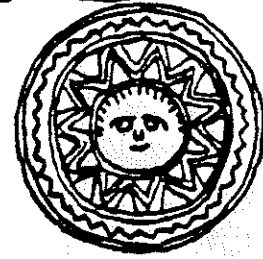


THE DIGEST

A Newsletter for
The Interdisciplinary Study of Food



Volume I Number 2

Spring 1978

We are indebted to the many contributors and subscribers for the material sent to The Digest in the last months. As a result of the helpful responses the next issue will include a directory of subscribers as well as current news. One of the future projects will be a bibliographic issue. We welcome suggestions from readers as to special topics of interest they would like to see featured in The Digest. We urge you to continue sending us precise information concerning funding, bibliographic sources, conferences, courses and any other food-related activities of interest to our readers. Contributions of articles and reviews are necessary to our growth and usefulness as a forum for communication in the field of food research.

The Foodways Section of the American Folklore Society (under which The Digest is chartered) is scheduled to convene at the annual meetings in Salt Lake City, Utah, in November, 1978. If there are issues which should be addressed at the Section meeting and you are not planning to attend, please send your ideas to The Digest.

We wish to thank Dr. Henry Glassie, Chairman of the Department of Folklore and Folklife, University of Pennsylvania, for the exquisite masthead he designed and executed for the newsletter. The motif is a European butterpat design showing the sun, the primary source of energy which begins the food cycle.

GUEST EDITORIAL: THOUGHTS ON THE NEW FOODWAYS

The ethnographic study of food seems finally to have come of age. Over the last few years there have been myriad publications on the subject covering a wide variety of topics with an unprecedented descriptive depth and analytical insight. Eating, no longer considered mundane, has become central to a definition of humanity; understanding why people eat what they eat is becoming increasingly recognized as crucial to a hungry world. Perhaps then, it is appropriate to celebrate the inauguration of this new interdisciplinary venture in food communications with a reflection on past and an anticipation of future research trends.

The current interest in foodways can be derived from four orientations. One of these is folklife studies which, by utilizing a "material culture" approach, has provided for the careful description of food use, processing and storage; and for the collection of traditional recipes. Its primary concern has been the historical reconstruction of what people ate and the identification of regional and temporal patterns and influences in an attempt to develop a history of everyday life to supplement elite political histories. Unfortunately the limitations inherent in any study of inanimate objects has most frequently led folklife research into the dead end celebration of fact. Nonetheless, it is the students of folklife who are responsible for insisting that food is not trivial and is deserving of serious scholarly attention.

A second trend, for which the Manual for the Study of Food Habits remains the programmatic statement, has arisen out of a concern for problems of world hunger. It has tended to find food habits interesting primarily where they are implicated in the etiology of malnutrition. The study of food habits is thus defined as "an applied science". While the Manual provides a thorough checklist of topics for investigation, it has been child feeding practices, food avoidances, and uneven food distribution which have commanded most of the attention. Food habits are admitted to be complexly embedded in culture, but the embedding matrix has been treated, for the most part, as an obstacle. However, despite the restrictions imposed by such a negative attitude, it has been this orientation that has motivated (and financed) most foodways research and which continues to provide a socially responsible outlet for academic pursuits.

A third trend, that of cultural ecology, takes the view that human behavior and culture are to be understood as adaptations to the environment. The interest is in finding those food habits which increase productivity, optimize food distribution, or enhance nutritional values. Food habits are invariably considered in isolation from one another and from the broader cultural context. Since the adaptiveness of many food practices, such as sago processing, food sharing, and ordinary cooking is obvious, cultural ecology has tended to become enthusiastic over subtleties, such as the enhancement of amino acid ratios, and over seemingly irrational beliefs, such as the sacred cow. The adaptive basis is then proclaimed to motivate and explain a whole complex of food behaviors. Yet it is precisely where the rationality of cultural patterning contradicts the rationality of survival that human food behavior emerges as extraordinary.

In the fourth trend, that of semiotics, food has been studied not for itself, but as a medium for social and for cognitive expression. Food has been used to demonstrate the applicability, outside of linguistics, of such ideas as categorization and grammaticality. It has been shown to symbolize a wide variety of things, including clan and ethnic identities and social status. Food transactions have been found to express caste ranking, social distance, and community. Food taboos have been seen as maintainers of cosmic order and as reflectors of social order. Sacrifices, communions, feasts and fasts have been suggested to state the interdependence of humans, gods, and nature. Food has been explored as material, for use in human artistic representation. And yet, little of this research has cared much about food as such. What has been of interest has been clan and caste, religion and cosmology, language, myth, and thought. Foods have continued to be viewed in isolation, as part of other cultural systems and not as integrated into a system of their own.

