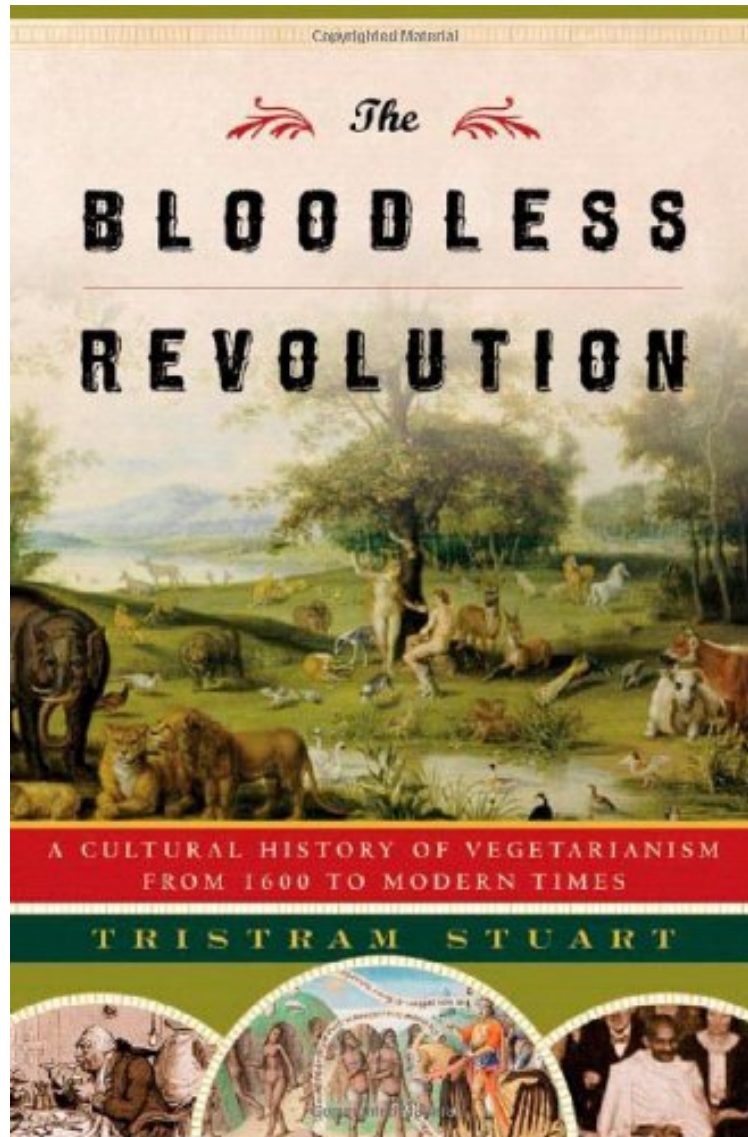


# The Bloodless Revolution: A Cultural History of Vegetarianism from 1600 to Modern Times

Tristram Stuart

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**Tristram Stuart : The Bloodless Revolution: A Cultural History of Vegetarianism from 1600 to Modern Times** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Bloodless Revolution: A Cultural History of Vegetarianism from 1600 to Modern Times:

1 of 1 people found the following review helpful. Enthralling and with incredible detailBy A. DavieWhat an incredibly

thorough and well-researched history of vegetarianism in Western culture! I've been a vegetarian for over twenty years, but never thought to study the history of my dietary choice until recently. This book has brought a great depth of understanding and appreciation to one of the great moral decisions we make. 0 of 2 people found the following review helpful. Five Stars By Evan OBrien Thanks! 3 of 3 people found the following review helpful. A dense read but worth it By Jennifer Smith TBR took me awhile to get through because there is a lot of back and forth with the people and times and themes and places, and I had to take notes the whole time so I wouldn't get lost, but my overall feeling about this book is positive. The book surprised me about how people have been obsessed with their food for more centuries than I would have guessed. There are the raw foodies who think that the food now is too depleted from modern farming and genetic manipulation who apparently are reincarnations of those in the past who felt the food then was weakened by The Fall and they tried everything they could to find the right combinations to suck out the most nutrition. There were the paleos who said meat and milk were pretty much all people needed. We have fangs, don't we? Against them were the herbivores who pointed out that fangs are used to kill prey and a man could no more kill an animal with its fangs than a worm could. So isn't it obvious we were meant to live off the fruit of Mother Earth and be content with Her fruits and vegetables and leave her children of the woods and seas in peace? And amongst them all were the hippies who just wanted to know what all the shouting was about, man. The Free Lovers, the Nakedists, the Adamites who wanted to throw off the shackles of Western tyranny against the Natural Man and his need to see naked women and have sex with a lot of them and eat fruits and vegetables. It's stuff like this that makes me think, Same s\*\*\* different century. There really is nothing new under the sun. The cast of characters in this book is huge and if you are a fan of 17th, 18th and 19th c. biography then you will come across many familiar names. Boswell is there, as are Rousseau, Shelley, and Overton. It's a real who's who of radical thinkers and doers and they all had in common a preoccupation with food in general, vegetarianism in particular (some for, some against) and the treatment of animals. I had no idea the British were so barbaric in their thinking about animals even into the 19th c. and their ridiculous combining of beef eating with nationalism. I doubt America was better (or is better) in this regard, but this book is about W. Europe and not America. All in all, an interesting book. Not a fun one though. I found it too plodding in some parts, and it was a little bit disjointed, hence the notes, but still worth the time and trouble.

