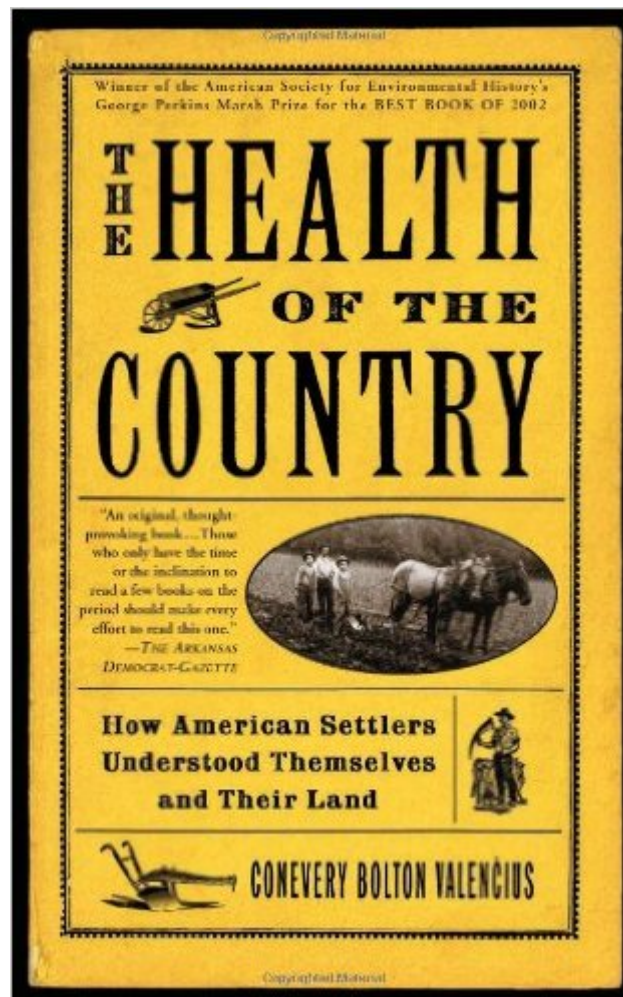


The book was found

The Health Of The Country: How American Settlers Understood Themselves And Their Land



Synopsis

In this vivid history of American western expansion, Conevery Bolton Valencius captures the excitement, romanticism, and confusion of the frontier experience as well as another, less renowned reality of settling: how terrifying the untamed wilderness of the West was to its homesteaders. In a time when good health was thought to involve perfectly balanced humors, settlers thought that the wild extremes of the borderlands disrupted the delicate equilibrium of their bodies. Valencius is the first historian to show that the settlers' primary criterion for uncharted land was its perceived health or sickness. This is a beautifully written, fresh account of the gritty details of American expansion, animated by the voices of the settlers themselves.

Book Information

Paperback: 412 pages

Publisher: Basic Books; First Trade Paper Edition edition (August 6, 2004)

Language: English

ISBN-10: 0465089879

ISBN-13: 978-0465089871

Product Dimensions: 5 x 1 x 8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #569,382 in Books (See Top 100 in Books) #304 in [Books > Textbooks >](#)

[Medicine & Health Sciences > Medicine > Special Topics > History](#) #796 in [Books > Medical](#)

[Books > History](#) #1982 in [Books > Politics & Social Sciences > Politics & Government > Public](#)

[Affairs & Policy > Social Services & Welfare](#)

Customer Reviews

For American settlers in the middle Mississippi River basin during the early nineteenth century, the boundaries between self and surroundings were porous. Nebulous notions of health and productivity seeped into the language, everyday actions, and thoughts of Arkansas homesteaders. In *The Health of the Country*, Conevery Bolton Valencius digs into the diaries, letters, and literature of settlers to unearth how these newcomers assessed the character and potential of the land to which they had so recently arrived. Valencius takes a thematic approach to the topic of antebellum medical geography, switching gracefully between narratives regarding overland migration, subtropical epidemiology, yeoman agriculture, water ecology, racial anxiety, and the professionalization (and resulting amateurization) of medical practice. Despite our modern tendency

to compartmentalize the various studies of body and land, Valencius argues that these frontiersmen and women thought in more holistic terms. A fever, for example, could be the result of anything from stagnant water to ethereal miasmas to a recent change in location. Likewise, agricultural success might be due to healthy soil, but it could just as easily be correlated with human fecundity. Simply stated: "As they described the world around them, so too did early Americans describe themselves" (99). Of course, the book has its flaws. To what degree does this synthesis of individual and environmental concerns translate geographically and temporally? Valencius repeatedly remarks on the quintessentially American nature of frontier settlement, but do we see the same occurring farther west of the Mississippi? And later in the nineteenth century? The author does not say.

[Download to continue reading...](#)

The Health of the Country: How American Settlers Understood Themselves and Their Land This
Our Dark Country: The American Settlers of Liberia Adirondack Characters and Campfire Yarns:
Early Settlers and Their Traditions Understood Betsy Playing to the Gallery: Helping Contemporary
Art in Its Struggle to Be Understood Habit 5 Seek First to Understand then to be Understood: The
Habit of Mutual Understanding (The 7 Habits) Understanding Greek Myths (Myths Understood
(Crabtree)) Christian Science: Science Understood Translates Matter (the Beast of Revelation) Into
Mind American Bloomsbury: Louisa May Alcott, Ralph Waldo Emerson, Margaret Fuller, Nathaniel
Hawthorne, and Henry David Thoreau: Their Lives, Their Loves, Their Work Chinese Houses of
Southeast Asia: The Eclectic Architecture of Sojourners and Settlers Los Angeles Times Cookbook:
1,000 Recipes of Famous Pioneer Settlers Featuring Seventy-Nine Old-Time California Spanish and
Mexican Dishes (Cooking in America) Pilgrims: New World Settlers and the Call of Home Irwin Klein
and the New Settlers: Photographs of Counterculture in New Mexico Putting Down Roots:
Gardening Insights from Wisconsin's Early Settlers The founders of the Massachusetts Bay colony.
A careful research of the earliest records of many of the foremost settlers of the New England
colony They Called Themselves the K.K.K.: The Birth of an American Terrorist Group Great
Disciples of the Buddha: Their Lives, Their Works, Their Legacy (Teachings of the Buddha)
Strangers in Their Own Land: Anger and Mourning on the American Right The Land of Curiosities
(Book 2)): Lost in Yellowstone, 1872-1873 (Land of Curiosities (the Ecoseekers Collection)) This
Land Is Your Land: Across America by Air

[Dmca](#)