It is taking these semiotic insights to model eating as a cultural system which, in my view, is the first task of future research. That is, the various treatments of food as symbol - food categorization, food grammar, food signification, and food performance - must be analyzed together as they interrelate and feed back on one another. Thus eating is to be seen not primarily as an instrumental behavior, but as an expressive act which, in a conventionally organized way, is trying to say something about something. Ethnography then becomes a procedure for the deciphering and interpretation of meaning.

But while placing food in a systematic cultural context must be a preliminary step in future study, it does not in itself complete the task of analysis. What makes eating so interesting is that, to a greater extent than other cultural systems - kinship, religion, politics, etc. - it is closely tied to a material base, that is to economic production and human biology. A second research step, then, is to examine how the cultural system (but not an individual food habit) fits with the food production and nutritional systems. This fit cannot be postulated in the abstract but must be investigated empirically for it may involve either correspondences, as is the case for adaptation, or contradictions, as is the case for malnutrition.

These correspondences and contradictions can then lead to the third and final research goal - the analysis of the historical transformations of food systems. Internal dialectic, external pressure, and the necessities of survival may combine to lead to a changing fit between cultural, productive, and biological systems thus creating new ways of eating and of feeding. For example, the giving of feasts, a practice embedded in a whole system of symbolic exchanges of particular classes of food, may lead to impoverishment where a chief no longer controls the productive forces. It is the understanding of this emergence of new forms which remains the ultimate theoretical and practical goal of foodways research.

The significant input of biochemists and of economists into the problem of malnutrition is based, first of all, on systematic models in their own fields. Ethnographers are being urged to apply their insights into the problem of hunger, but continue to attempt to do so in a piecemeal fashion. Yet, successful application is predicated on a systematic understanding of the variables and interrelationships involved. The construction of such a systematic model of food in culture now seems a distinct possibility based on the sophistication of recent studies. There seems to have been a great leap forward, perhaps even a cultural revolution. Let us hope that The Digest can serve as a mouthpiece and forum to help keep this revolution perpetual.

Eliot A. Singer
University of Pennsylvania

RECENT EVENTS

STANDING COMMISSION ON THE ANTHROPOLOGY OF FOOD AND FOOD PROBLEMS

Under the sponsorship of the International Union of Anthropological and Ethnological Sciences, a Commission has been organized to encourage research and interaction among different anthropological studies of food and to make anthropological expertise available to other specialists working on food. Its goals are to produce and exchange knowledge and disseminate information about ongoing research in human nutrition and to facilitate a systematic exchange of information from different regions of the world.

The Commission is organized according to regional working groups (North American, Latin American, South American, Eastern and Western European, Middle Eastern and African, South and East Asian, among others.) The Commission is chaired by R.S. Khare, Professor of Anthropology, University of Virginia, (USA) and Mary Douglas, University of London (UK), currently at the Russell Sage Foundation, New York. An executive committee will coordinate the network of corresponding members. Answers to the request for precise and up-to-date information on oneself or organization should be directed to: Chairman R.S. Khare, 303 Brooks Hall, University of Virginia, Charlottesville, Va. 22903, USA. Telephone: (804) 924-3644/7044. For further information, contact either Khare or members of the North American Working Group:

<u>Name</u>	<u>Present location</u>	<u>Special Interest</u>
Arjun Appadurai	U. of Pennsylvania	Ethnohistory
Dorothy Shack	U. of California	Psychology
Edward Wilmsen	U. of Virginia/ U. of Michigan	Archaeology, nutrition and fertility
David Feingold	I.S.H.I., Phila.	Opium agriculture
Sol Katz	U. of Pennsylvania Dental College	Physical anthropology

G.E. Montgomery	Washington U., St. Louis	Nutritional anthropology
Richard Guerrant	U. of Virginia Medical School	Medicine

A first meeting is planned for December, 1978 in New Delhi, India, alongside the IUAES World Congress.

