**History 371**

**Feast or Famine: Food in Global History**

I. Instructor Margaret Humphreys, M.D., Ph.D.

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Office hours by appointment

II. Texts

Jared Diamond, *Guns, Germs, and Steel: The Fates of Human Societies* (New York: W.W. Norton, 1997 or 1999)

Marvin Harris, *Good to Eat: Riddles of Food and Culture*, Waveland Press, 1998.

Harvey Levenstein, *Paradox of Plenty: A Social History of Food in Modern America* (rev. ed), (Berkeley: University of California Press, 2003).

Marion Nestle, *Food Politics: How the Food Industry Influences Nutrition and Health* (Berkeley: University of California Press, rev. 2013)

Texts are available for purchase at the Regulator bookshop on 9th St. (Go to the lower level and ask for the books for this class). They will also be on reserve at Lilly. Used copies may be available on Amazon or via other sources.

III. Other readings are available on the course Sakai site.

IV. Assignments and grading

Assignments:

1. Midterm and final examinations

 Midterm will be a blue-book type exam written in the classroom.

Final will be a take-home exam, handed out last day of class and due Sat. May 3, 5 pm.

1. Two papers; topics to be accessed through these links: paper 1, paper 2. Late papers will be penalized by a drop in grade. If I do not have your paper by the time designated I will notify you by email so you know I don’t have it. Sometimes computer glitches happen (do tell!) or papers get otherwise lost. Papers can be turned in as printed out documents (preferred) or by email.

#1—7-8 page paper due 02/04/2014, by 2 pm.

#2—8-10 page paper due 04/01/2014, by 2 pm.

1. Readings should be done for the class under which they are listed in the

syllabus. The readings come either from the assigned books or from pdfs posted on Sakai.

1. Attendance is expected. More than 4 unexcused absences will lead to reduction of your final grade. Contact me if you have a valid reason to miss class. If you are sick, submit a STINF. If you are away on university “business” (athletics, other representation) provide the usual forms.

Grading

The final grade is based on the papers and exams. Percentages are as follows:

paper #1 20%

paper #2 30%

midterm 20%

final 30%

My grades are due 48 hours after the final. Once turned in they cannot be changed for any reason except clerical error. Given the multiple components of your grade you’ll have plenty of feedback about how you’re doing. Come talk to me if you have concerns. Email or phone and we’ll set up a time, or drop by 206 Carr Building.

Laptops and tablets are allowed in class, but should be used for class-related purposes such as taking notes or looking up material relevant to the lecture. Surfing the web, looking a videos of cute kitties, updating Facebook, or visitation of other, non-relevant sites is inappropriate. It distracts those seated behind you, and lowers your attention to lecture. Act like an adult, please, and don’t force me to ban laptops from the class room.

History 371

1/9 Introduction

Discussion of course themes and student experiences. What do humans need? Is there a natural human diet?

1/14 Prehistory of Human Health and Disease

Readings: Jared Diamond, *Guns, Germs and Steel* (New York: Norton, 1999), prologue, chs. 1, 4, and 5

1/16 Prehistory of Food

 Readings: Diamond, *Guns, Germs and Steel*, chs. 6-10.

1/21 Food and Culture in Early Civilization

Readings: Marvin Harris, *Good to Eat*, 1-87.

1/23 Food and Culture in Early Civilization, continued.

 Readings: Marvin Harris, *Good to Eat*, 88-174

1/28 What not to eat?

 Readings: Marvin Harris, *Good to Eat*, 175-248

1/30 The Columbian Exchange

Readings: Kenneth Kiple, *A Movable Feast*, 135-183; Charles Mann, *1493*, 251-271 (both SK)

2/4 Waste Not, Want Not: Food Preservation vs Famine

 Readings: C. Anne Wilson, *Waste Not, Want Not*, 5-31; 104-133 (SK).

