

**A DEFENCE OF THE GRAHAM
SYSTEM OF LIVING: OR,
REMARKS ON DIET AND
REGIMEN. DEDICATED TO THE
RISING GENERATION**

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A Defence of the Graham System of Living: Or, Remarks on Diet and Regimen. Dedicated to the Rising Generation by Sylvester Graham

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SYLVESTER GRAHAM

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GRAHAM MEETING

IN

PROVIDENCE.

Pursuant to a public notice, given by a committee appointed by Mr. Graham's class, a meeting was held at Masonic Hall, in Providence, March 4th, 1834, composed of a large number of individuals of both sexes, who had attended the lectures of Sylvester Graham; on [the SCIENCE OF HUMAN LIFE, and who approved of his System of instruction—at which meeting, resolutions reported by the Committee, consisting of Rev. Thomas Williams, James Scott, and Stanford Newel], were unanimously adopted, as follows :

1. *Resolved*, That the Lectures which Mr. GRAHAM has delivered in this city, have not merely equalled, but highly exceeded the expectations we had formed respecting the nature, the objects and importance of his system.

2. *Resolved*, That while we are deeply sensible of the misapprehensions and misrepresentations that exist in respect to Mr. Graham, and his objects and sentiments, among persons who have not had an opportunity or an inclination to obtain information on these subjects; yet, we are persuaded that the sentiments and practices which he inculcates in his "LECTURES ON THE SCIENCE OF HUMAN LIFE," accord with the fundamental principles of physiology, and the laws of our nature, resulting from our compound and wonderful existence.

3. *Resolved*, That in our judgment, the System which Mr. Graham scientifically and experimentally illustrates and enforces, is essential to the continuance and prevalence of the reformation which has happily commenced and rapidly advances, with the progress of knowledge and virtue, liberty and happiness among mankind.

4. *Resolved, therefore*, That we cheerfully contribute our testimony, to sustain and extend the reputation of Mr. Graham, as a Public Lecturer on the SCIENCE OF HUMAN LIFE, from a deep solicitude that our

fellow men may receive as extensively as possible, the benefits which his instructions are calculated to produce, in reference to their material, mental, and moral capacities, obligations, interests and enjoyments.

5. *Resolved*, That in acknowledgement of the benefits we have received from the Lectures of Mr. Graham, we are desirous of presenting to him some proper and permanent testimonial of our esteem, friendship, and cordial approbation of his character and conduct, as they have been publicly and privately exhibited, during his residence in this city.

6. *Resolved*, That we are persuaded that happy results will arise from a candid and rational experiment of the System which Mr. Graham enforces; of the good effects of which, in the economy of human life, there are many living and grateful witnesses.

7. *Resolved*, That the preceding resolutions be signed by the Chairman and Secretary of this meeting, and presented to Mr. Graham, and also that they be published.

A Committee was appointed to carry the fifth resolution into effect, by appropriating, under instruction, the amount subscribed.

S. NEWELL, *Chairman*.

WM. S. PATTEN, *Secretary*.

At an adjourned meeting, holden at Masonic Hall, March 15, 1834, a beautiful silver Fruit Basket, and an elegantly bound copy of Dr. Noah Webster's quarto Dictionary, were presented to Mr. Graham, in fulfilment of the above fifth resolution.

At the close of Mr. Graham's Course of Lectures in Brunswick, Maine, the meeting was called to order by Dr. Lincoln, and his Excellency, Gov. Danlap was called to the Chair.

Professor Mussey, M. D., Prof. McKean, M. D., J. Page, M. D., I. Lincoln, M. D., S. P. Cushman, M. D., Prof. Newman, Gen. A. B. Thompson, Humphrey Puriston and Charles Thompson, Esqrs., were appointed a committee to draw up resolutions expressive of the opinion which the meeting entertained concerning the lectures delivered by Mr. Graham.

The committee having fulfilled this duty, Prof. Mussey, as chairman of the Committee, reported the following resolutions, which were

unanimously adopted, with the exception of one or two individuals, by the meeting, consisting of more than three hundred people.

Resolved, That we entertain a high sense of our obligations to Mr. Graham for his Lectures on the SCIENCE OF HUMAN LIFE, in which the laws of the vital economy have been explained and elucidated by a great variety of original, striking and happy illustrations.

Resolved, That in our judgment, the principles taught by Mr. Graham, are founded on the organization and physiological condition of the human body, and that the universal extension of them, is essential to the completion of the reformation now in progress, and to the highest earthly welfare of the human family.

JOHN COBURN, *Secretary*.

May 14th, 1834.

The undersigned, Members of the Portland Medical Association, having attended Mr. Graham's Lectures on the SCIENCE OF HUMAN LIFE, are happy to concede, that many of his most valuable doctrines are peculiarly his own, and, so far as we know, are not to be found in Medical Books, as has been asserted by many who have not attended his lectures. The assertion therefore, that Mr. Graham's Lectures are made up of materials already before the public, is, we believe, untrue.

