



When the fruit was bad for health

In Shakespeare he was invited to moderate consumption of parsnips and carrots to avoid arousing lust

JOAN FITZPATRICK

17 AGO 2016 - 00:04 CET



'Still life with oranges melero boxes of candy and watermelon' Luis Egidio Melendez, Prado Museum.

If a person of the XXI century will travel back in time to the England of Shakespeare, what would you think of food and drink available then? And what someone might think of Shakespeare's England food that people today shopping, cooking and served in homes and restaurants?

Shakespeare's contemporaries would have agreed with us that the food and drink should be consumed in moderation apparently enjoyed the food but also considered that gluttony was unhealthy, but placed more emphasis than us in the

sinfulness of eating and drinking to excess . People in Shakespeare's time also had very peculiar ideas about food and drink. While the current medical opinion states that fruit and vegetables are healthy, the authorities of the Modern Age advised caution when consuming certain vegetables, such as parsnips and carrots, as it was thought that aroused lust; and also they believed that the fruit was probably unhealthy if eaten in excess or inappropriately, such as uncooked or end of the meal, as a dessert.

Ideas on physical health were available to any reader through manuals called dietary or health regimes, and these books-including *The Health Castle* , Thomas Elyot (1539) and *Government health* , William Bullein (1558) - played an important role in the cultural life of the modern era. Offering the reader prompts to stay healthy. The main objective was to maintain an ideal balance between the four humors (blood, phlegm, yellow bile and black bile), since an excess of one or more of these fluids could cause disease.

The idea that the fruit was filled with water and when consumed could promote a harmful imbalance for the body arises in Shakespeare's time. The fact that was criticized by dietary and other authorities does not mean that it is not consumed on a regular basis: the fresh fruit and nuts were sold in the streets and markets, and poor probably took advantage of what grew wild in hedgerows and shrubbery; but the advice of health experts was to be cautious. It was believed that red meat was healthier than fish, which was considered less nutritious and was associated with the old Catholic practice of not taking meat on Fridays. The beef was popular in Shakespeare's England; the belief that a solution based on this meat diet was superior to a vegetarian diet was firmly rooted in the idea that God commanded the consumption of animal flesh after the flood, and the fruit became less nutritious to believe that was filled with water.

People might well have drunk wine with meat, but it was expensive and so the beer was popular. The taking people of all ages at any time of day, but what they drank was called small-beer, ie beer with very little alcohol to contemporary standards. This was because it was thought that the water was not healthy, especially in cities, where rapid population growth generated poor hygienic conditions. The population of the modern era also consumed almond milk (popular today among the English

middle class) but one of the strangest beliefs was that human milk was the best of all and that children and adults should consume to maintain a good health.

It is clear that anyone traveling to the England of Shakespeare discover that the attitude about food and drink is familiar in many respects, especially in warnings about moderation. But above all, he would meet a very rare place where it would be difficult to find what today is considered a healthy and appetizing dinner.

Joan Fitzpatrick is a professor at Loughborough University and author of several essays on the history of food, Shakespeare and the Language of Food.

Translation of Germán Ponte.

FILED UNDER:

William Shakespeare · playwrights · centenarians · Theater · Anniversaries · modern history · Performing Arts · shows · Foods · Feeding · History · Industry · Society

SPONSORED CONTENT



How long can learn a new language?

(BABEL)



Learning a language in a week you can look how!

(BABEL)



Collaboration tools for SMEs (Hint: Free Bitrix24)

(FUNIBER BLOGS - FUNIBER)



Is This the World's Tastiest Train Journey? Step

(MYSWITZERLAND.CO)



These guys set out to learn French in a week - look what

(BABEL)



Bitrix24, the application that manages tasks your

(TODOCELL TAE)



The Slowest Express Train in the World is Worth the Wait

(MYSWITZERLAND.COM)

recommended by

© EDITIONS THE COUNTRY SL

Contact | Sale | Advertising | Legal warning | cookies policy | Map | COUNTRY in KIOSKOyMÁS | Index | RSS |