How Western Christianity and Eastern philosophy merged to spawn a political movement that had the prohibition of meat at its core. The Bloodless Revolution is a pioneering history of puritanical revolutionaries, European Hindu philes, and visionary scientists who embraced radical ideas from the East and conspired to overthrow Western society's voracious hunger for meat. At the heart of this compelling history are the stories of John Zephaniah Holwell, survivor of the Black Hole of Calcutta, and John Stewart and John Oswald, who traveled to India in the eighteenth century, converted to the animal-friendly tenets of Hinduism, and returned to Europe to spread the word. Leading figures of the Enlightenment among them Rousseau, Voltaire, and Benjamin Franklin gave intellectual backing to the vegetarians, sowing the seeds for everything from Victorian soup kitchens to contemporary animal rights and environmentalism. Spanning across three centuries with reverberations to our current world, The Bloodless Revolution is a stunning debut from a young historian with enormous talent and promise. 24 pages of color illustrations

From Publishers Weekly Starred . The word "vegetarian" wasn't coined until the 1840s, but Stuart's magisterial social history demonstrates how deeply seated the vegetarian impulse has been in Western culture since the 17th century. Thinkers such as Francis Bacon and Thomas Bushell contended that a vegetarian diet provided a key not only to long life but also to spiritual perfection: God had permitted Adam and Eve to eat only plants, fruits and seeds, and doing so could restore humankind to Edenic wholeness with nature. Seventeenth- and 18th-century travelers to India introduced the Hindu idea of ahimsa (the preservation of all life) as an ideal for a slaughter-free society. Stuart follows the development of vegetarianism through its Romantic proponents Shelley and Rousseau and on into the 19th century, when doctors proffered scientific evidence that human teeth and intestines were more similar to those of herbivores than of carnivores. Looking at literary culture, Stuart notes that Samuel Richardson, Mary Shelley and Jane Austen included vegetarian characters in their novels. Stuart offers a masterful social and cultural history of a movement that changed the ways people think about the food they eat. 24 pages of color illus., bw illus. throughout. (Jan.) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From Booklist As Stuart points out early in his marvelously researched, deeply revealing, minutely considered history of vegetarianism, it was not till the nineteenth century and the founding of Britain's Vegetarian Society that Western society seriously confronted its conflicted attitudes toward the eating of meat. Before that, ascetics and other fanatics pursued meat-free diets for substantially religious reasons. No less significant a figure than the eminent Jacobean Francis Bacon led the search for a diet that would prolong the human life span. Some radical French revolutionaries regarded meat eating as part of a larger oppression carried on by dissolute upper classes. Vegetarianism gained new momentum with the colonial conquest of India's flourishing Hindu civilization, awash with dietary taboos. Vegetarianism became so strong a cultural movement that it survived even its association in the twentieth century with Adolf Hitler. Recent history has seen the expansion of a correlative animal-rights movement. Students of this phenomenon will be forever grateful for

Stuart's immense bibliography. Mark Knoblauch Copyright American Library Association. All rights reserved About the Author Tristram Stuart has been a freelance writer for Indian newspapers, a project manager in Kosovo and a prominent critic of the food industry. He has made regular contributions to television documentaries, radio and newspapers on the social and environmental aspects of food. His first book, *The Bloodless Revolution* magnificently detailed and wide-ranging (*New Yorker*) was published in 2007, and *Waste* in 2009. A graduate of Cambridge University, he lives in England, where he rears pigs, chickens and bees.