2/6 Famine and its History

Readings: David Arnold, *Famine: Social Crisis and Historical Change* (Oxford: Basil Blackwell, 1988), pp. 1-46; J. P. W. Rivers, “The Nutritional Biology of Famine,” in G. Ainsworth Harrison, ed., *Famine* (Oxford: Oxford University Press, 1988), pp. 57-106. (Both SK)

2/11 The Irish Potato Famine, part 1

 Reading: James Donnelly, *The Great Irish Potato Famine*, 41-100 (SK)

2/13 The Irish Potato Famine, part 2

 Reading: James Donnelly, *The Great Irish Potato Famine*, 101-186 (SK)

2/18 Later 19th Century Global Famines

 Readings: Mike Davis, *Late* *Victorian Holocausts*, 25-59 (SK).

2/20 Later 19th Century Global Famines, continued

 Readings: Davis, *Late Victorian Holocausts*, 61-115 (SK)

2/25 Vitamins and Global Health: Beriberi

Readings: Anne Hardy, “Beriberi, Vitamin B1 and World Food Policy, 1925-1970,” *Medical History*, 1995, *39*, 61-77; Ken de Bevoise, *Agents of Apocalypse* (Princeton, 1995), 118-141. (SK)

2/27 Vitamins and Global Health: Scurvy

Readings: Margaret Humphreys, *Intensely Human: The Health of Black Soldiers in the American Civil War* (Baltimore, 2008), pp. 119-141; Kenneth Carpenter, *The History of Scurvy and Vitamin C* (Cambridge: Cambridge University Press, 1986), 133-157, 173-197; Mathieu Torck, “Maritime Travel and the Question of Provisions and Scurvy in a Chinese Context,” *East Asian Science, Technology and Medicine*, 2005, *23*, 54-78. (all SK)

3/4 Vitamins and Global Health: Pellagra in the US

Readings: Elizabeth W. Etheridge, “Pellagra: An Unappreciated Reminder of Southern Distinctiveness,” in Savitt and Young, *Disease and Distinctiveness,* pp. 100-119; Joseph Goldberger, “The Etiology of Pellagra,” “Cause and Prevention of Pellagra,” and “Treatment,” in *Public Health Reports* 29 (1914): 1683-1686, 2354-2357, 2821-2825; C. H. Lavinder, “The Prevalence and Geographic Distribution of Pellagra in the US,” *Public Health Reports*, 1912, *27*, 2076-2088. (add 4 common diseases excerpt) (all SK)

3/6 Midterm Examination

Spring Break! March 11-13

3/18 Plague of Food: Obesity and Diabetes

Readings: Readings: Peter N. Stearns, *Fat History: Bodies and Beauty in the Modern West* (New York: New York University Press, 1997), pp. 127-149; Peter Bennett, et al., “Diabetes Mellitus in American (Pima) Indians,” *Lancet*, 17 July 1971, 125-128; Margaret Humphreys, et al., “Racial Disparities in Diabetes a Century Ago: Evidence from the Pension Files of U.S. Civil War Veterans,” *Social Science and Medicine*, 2007, *64,* 1766-1775. (all SK)

3/20 Food in Modern America—part 1

 Reading: Harvey Levenstein, *Paradox of Plenty*, 1-79.

3/25 Food in Modern America—part 2

 Reading: Levenstein, *Paradox of Plenty*, 80-130.

3/27 Food in Modern America—part 3

 Reading: Levenstein, *Paradox of Plenty*, 131-194.

4/1 Food Politics in the Modern US—part 1

 Reading: Marion Nestle, *Food Politics*, 173-218.

4/3 Food Politics in the Modern US—part 2

 Reading: Marion Nestle, *Food Politics*, 295-337.

4/8 Food Politics in Modern US—part 3

 Reading: Nestle, *Food Politics*, 338-374.

4/10 Food Politics in Modern US—part 4

 Reading: Nestle, *Food Politics*, 375-412.

4/15 What does it all mean?

Reading: Robert Fogel, *The Escape from Hunger and Premature Death, 1700-2100* (Cambridge: Cambridge University Press, 2004), pp. xv-xvii, 1-42.

4/17 Fogel’s conclusions (and another answer)

 Reading: Fogel, pp. 43-65; Richard Francis, *Epigenetics*, 1-8, 49-76.

4/22 Conclusion