

CONTENTS

List of Illustrations	<i>ix</i>
Acknowledgments	<i>xi</i>
Introduction	<i>1</i>
1. Intestinal Struggles	<i>17</i>
2. From Curiosi to Consumers	<i>51</i>
3. The Place of Coffee	<i>96</i>
4. Distilling Learning	<i>146</i>
5. The Philosophical Palate	<i>195</i>
6. Rules of Regimen	<i>243</i>
Conclusion	<i>290</i>
Bibliography	<i>301</i>
Index	<i>355</i>