We regard his System as embracing the very best interests of the human race; for we cannot doubt, that if his doctrines in respect to the diet and general regimen should be universally adopted, the cause of temperance and morality would be essentially promoted, and the physician's services rarely needed.

His anatomical and physiological illustrations are entirely correct, and his demonstrations of the sympathetic relations of the organs of organic vitality are intensely interesting.

Portland July 22, 1834.

J. MERRIL, M. D.
 THO'S H. MERRILL, M. D.
 B. D. BARTLETT, M. D.
 ELIPHALET CLARK, M. D.
 TIMOTHY LITTLE, M. D.
 J. W. MIGHELS, M. D.
 ALBUS REA, M. D.
 LUTHER ROGERS, M. D;
 JOHN BARRET, M. D.

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OR,

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DEDICATED TO THE RISING GENERATION.

"Ah! in what perils is vain life engag'd!
What slight neglects, what trivial faults destroy
The hardest frame! of indolence, of toil
We die; of want, of superfluity:
The all-surrounding heaven, the vital air,
Is big with death."

NEW-YORK;

PRINTED AND PUBLISHED BY W. APPLGATE,

No. 357 Hudson-Street.

1835.

Ms. A. 9. 11

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1918

"Entered on the 7th day of August, 1835, according to Act of Congress, by William Applegate, in the office of the Clerk of the Southern District of New York."

TO THE UNPREJUDICED READER.

SEVERAL years have now elapsed since a public Lecturer on the SCIENCE OF HUMAN LIFE, known as the Rev. Sylvester Graham, ventured to address the citizens of New-York on the interesting subject of Diet and Reginien. He endeavored to establish the proposition, that a law of relation existed between man, and every external object by which he is surrounded; and that, as a consequence, the human body could only be properly nourished by such materials as were adapted, by this law, to his organization; the violation of which induced disease, in number and variety, which terminated in death, painful and premature.

When we reflect upon the appalling fact, that sensuality is the prevailing vice of the age, and that Luxury reigns triumphant in the *civilized* world, will it appear surprising that the heterodox opinions expressed by the lecturer above alluded to, should have created an excitement in the minds of his hearers? many of whom, most probably in the enthusiasm of the moment, embraced, with ardor, a system that promised such inestimable benefits, only to relapse into their former habits, when the warmth of their zeal had abated: while others, deeply impressed with the simplicity and abstract beauty of a natural system of diet, and aware that, in point of economy, it offered the most powerful aid to the philanthropist, devoutly adopted and rigidly adhered to it. The debauchee, and the glutton, too, in numbers, who were suffering with chronic maladies, startled at the prospect of a speedy termination to their mis-spent lives, resorted to an abstemious course of life as the only means of relief; some of these have persevered, and are now restored to health, while the remainder, too far confirmed in unnatural habits to admit the continuance of a reformation, have either descended, or are fast approaching, to an untimely grave: and many more, though they acknowledged the truth of the doc-

trines advanced, yet, destitute of that moral courage so indispensable in the art of self-government, framed to themselves, and adopted, various excuses for the non-observance of dietic rules. The great mass of the populace, however, given up, as they were, to the control of factitious appetites, could scarcely have been expected to listen to arguments proposed in defence of a system, the adoption of which would have deprived them of one of the greatest of their enjoyments, the gratification of the palate. But, there were some, who, though they could not openly refute the positions which Mr. Graham was endeavoring to maintain, took advantage of every opportunity to frustrate his efforts, by insidious attacks on his character, and expressions of doubt as to the purity of his motives. They pointed out his faults, which they wilfully exaggerated and censured, and labored, most uncharitably, to bring his doctrines into disrepute, by attaching odium to his private character; but, would it not have been more rational to have adopted that virtuous maxim, "PRINCIPLES—NOT MEN," and to have refrained from associating the opinions of any individual, on an important subject, with his peculiar, and, perhaps, educational or accidental traits?

"Reformers, in all ages, whatever has been their object, have been unpitied martyrs, and the multitude have evinced a savage exultation in their sacrifice," from a principle of hostility to all innovations; more especially if they strike at the root of habits of early association, however vicious or degrading. Whether their object be pure, or otherwise, they must receive the derisions of the multitude, and be contented to submit, in silence, to a misrepresentation of motives by the selfish, and to censure and abuse from the sensual and ignorant; yet, if they persevere in their benevolent enterprises, shall they sink for want of assistance? We may reasonably trust otherwise, while there are, of the virtuous and enlightened, those who will sustain them in their noble efforts to support the cause of temperance, be its enemies, the slaves of appetite, never so busily engaged in ridiculing its doctrines, and villifying its promulgators.