List of North American Participants on the Proposed New Delhi Panels on Food:

1. C. Breckenridge, Cornell University
2. W. Dittus, Smithsonian Institution
3. J. Gusfield, University of California, La Jolla
4. Norge Jerome, University of Kansas
5. Susan Lippes-Stoke, University of Michigan
6. J. MacAloon, University of Chicago
7. McKim Marriott, University of Chicago
8. Anna Meigs, University of British Columbia
9. K. Milton, Smithsonian Institution
10. R. Rappaport, University of Michigan
11. R.K. Robson, Medical University of South Carolina

A preparatory meeting has been suggested by Dr. Douglas to be held at the Institute for the Study of Human Issues (ISHI) in Philadelphia in late September or October, 1978.

(Excerpted from a circulation draft prepared by Commission members.)

Mary Douglas, distinguished British anthropologist, gave a lecture at the University Museum at the University of Pennsylvania last November. She discussed the fieldwork and research conducted by herself and her assistant, Michael Nicod, investigating the meal patterns of four working class families in England. Some of the results of this work are published in "Taking the Biscuit: The Structure of the British Meal" in New Society, December 1974. Mary Douglas is presently with the Russell Sage Foundation in New York City.

COURSES

KANSAS STATE COLLEGE, Fort Hays, Kansas. Department of English. Marjorie Sackett will offer a course focusing on ethnic groups and cultural diversity of the area: Czechoslovakian, German-Swiss, Swedish, Russian, Mennonite, among others, and how "eating habits reflect family patterns and social influences."

UNIVERSITY OF PENNSYLVANIA, Philadelphia. Department of Folklore and Folklife. Dr. Barbara Kirshenblatt-Gimblett will offer "Folk Foodways" in the Fall, 1978.

WAYNE STATE UNIVERSITY, Detroit, Michigan. Department of Family and Consumer Resources. Doris Moore will offer a course called "Management, History, and Ethnic Significance of Food".

UNIVERSITY OF MASSACHUSETTS, Amherst, Mass. Department of Anthropology. Sylvia Helen Forman will offer a course entitled "Food and Culture" in Fall, 1978.

WESTERN KENTUCKY UNIVERSITY, Bowling Green. Center for Intercultural and Folk Studies. Dr. Bert Feintuch will teach a graduate course in fieldwork in Fall 1978. A series of projects involving local foodways and field problems associated with foodways research will be part of the coursework.

FUNDING

REQUEST FOR RESEARCH PROPOSALS (1979)

United States Department of Agriculture, Science and Education
Administration from Competitive Grants Office, Washington, D.C.
20250

Research in plant biology and human nutrition. Do not request individual copies of the request and guidelines from the funding agency; rather, contact a local academic institution or request copies from The Digest. Please include the cost of photocopying, \$1.60 plus postage. Proposals received will be considered for funding in fiscal year 1979.

RUSSELL SAGE FOUNDATION (1978)

Request for proposals for comparative research on the relationship between food patterns and social organization.
For further information contact:

Dr. Mary Douglas, Director for Research on Culture
Russell Sage Foundation
230 Park Ave.,
New York, N.Y. 10017

SMITHSONIAN PRE AND POST DOCTORAL FELLOWSHIPS

Research into the history of technology. \$7,000 and \$12,000 respectively. Please request information and forms from the Office of Academic Studies, SI 356, Smithsonian Institution, Washington, D.C. 20560. Dr. Sharrer of the Museum of History and Technology will be willing to help a student develop a project in the area of food history.

If you wish, write to: Dr. Terry Sharrer
Assistant Curator
Division of Extractive Industries
The National Museum of History and
Technology,
Washington, D.C. 20560

REVIEWS

NUTRITION AND ANTHROPOLOGY IN ACTION. Thomas K. Fitzgerald (ed.). Assen, The Netherlands: Van Gorcum and Company, 1976. 155 pp.

As one of the first books of readings in nutritional anthropology, this volume is a welcome addition to our limited teaching materials. However, it suffers from the fault of most readings books: it is uneven in quality; there is no common framework for the book or for each article; and there is a failure to pull together the common themes or to build transitions between pieces. The book has three parts: theoretical articles, methodological articles and ethnographic - applied. Each is a mixed bag. The latter category includes purely descriptive case studies as well as those with theoretical underpinnings. Methodology refers to both data collection techniques like Fitzgerald's Food Choice Game or Wilson's useful field technique inventory as well as discussions of larger issues of research design and units of analysis.

As the title indicates, the emphasis is on applied research and intervention programs. Many of the articles report case studies of applied nutrition programs abroad. They point to unintended consequences or negative impacts resulting from 1) the failure to understand holistic systems and the ramifications of small-scale changes (e.g. Freedman, Buchbinder, Teitelbaum) or 2) the lack of understanding of native meaning systems, food preference values or social status systems (e.g. Bantze, Freedman).

