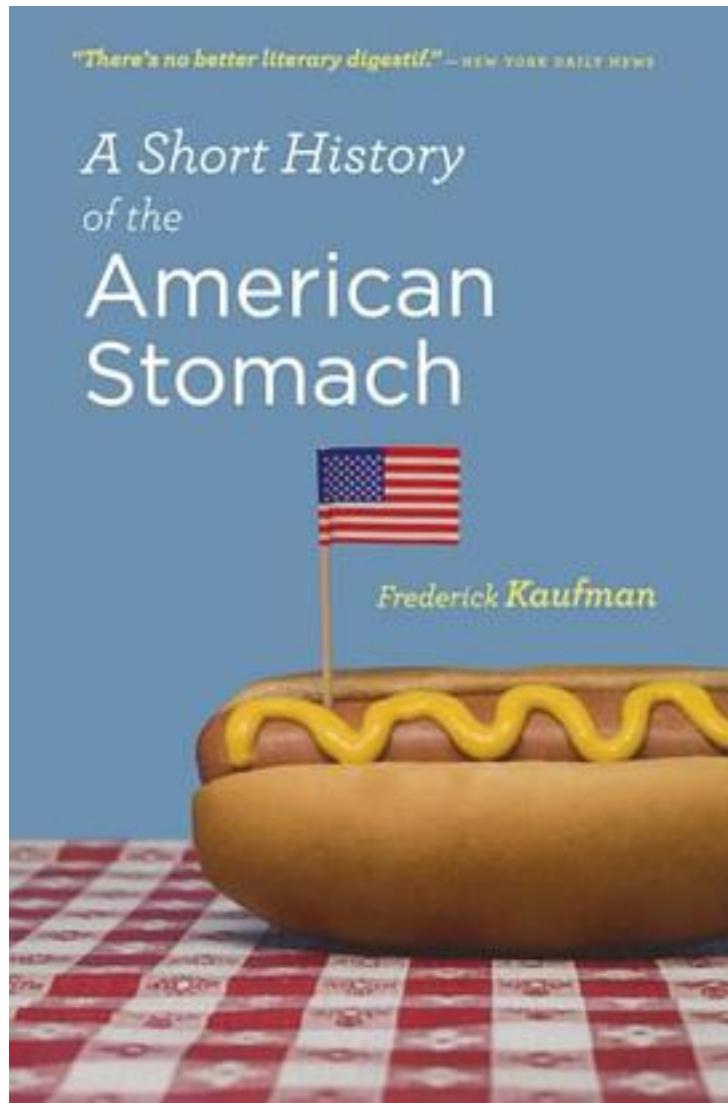


A Short History of the American Stomach



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The extremes of American eating--our equal urges to stuff and to starve ourselves--are easy to blame on the excesses of modern living. But Frederick Kaufman followed the winding road of the American intestine back to that cold morning when the first famished Pilgrim clambered off the Mayflower, and he discovered the alarming truth: We've been this way all along. With outraged wit and an incredible range of sources that includes everything from Cotton Mather's diary to interviews with Amish black-market raw-milk dealers, Kaufman offers a highly selective, take-no-prisoners tour of American history by way of the American stomach. Travel with him as he tracks down our earliest foodies; discovers the secret history of Puritan purges; introduces diet gurus of the nineteenth century such as William Alcott, who believed that "Nothing ought to be mashed before it is eaten"; traces extreme feeders from Paul Bunyan to eating-contest champ Dale Boone (descended from Daniel, of course); and investigates our blithe efforts to re-create what we've eaten to the point of extinction.

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目录:

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steady leisure reading...such a blithe play of wit and wisdom

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