



Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection)

William A. Alcott

Download now

[Click here](#) if your download doesn't start automatically

Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection)

William A. Alcott

Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection) William A. Alcott

First published in Boston in 1838, this volume in the American Antiquarian Cookbook Collection is a facsimile edition of one of the first American books to advocate a vegetarian diet (vegan, actually), by a founding member of the first vegetarian organization, the American Vegetarian Society.

The dedicated lifestyle philosophy advocated in Alcott's *Vegetable Diet* might have been written by a contemporary vegetarian food critic. Alcott's complete disdain for meat and all animal products consumed as food would, in fact, be called a vegan diet. His book focuses on the superiority of a vegetable diet for supporting health and recovering from disease, and it contains dozens of letters testifying to that belief by various medical experts and many citizens who report in great detail the benefits of the vegetable diet for their health and lifestyle.

In addition, the book includes a complete defense of the vegetable diet on anatomical, physiological, medical, political, economic, and moral grounds, with the final argument devoted to the immorality of men "plunging their hands in blood," as antithetical to the tenets of true Christianity.

The book also contains chapters on the nature and preparation, through narrative recipes, of "farinaceous or mealy substances," fruits, roots, buds, shoots, leaves, and stalks, as well as "receipts" for most of the common garden vegetables of the day.

More a defense of the vegan lifestyle than a cookbook, Alcott's passionate assertions that disease could be cured and health enhanced by the program was debated, debunked, and successfully disseminated widely throughout the northeastern region of the new country.

This facsimile edition of William Alcott's *Vegetable Diet* was reproduced by permission from the volume in the collection of the American Antiquarian Society, Worcester, Massachusetts. Founded in 1812 by Isaiah Thomas, a Revolutionary War patriot and successful printer and publisher, the Society is a research library documenting the life of Americans from the colonial era through 1876. The Society collects, preserves, and makes available as complete a record as possible of the printed materials from the early American experience. The cookbook collection includes approximately 1,100 volumes.

?

 [Download Vegetable Diet: As Sanctioned by Medical Men, and ...pdf](#)

 [Read Online Vegetable Diet: As Sanctioned by Medical Men, an ...pdf](#)

Download and Read Free Online Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection) William A. Alcott

From reader reviews:

Katherine Ouellette:

Have you spare time to get a day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity for spend your time. Any person spent their spare time to take a wander, shopping, or went to often the Mall. How about open or even read a book called Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection)? Maybe it is for being best activity for you. You understand beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with its opinion or you have other opinion?

Edward Emory:

Reading a publication tends to be new life style in this era globalization. With reading you can get a lot of information that may give you benefit in your life. Together with book everyone in this world can share their idea. Publications can also inspire a lot of people. Lots of author can inspire their own reader with their story or perhaps their experience. Not only the storyplot that share in the publications. But also they write about advantage about something that you need instance. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors these days always try to improve their expertise in writing, they also doing some investigation before they write on their book. One of them is this Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection).

Jessica Davis:

This Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection) is brand-new way for you who has curiosity to look for some information since it relief your hunger details. Getting deeper you upon it getting knowledge more you know or else you who still having little digest in reading this Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection) can be the light food for yourself because the information inside this particular book is easy to get by means of anyone. These books build itself in the form which is reachable by anyone, yeah I mean in the e-book web form. People who think that in publication form make them feel sleepy even dizzy this e-book is the answer. So there isn't any in reading a guide especially this one. You can find actually looking for. It should be here for a person. So , don't miss the idea! Just read this e-book style for your better life and knowledge.

Eleanor Hotchkiss:

With this era which is the greater man or woman or who has ability in doing something more are more precious than other. Do you want to become one among it? It is just simple method to have that. What you are related is just spending your time very little but quite enough to enjoy a look at some books. One of many books in the top listing in your reading list is Vegetable Diet: As Sanctioned by Medical Men, and by

Experience in All Ages (American Antiquarian Cookbook Collection). This book that is certainly qualified as The Hungry Inclines can get you closer in growing to be precious person. By looking way up and review this book you can get many advantages.

**Download and Read Online Vegetable Diet: As Sanctioned by
Medical Men, and by Experience in All Ages (American
Antiquarian Cookbook Collection) William A. Alcott
#XAEGRKBMCNH**

Read Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection) by William A. Alcott for online ebook

Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection) by William A. Alcott Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection) by William A. Alcott books to read online.

Online Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection) by William A. Alcott ebook PDF download

Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection) by William A. Alcott Doc

Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection) by William A. Alcott Mobipocket

Vegetable Diet: As Sanctioned by Medical Men, and by Experience in All Ages (American Antiquarian Cookbook Collection) by William A. Alcott EPub