Another theme which runs through several of the articles is the relationship between food choices and taxonomies, ecological or biological pressures on the one hand and values and belief systems on the other, as well as the process of interaction between the two. DeWalt and Pelto tackle this issue directly, but most of the case studies include references to the interplay between ecological or biological forces and cultural constructs such as "hot" and "cold" food classifications (e.g. Messer, Udenbaum). It is unfortunate that this question which is fundamental to nutritional anthropology and critical to understanding food behavior is not addressed in a more direct way in this volume.

Judith Goode
Temple University

HINDU HEARTH AND HOME. Ravindra S. Khare. Durham: Carolina Academic Press, 1976. 115 pp. \$16.00.

India seems to be a good place in which to study food symbolism. Articles abound on such topics as food avoidances, caste transactions, ritual offerings, and raw and cooked categorizations. It has remained, however, for Ravindra S. Khare to place this complex food system into some kind of comprehensive framework. Hindu Hearth and Home is an exemplary study in the ethnography of eating and a major contribution both to Indian ethnography and to a more general understanding of what it means to eat. Indeed it would not be an exaggeration (although, unfortunately, there is little competition) to call this book the finest ever written on the semiotics of food.

The basic unit of the Hindu food system as presented by Khare is the "domestic food cycle" which consists of "the cyclical cleaning/purifying, cooking, serving and eating stages... of a food area." (p99) This process requires numerous transactions between persons of various ranks and relationships involving a multitude of food types and labor acts each replete with meaning. Each food type is defined by a combination of parameters: food area, cook, utensils, cooking technique and food ingredients. It is a systematic delineation of the combinatorial rules of these food elements and their associated meanings which forms the core of the book.

The first part of Hindu Hearth and Home considers the structure of the ordinary domestic food cycle including the demarcation of the food area, the categorization of cooking procedures, and the ordering of serving and feeding. The second part of the book examines the transformations of the ordinary domestic food cycle which occur in various ceremonial contexts, especially birth, death, and marriage. These transformations, which involve various degrees of feasting and fasting, clearly operate as a coherent system and serve to clarify the meaning of eating implicit in the everyday consumption of food.

Hinduism has long been known for its "irrationality", for its fastidiousness in eating, for its continual food transactions, for its demanding food avoidances, and for its proliferation of feasts and fasts - all food practices which annoy and frustrate nutrition and economic planners. What Khare demonstrates is that eating among Hindus makes perfectly good sense. While it may be irrational from the point of view of economic optimization or nutritional adaptation, it is rational from the perspective of logical consistency. Khare

provides a system of rules and meanings that explains why Hindus eat the way that they eat and which proves, once and for all, that individual food behaviors cannot be understood in isolation from one another. Eating is an activity that reflects and substantiates the general ordering and relational principles that infect Hindu life. "For the Hindu ... food is predominantly a moral substance ... and like all things moral it should be inherently capable of meaningful ordering" (p265). It now remains for Khare's insights to be applied to other cultures so that a general theory of food as culture can be developed.

Eliot A. Singer
University of Pennsylvania

THE SPICE AND SPIRIT OF KOSHER-JEWISH COOKING. Lubavitch
Women's Organization. New York: Bloch Publishing Co.,
362 pp. \$11.95

After only eight months and three printings, The Spice and Spirit of Kosher-Jewish Cooking is approaching the status of a culinary institution. The tremendous value of this cookbook lies not in its recipe collections, although it is revolutionary in that a wide range of culinary tastes are given expression, but primarily in the educational aspect - defined by the authors as the "spirit" which pervades the Jewish home and kitchen.

The essence of "Jewish" cuisine as the sum of spirit plus spice has been unjustly disregarded in the mad craze of cookbook publications. Implicit in The Spice and Spirit is the idea that Jewish food is food which has been prepared in a Jewish way in a Jewish kitchen and, thus, acknowledging the nearly inseparable combination of spirit (laws and customs) and spice (recipes).

Special culinary features include an illustrated section on ritualistic and artistic aspects of challah-making; a section on Kashrut and meat supplemented with diagrams of kosher meat cuts; and the art of preparing gefilte fish. Interwoven with the culinary aspects are the folkloristic features - essays concerning the origin and symbolism of challah; an introduction to the ideological, emotional, and physical meaning of the Sab-

bath; synopses of the laws and customs of each of the celebrations and holy days in the Jewish life cycle and year cycle.

