

Canadian Food Studies

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études sur l'alimentation

Critique de livre

**Nourrir la machine humaine. Nutrition et alimentation
au Québec, 1860-1945**

Caroline Durand

McGill-Queen's University Press, 2015, 302 pages

Résumé rédigé par Manon Boulianne, Département d'anthropologie,
Université Laval

Il est toujours fascinant de prendre connaissance des contextes d'émergence des discours qui cherchent à transformer les normes et les pratiques sociales, ainsi que des véhicules utilisés pour en assurer la diffusion et tenter d'obtenir l'adhésion des publics concernés. Dans cet ouvrage, Caroline Durand relève les manières dont les injonctions des experts en alimentation ont graduellement pénétré les foyers québécois francophones, en ville comme dans les campagnes. Il s'agit de mettre à jour les moyens pris pour transformer les subjectivités de manière à ce que les citoyens adhèrent aux idées véhiculées, un projet qui relève de la gouvernamentalité, c'est-à-dire des « techniques et procédures destinées à diriger la conduite des hommes », selon Foucault (cité dans Durand 2015 : 9). L'auteure ne s'en tient cependant pas seulement aux discours, dans cet ouvrage, ce qui ajoute à son intérêt ; elle décrit aussi les changements qui ont marqué les pratiques alimentaires des Canadiens français pendant près de cent ans. Pour ce faire, elle se base notamment sur des portraits de plusieurs groupes ou familles rurales et urbaines trouvés dans la littérature québécoise, celle du terroir, en l'occurrence. Elle présente aussi des données statistiques publiées par le gouvernement canadien et cite des monographies issues de l'anthropologie, de la sociologie et de l'histoire orale.

Comme elle le fait remarquer d'entrée de jeu, c'est dans le contexte du développement de la science moderne que les discours experts présentés et analysés dans cet ouvrage se sont multipliés et diffusés, prenant appui sur la théorie du choix rationnel et sur la philosophie politique libérale, selon laquelle les êtres humains sont des individus libres et des sujets de droit. C'est bien pour cette raison, d'ailleurs, qu'ils sont emblématiques de la modernité issue de la révolution industrielle, laquelle fait naître la métaphore du corps machine, une machine qui a

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Electre



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Nourrir la machine humaine Caroline Durand, 2015-05-01 A study of foodways and food advice in a modernizing Quebec
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