



# The Heretic's Feast: A History of Vegetarianism

*By Colin. Spencer*

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## **The Heretic's Feast: A History of Vegetarianism** By Colin. Spencer

In this fascinating and informative story of vegetarianism since prehistoric times, Colin Spencer describes the religious, philosophical, and social aspects of vegetarianism, introducing such prominent and often colorful practitioners as Pythagoras, Ovid, Leonardo da Vinci, Sir Thomas More, Percy Bysshe Shelley, Benjamin Franklin, Thomas Paine, Leo Tolstoy, George Bernard Shaw, Gandhi, and Hitler. Though the word "vegetarian" was not coined until the mid-nineteenth century, the meatless diet has been around for as long as people have. Spencer describes the major movements that shared the doctrine as well as the surprisingly diverse moralities, perspectives, and philosophies that motivated them. He shows that vegetarianism, when not forced on humans by poverty, was often just one element in a radical ideology that repeatedly led to the marginalization of vegetarians in our society. This gracefully written and meticulously researched book presents not only a surprising slice through world history but also an unusual story of dissidence and revolt.

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## **Editorial Review**

From Library Journal

Author, playwright, and food columnist for the English newspaper The Guardian, Spencer here traces the religious, health, and social influences behind vegetarianism from prehistory to the present. The result is a fascinating study of one of humanity's oldest and most maligned eating habits. One of the more interesting questions Spencer addresses is why vegetarians have been the victims of harassment and even persecution by the mainstream culture throughout history. He explains that, for better or worse, vegetarianism has been linked to radical social, political, and religious reformists who have challenged the mostly carnivorous status quo. Although vegetarianism belongs much more within the cultural heritage of the East, Spencer confines his study to the West, with occasional forays to India and the Far East. Keeping in mind this Western, indeed, Anglo-specific point of view, this book is recommended for academic and larger public libraries and wherever the subject is of interest.

*Jeffery Ingram, Newport P.L., Ore.*

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## **Review**

"Anyone who cares about what people eat - not the trendy dish of the month, but about diet and attitude, food, and philosophy - will want to work through The Heretic's Feast." --Los Angeles Times

From the Publisher

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#### **Gerald Conway:**

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improve their talent in writing, they also doing some study before they write for their book. One of them is this The Heretic's Feast: A History of Vegetarianism.

**Eric Green:**

Playing with family in the park, coming to see the sea world or hanging out with close friends is thing that usually you might have done when you have spare time, subsequently why you don't try issue that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Heretic's Feast: A History of Vegetarianism, it is possible to enjoy both. It is fine combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't get it, oh come on its named reading friends.

**Sue Joseph:**

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