Although the cookbook project was probably conceived of as a vehicle for the expression and transmission of the ideals, such as the establishment and maintenance of a Jewish home, of the Chabad Chassidic community, the Lubavitch Women's Organization has compiled a qualitative collection of Jewish law and lore as it pertains to the kitchen in addition to recipe collections indicating a dynamic repertoire, which includes whole-grain baked goods, tortillas, moussaka, wine-making, pickling, and not to forget the old traditional Ashkenazic favorites - kugels, borschts, and gefilte fish.

Devorah Sperling
Indiana University

THE CAMPBELL MUSEUM

Twenty-nine caricatures satirizing excesses and corruption in eighteenth century British society were on display from January 16 to April 28 in an exhibition entitled The Flesh and the Spirit at the Campbell Museum in Camden, New Jersey. The prints were on loan from the Lewis Walpole Library in Connecticut. Food and its relationship to the consumer is the central theme of these prints by such artists as Hogarth, Gillray, North and Rowlandson. Wealth and irresponsibility are symbolized by gross indulgence in food and disgusting table manners. Social and political inequities are attacked through prints like Substitutes for Bread by James Gillray, in which he severely criticizes city leaders for dining lavishly while the starving masses protest outside the window.

These pictures are wonderful sources for observing food customs and material culture of a distant period of history. Some of the prints show great attention to detail in the depiction of table-setting, utensils like the two-prong fork and individual salt cellars with lids, and the different shapes of bottles and glasses which correspond to the different liquors contained. Meats are brought to the table in large joints, fowl and fish are served whole, turtle soup is inevitably used to indicate high social position while sauerkraut is considered

mean. Body posture and arrangements of people at various eating functions are also revealing of food-related behaviour in the eighteenth century.

The Campbell Museum also has on permanent exhibition its large collection of soup tureens from many different countries and time periods. Museum curators actively search out new acquisitions for the collection and a number of the tureens are given by generous donors. The tureens are valuable pieces for studying the food habits of the well-to-do. Ralph Collier, president of the Museum, is of the opinion that people who would have owned more than one tureen would have owned many. These people could afford to have different tureens for different kinds of soup. If the tureen is in porcelain, each kind of soup is often identified by the finial or knob on the top of the tureen. A lemon would indicate a fruit soup, a fish would indicate a bouillabaise, and so on.

Part of the collection travels to three different museums in the United States every year for wider dissemination of the materials. A catalogue is also available for study and has extensive information on the craftsmanship of the objects. The Campbell Museum is funded by the Campbell Soup Company and is a non-profit, educational institution chartered by the State of New Jersey in 1966. Visitors and researchers are welcome.

Leslie Prosterman
University of Pennsylvania

RECENT BOOKS

RECENT BOOKS IN THE ANTHROPOLOGY OF FOOD:

- 1) Arnott, Margaret (ed)
1975 Gastronomy: The Anthropology of Food and Food Habits.
The Hague: Mouton

A collection of papers given at the IXth International

Congress of Anthropological and Ethnological Sciences, Chicago 1973, the book contains sections on "Ethnobotanic Change", "Dietary Change", "Tropical Foods", "Cooking Utensils", "American Indian Foods" and "Food in Nutrition". The focus is largely on food production (including archaeological reconstructions), material culture and nutritional implications. The quality of the essays is mixed.

- 2) Chang, K-C (ed)
1977 Food in Chinese Culture. New Haven: Yale.

A collection of papers by archaeologists, orientalists, and ethnologists, much of the book attempts to reconstruct what people ate at various periods of Chinese history. There is a strong interest in food classification and ritual food usage. The final two chapters, by F. Hsu and by E.N. and M. Anderson, are general ethnographic surveys of food for North China and South China, respectively. K-C Chang's introductory essay lays out a general scope for the ethnographic study of food.

- 3) Darby, W.J., Paul Ghalloungui, Louis Grivetti
1977 Food: The Gift of Osiris. New York: Academic.
2 Volumes.

This is a mammoth compendium, complete with numerous pictures and inscriptions, that presents everything that is known about food use and meaning in ancient Egypt. The information is based on archaeological finds, manuscripts, ancient authorities and some ethnographic analogy. Discussions are constructed around individual foods (wheat, cattle, etc.) and for each, details are given as to preparation and utilization, magical and medicinal uses, and religious significance as an object or medium for worship. Considerable attention is paid to variation both regional and historical.

