



The Book of Life

Upton Sinclair

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The writing of the American novelist, poet and philosopher Upton Sinclair is a synthesis of his conception on life and human nature. The book is structured in two volumes, the first one being suggestively named Mind and Body, after the two main elements that compose a human being.

To each of them, the author dedicates a part of the volume. The first of these sections, The Book of Mind, uses a philosophical approach in analyzing human nature and moral values.

The comparison between the primordial element of nature and the morality of mankind is of a great interest. Among other things, the latter is defined as a product of the former, the process of human morality's apparition being also presented. The author takes the moral values and the qualities of the human being one by one, dedicating a separate chapter to each of them.

The second part of the first volume, The Book of Body, deals with the human body as a whole, presenting different methods of how to take care of its well-being. The accent is placed on eating a balanced diet, the author presenting the dangers that falling into extremes could bring.

Sound sleep, proper clothing, work and rest regimens or the best methods of treating different affections are other interesting subjects presented in this second part of the first volume.

Love and Society is the title of the second volume of the book, also structured in two sections. The central theme of the first of them, The Book of Love, is represented by the relationships of affection between people of opposite sex. Subjects considered hot at the time the book was published, such as birth control, divorce, marriage from economic reasons, are analyzed from all points of view.

The second section of this volume is dedicated to the social component of the human being, Competition, social hierarchy, collaboration, and the evolution of industrialism.

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