



Six Thousand Years of Bread: Its Holy and Unholy History

By H.E. Jacob

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Six Thousand Years of Bread: Its Holy and Unholy History By H.E. Jacob

Give us this day our daily bread. From ancient Egypt to modern times, bread is the essential food, the symbol of fundamental well-being. H.E. Jacob takes readers through the history of this staple, examining its role in politics, religion, and technology, and answering such questions as how bread caused Napoleon's defeat. The fascinating voyage begins with "The Bread of Prehistoric Man," and continues with an exploration of the plow, the discovery of baking, the Grecian passion for seed corn and reverence for the bread goddess Demeter, the significance of the Bible's many references to bread, and how bread contributed to the outcome of World War I. In a poignant conclusion, Jacob describes his own experiences subsisting on bread made of sawdust in a Nazi concentration camp.

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Editorial Review

Amazon.com Review

Bread's history has frequently been a recipe for disaster. The well-baked loaf--aside from being the main event in one of the major food groups--has caused wars, supernatural visions, festivals, and plagues. H. E. Jacob's celebratory book toasts bread from its earliest beginnings in Egypt, where it was one of the treasures entombed with the dead, to the author's own experiences in a Nazi concentration camp, where a bread made of sawdust kept him alive. The maker of paupers and kings, our daily bread and its evolutions are deliciously described in this illuminating text.

Review

“Rarely has a book intended for a popular audience displayed evidence of more exhaustive scholarship. . . . The amount of information Mr. Jacob has unearthed that will be new to most readers is simply astonishing.”
—*The New York Times*

“This is not merely a book about bread as bread, the end result of grass seed ground into flour, but about bread as a signifier of transformation, both personally and historically.” —Peter Reinhart, from his foreword

Language Notes

Text: English (translation)

Users Review

From reader reviews:

Charlotte Kuester:

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