- 4) Fitzgerald, Thomas K. (ed)
1977 Nutrition and Anthropology in Action. Atlantic Highlands, N.J.: Humanities. \$11.50.

This is a somewhat eclectic collection of essays with an emphasis on research method and on applications. The book contains both programmatic statements and ethnographic studies.

- 5) Greene, Lawrence (ed)
1977 Malnutrition, Behavior and Social Organization.
New York: Academic. \$19.50.

This book is a collection of essays on the behavioral effects of malnutrition and their social consequences. Most of the essays are by nutritionists and physical anthropologists. A central theme is that malnutrition states require socio-cultural adaptations which have been of significance in cultural evolution. The book includes an essay by Margaret Mead on "Contemporary Implications of the State of the Art".

- 6) Khare, R.S.
1976 Hindu Hearth and Home. Durham: Carolina Press.
\$16.00.

This book is a detailed analysis of Hindu eating patterns or "food cycles". Khare treats the food area, food processing, food transactions, and food disposal as part of a single symbolic system which relates to more general Hindu concerns with pollution and worship. Khare studies both everyday and ritual food cycles and greatly expands upon earlier works on the role of food as a medium for expressing social relations in India. This is certainly the most extensive treatment ever done of food as a symbolic system for any culture.

- 7) Kuper, J. (ed)
1977 The Anthropologists' Cookbook. Universe. Paper
\$5.95. Text edition \$12.50.

An intentionally "fun" collection of articles by over forty contributors, mostly anthropologists, including Claude Levi-Strauss and Mary Douglas. The emphasis is on recipes and cuisine rather than theoretical insight. The book attempts to give a feel for what cookery and eating were like at various historical periods and in different cultures including the "how to" part of cooking.

- 8) Robson, J.R.K. (ed)
1977 Food Habits in Dietary Practice of Primitive and Emerging Peoples. London: Gordon.

At present the book is unavailable. The editor also

edits Ecology of Food and Nutrition, an important interdisciplinary food journal.

Compiled by Eliot Singer
University of Pennsylvania

PUBLICATIONS

Readers have indicated a number of useful sources for foodways material which may not be generally known.

Various organizations and business interests often produce booklets and magazines containing useful information. The Caribbean Food and Nutrition Institute publishes Cajanus, a bi-monthly journal that often includes information on cultural aspects of diet. It's available through the Institute, P.O. Box 140, Kingston 7, Jamaica.

Specialty Food Merchandising recently presented a special coffee issue which included articles like "Old-style Ambience Clicks for New York's Coffee Connection" which is relevant to the study of specific behaviors. It's published by Tartar Communications, Inc., 29 Park Ave., Manhasset, NY 11030.

The Institute of Food Technologists, 221 N. LaSalle St., Chicago, IL 60601, has produced a booklet, Food of Our Fathers, which includes a bibliography and surveys topics like preservation, technology and food-related behavior.

The "Germans from Russia Society" in Kansas publishes food-related articles like "Intercultural Study of Groups in Cloud County, Kansas" by M. Sackett. Further information may be obtained through Marjorie Sackett, Assistant Professor of English, English Department, Fort Hays Kansas State University, Hays, Kansas 67601.

In its Annals, the New York Academy of Sciences includes materials like Mary H. Clark Forbes' "Farming and Foraging in Prehistoric Greece: A Cultural Ecological Perspective".

The Metropolitan Museum of Art has published books with an historical perspective, such as Dinner With Tom Jones and To the Queen's Taste: Elizabethan Feasts and Recipes, by Lorna Sass.

Government agencies and institutions, as well, contribute relevant material. The Library of Congress Rare Books and Special Collections Division produces publications like The Quarterly Journal of the Library of Congress and has included articles like "Praise Is Due Bartolomeo Platina: A Note on the Librarian Author of the First Cookbook", by Leonard Beck.

The Bulletin and Annual of the Association for Living Historical Farms and Agricultural Museums are published under the auspices of the Smithsonian Institution, 5035 MHT, Washington, D.C. 20560

In addition, many state departments of agriculture or agricultural extension services publish Agricultural Experimental Station Bulletins which are indexed annually by the U.S.D.A.

Other publications which foodways researchers have found useful include journals which might not at first glance seem relevant. Both American Speech and Cornell Journal of Social Relations have published articles like H. Robboy's "The Submarine Sandwich in America: Lexical Variations in a Cultural Context" and "Sociocultural Context of An Italian-American Dietary Item".

