
NEW TITLES

History

CRUSADERS FOR FITNESS:
The History of American Health Reformers
 by James C. Whorton
 Princeton, 1982
 359 pp. \$19.50

High protein diets, low protein diets, bicycling for health, sexual abstinence, "the no breakfast plan"—Americans have never suffered from a lack of fitness programs. Whorton, professor of biomedical history at the University of Washington, surveys the theories and influence of some of the more zealous health crusaders (doctors, scientists, and quacks) of the 19th century. Many, he finds, left the American public with enduring legacies (e.g., physical education, hygiene, preventive medicine); quite a few amassed healthy fortunes. Sylvester Graham (1794–1851), a minister and self-taught nutritionist whose name survives on cracker boxes, advocated meatlessness, sexual moderation, and whole wheat bread. Physiologist Mary Neal Gove recommended sex and championed the bloomer as a salubrious release from the corset. Followers of Horace Fletcher, inspired by the "Chewing Song," masticated their way toward digestive efficiency. Whorton offers more than a collection of anecdotes, however. He describes the health-reform wave of the 1830s as an outgrowth of Jacksonian Democratic idealism; that of the 1890s as an expression of the social optimism of the Progressive Era. Both movements played on the peculiarly American dream of the perfectible man—the new "Adam"—a dream that, with tofu and jogging, continues to flourish.



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LAND AND REVOLUTION IN IRAN, 1960–1980
 by Eric J. Hoogland
 Univ. of Texas, 1982
 191 pp. \$19.95

In 1962, Mohammad Reza Pahlavi, the Shah of Iran, instituted an ambitious program of agrarian reform. By its completion in 1971, 90 percent of Iran's tenant farmers had become freeholders. But when the revolution began in 1978, thousands of young rural villagers joined in anti-Shah demonstrations, while most of their elders remained indifferent to the Shah's fate. The reason, according to Hoogland, a political scientist at Bowdoin