Contributions to Geology and The Journal of Developmental Studies have presented A. Brown's "Bone Strontium as a Dietary Indicator in Human Skeletal Populations" and Anne Sharman's "Nutrition and Social Planning", while The New York Journal of Dentistry included in its October 1977 issue Geiger's article "Some Effects of Culture on Food Habits, Particularly for Primitive Man".

Other journals mentioned as useful include Ethnologia Scandinavica and Ethnologia Europaea, both of which present special issues on food; Museum News and Library Journal, which include coverage of historical foodways studies; Jewish Folklore and Ethnology Newsletter, whose Fall 1977 issue included a comprehensive review article, "Kashrut and Rationality: The Dietary Laws in Recent Anthropological Writing", by W.P. Zenner; the Maryland Historical Magazine; and Heritage of Kansas.

Some upcoming publications which will be helpful for foodways studies include the Harvard Encyclopedia of Ethnic Groups, and the Proceedings of the Third International Ethnological Research Conference, 1977.

Finally, researchers may find additional materials of various kinds in the Memorial University of Newfoundland Folklore and Language Archive, St. John's, Newfoundland A1C-5S7; and the National Agricultural Library of the U.S. Department of Agriculture in Beltsville, Maryland 20705.

Rita Moonsammy
University of Pennsylvania

BOOKS IN PRESS

ANTHROPOLOGY; HUMAN NUTRITION AND BEHAVIOR. Frank E. Johnston (ed.).
Expected date: June, 1978. New Mexico Press.

THE USES OF ANTHROPOLOGY. Walter Goldshmidt (ed.). AAA, Washington, D.C. including a chapter on "Anthropological Studies of Food and Nutrition" by Edward Montgomery and John W. Bennett. A review of the work of American anthropologists during the 1940's and 1970's in food and nutrition studies.

RESOURCES

SHOPS SPECIALIZING IN COOKBOOKS

New: Quinion Books
541 Hudson St., New York, NY
989-6130
Hours: Noon until 10 P.M.

Used: Corner Book Shop
102 Fourth Ave.,
New York, NY
AL 4-7714
Hours: Call first

LIBRARIES

Culinary Institute of America has a large and specialized food library.

For further information write to:

Culinary Institute of America
c/o Ellen De Vries, Librarian
Hyde Park, NY 12538

The Huntington Library in Los Angeles
Surgeon Generals' Library in Maryland

CENTER FOR SOUTHERN FOLKLORE

The Center announces American Folklore Films and Videotapes: An Index. A comprehensive listing of over 1800 films and videotapes on American folk traditions which includes:

Subject index - broad categories such as folk crafts, including foodways and more specific ones; numerous cross references

Annotations - alphabetical list of titles available for distribution. Brief description of the film and pertinent data.

Special Collections - scarce non-circulating films, videotapes and film footage listed by location.

Cost: \$15.00 per copy

For further information write:

Center for Southern Folklore
P.O. Box 4081
1216 Peabody Avenue
Memphis, Tennessee 38104
(901) 726-4205

FOLKLORE ARCHIVES OF WAYNE STATE

The Folklore Archive of Wayne State University has a developing collection of foodways, based on interview and participant observation. The strength of the material lies in the study of urban ethnic cuisine in festival and everyday settings and its modification from mother country. The material is catalogued under the heading "Food" with breakdown by ethnic group, by festival or holiday, or by process emphasized (preparation, presentation or preservation).

SYMPOSIA

May 23-24, 1978 The Symposium on Semi-Starvation, cosponsored by YIVO, Columbia University College of Physicians and Surgeons, and the Joint Distribution Committee, has been planned in conjunction with the publication

of the English translation of Maladie de Famine, a classic study of hunger done in the Warsaw Ghetto by Jewish doctors. Contact:
YIVO Institute for Jewish Research
1048 Fifth Ave.,
New York, NY 10028

June 10, 1978

The first conference of the working group for the advancement of nutrition research will be held. If anyone is planning to be in Europe at the time or wishes to attend, please write to Dr. Hans J. Teuteberg.

August, 1978

A special section on food history will be held during the International Congress for House-keeping History chaired by Dr. Hans Teuteberg and Derek Oddy (London). Again, for further information, contact:

Dr. Hans J. Teuteberg
Rotdornweg 7
44 Muenster-Hiltrup
Federal Republic of Germany

October, 1979

A symposium on the history of American food technology is planned for October in Washington, D.C. at the Museum of History and Technology. The meeting will address itself to the question of what happens to food between the farmer and the consumer, from the colonial period to the present. It will emphasize the commercial and industrial aspects of food technology, including primary processing (meat packing, flour milling, etc.), food manufacturing (confectionery, margarine, breakfast cereals, etc.), and the production of food additives (flavors, vitamins, colors, etc.). An honorarium for speakers and program moderators is offered. Suggestions for the symposium

are welcome. For information contact:

Dr. Terry Sharrer
Assistant Curator
Division of Extractive Industries
Smithsonian Institution
The National Museum of History
and Technology
Washington, D.C. 20560

NOTES AND QUERIES

REQUEST FOR PUBLISHABLE ARTICLES

Linda Keller Brown and Kay Mussell are preparing a section on American foodways for publication in the Journal of Popular Culture or the Journal of American Culture. They are requesting articles for their consideration.

Write to either Ms. Brown or Ms. Mussell at:
American Studies Program
The American University
Washington, D.C. 20016

NEW PROGRAM AT HEW

The National Institute of Child Health and Human Development is initiating a new program in Clinical Nutrition and Early Development. Information on the geographical, anthropological, psychological and evolutionary aspects of nutrition and health are requested. Suggestions and ideas concerning the program are welcome. Please contact:

Dr. William V.B. Robertson
Consultant
Program in Clinical Nutrition and Early
Development
Office of Research Reporting, Bldg. 31, #2A32
Department of Health, Education and Welfare
Public Health Service
National Institutes of Health
Bethesda, Maryland 20014

RECIPES - MENUS

The Museum of American Jewish History, 55 N. 5th St., Philadelphia, PA 19106, is gathering authentic recipes and menus used by Jews in America, preferably prior to 1880. These materials will be included in a cookbook to be printed for the Museum. If you have any suggestions, please send them to Mrs. Miriam R. Grossman at the Museum.

FESTIVALS

The City of Detroit sponsors summer ethnic festivals on the Detroit riverfront. Each festival includes a cultural food booth with specialties prepared by those members recognized in their communities for their cuisine. All festivals are coordinated through the Detroit Council of the Arts.

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For information, subscriptions, or contributions, please address:

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Logan Hall 415 CN
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Assistant Editor: Rita Moonsammy

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LA DOLCE VITA

When Vilhjalmur Stefansson, the Arctic explorer, was in his seventies, he switched to an Eskimo diet - two pounds of lean red meat and a half-pound of suet every day. He wrote in 1958, "I found my enjoyment of fat was unaltered. I achieved an improvement in health, and I effortlessly took off ten pounds my doctor asked me to remove. My supposedly age-stiffened joints grew as limber as they were ten years ago and I am now past 77. My wife thinks the chief improvement is in my disposition."

The Inuit or Eskimos who have adopted the white man's diet have fared less well. Otto Schaefer, MD, head of the Arctic Medical Research Unit in Edmonton, wrote in 1971 that the women "chew candy instead of animal skins, and what used to be an invaluable source of minerals in their diets, the chewing of raw meat and bones, has become impossible due to rapidly rotting teeth: Instead of their diet being protein, at least half of the calories today are from carbohydrates, factory processed foods, bought at a store. Eskimos are becoming the victims of civilization diseases such as obesity, gall bladder disease and acne vulgaris. Eskimo teenagers with acne...are a sad new phenomenon."

Perhaps the most striking change in the health patterns of the Inuit has been the rise in diabetes. Thirty years ago some authorities thought that the Inuit were immune to diabetes. In 1956 Thora McIlroy Mills began a systematic survey and located three adult diabetics in the Nome area and five in Greenland. All had been living for years in areas where white man's food was plentiful. In time Ms. Mills found two cases, one at Conpermine and another at Bathurst Inlet, where the victims, both women, had not been living on European foods. Since then, as the prevalence of candy, soft drinks and other sweetened foods has been extended, the number of cases in the western Arctic has doubled, and the number in Greenland and Alaska has trebled.

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Organizations related to or involved in the study of any aspect of food:

Please provide names and addresses of others who might be interested in receiving this newsletter.

1.

2.

3.

Do you wish your name and address to appear in a directory?

Yes No

Comments:

(Please attach any additional material)

\$3.00 enclosed for 1 year subscription

The Digest: A Newsletter for the Interdisciplinary Study of Food
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