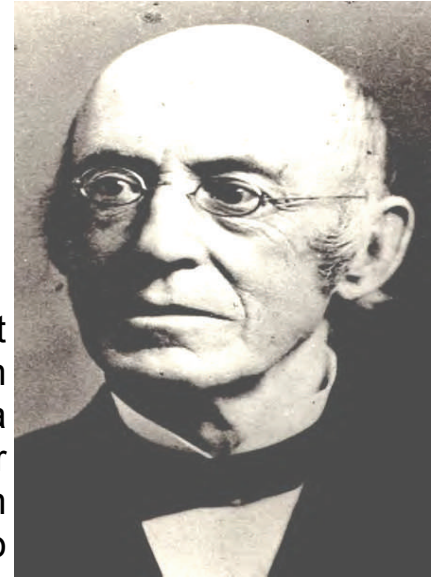


Abolitionist Movement

They wanted to end slavery.

William Lloyd Garrison



In 1831 a new newspaper called *The Liberator* was first printed. Its publisher was an abolitionist named William Lloyd Garrison. Whereas many others were seeking a gradual ending of slavery, William Lloyd Garrison called for the immediate end to slavery in the United States. William Lloyd Garrison and other abolitionists refused to compromise on the issue of slavery. Slave holders were “oppressors, man-stealers, and tyrants.” Garrison declared that slavery was sin--the most evil sin, and he demanded no delay in beginning the process to establish African-Americans as free and fully equal citizens of the United States.

In 1832, Garrison helped found the American Anti-Slavery Society. By 1838, a quarter of a million Americans had joined. Garrison and the Society flooded the mail with anti-slavery literature trying to persuade ministers, editors, and influential people in every state. The American Anti-Slavery Society gathered over 400,000 anti-slavery signatures by 1838, though Congress refused to accept any anti-slavery petitions.

Still, most white Americans looked down at abolitionists. While many northern whites may have disliked slavery, the idea that blacks could, or should, be equal with whites was unacceptable. Still, abolitionists appealed to many northern white women, including many in the women’s rights movement. They also found great support from free blacks across the northern states. Great African-American leaders like Frederick Douglass, a former slave, and two remarkable women, Sojourner Truth and Harriet Tubman, were bitter enemies of slavery. These well-spoken, intelligent former-slaves made fantastically effective propagandists.

Garrison and the abolitionists also had a good friend in the person of former President John Quincy Adams. Now a member of the House of Representatives from Massachusetts, Adams led an eight-year fight to get Congress to receive the anti-slavery petitions collected by the American Anti-Slavery Society.

Garrison’s anti-slavery movement was small in the 1830s, but it was loud. They were hated by a majority of the white population, North and South, but the abolitionists continued their work, demanding an immediate end to slavery, and the inclusion of African-Americans as fully equal citizens of the United States



Temperance Movement

They wanted to outlaw alcohol.

Lyman Beecher

Of all the reform movements of the 1820s and 1830s the temperance movement attracted the most wide-ranging and diverse collection of supporters. These supporters included shy, pious churchwomen, radical feminists, freethinkers, religious fundamentalists, abolitionists, and slave-owners.

The production and consumption of alcohol pervaded many aspects of American society. Men drank beer and hard liquor to fortify themselves for hard work. New England shippers made millions from the importation of rum from the West Indies. Farmers in the West grew grain to be converted into whiskey. And, of course, people throughout America drank alcohol at all social engagements. It was said that you could not go into a man's house without being asked to drink wine or spirits, even in the morning.

There had been scattered protests against alcohol in the 1700s, but in the 1830s the temperance movement began to organize and gather strength. The greatest of the anti-alcohol crusaders was Lyman Beecher. He was a fiery Christian Protestant who spoke out against the evils of alcohol. In 1825, Beecher gave six thunderous sermons on temperance. He hated the idea that people could drink only in moderation. Beecher called for the organization of voluntary associations across the United States to work for the banning of alcohol. By 1834, there were over 5,000 state and local anti-alcohol organizations throughout the country.

These organizations used many arguments to convince their countrymen of the evils of alcohol. They argued that alcohol was a cause of poverty. They said that drunk workers often lost their jobs; or that they would spend their wages on alcohol instead of their homes and families. The temperance societies also claimed that drinking led to hell. "The Holy Spirit will not visit, much less dwell with him who is under the polluting, debasing effects of alcohol." Temperance supporters argued that alcohol produced insanity and crime. It destroyed families, hurting women and children. They claimed that drunkenness was a worse evil than slavery.

The anti-alcohol movement remained strong throughout the 1830s, but interest in banning alcohol lessened in the 1840s. The temperance movement would, however, continue into the twentieth century, when, in 1919, it would achieve its greatest victory--the Eighteenth Amendment to the Constitution, the prohibition of the manufacture and sale of alcohol in the United States.



Feminist Movement

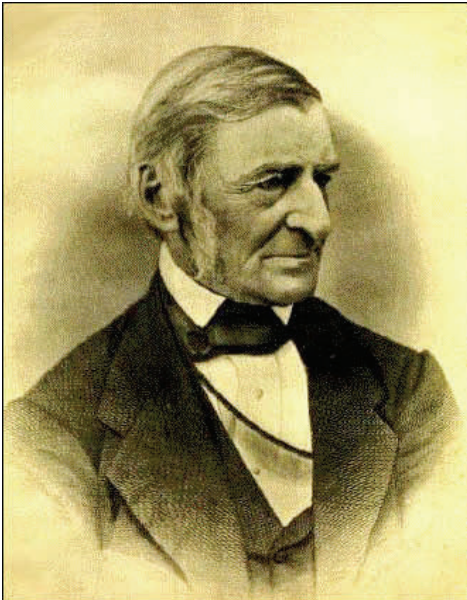
They wanted equal rights for women.

Elizabeth Cady Stanton

In the 1800s American women were not allowed to vote. They could not hold high-paying jobs. They could not go to college. Most did not go to high school. Women were expected to be married by their 18th birthday. They were expected to stay home, raise the children, take care of the house, and serve the husband. It was also very difficult for women to divorce their husbands. Some Americans wanted to change things for women.

In 1848, the first meeting to talk about women's rights was held in Seneca Falls, New York. One of the most important leaders of the feminist movement was Elizabeth Cady Stanton. She helped organize the meeting at Seneca Falls. At the meeting, she wrote a paper called the "Declaration of Sentiments." In it, she wrote "We hold these truths to be self-evident that *all men and women* are created equal." She called for equal rights for women. She said women should be able to hold any job they want. She said that women should all be able to go to high school and college. And above all else, Elizabeth Cady Stanton and other feminists demanded that women be given the right to vote.

The feminist movement was not a large movement. Many people—men and women—laughed at the idea that women should be like men. It would be many years before women got the right to vote. And it would be even longer before women would start to get higher education and better jobs.



Transcendentalist Movement

They wanted people to find the truth inside themselves not in the world.

Ralph Waldo Emerson

The transcendentalists did not want to change to world. They wanted people to change how they looked at the world. A group of American writers from Massachusetts started the transcendentalist movement. They included Ralph Waldo Emerson; Henry David Thoreau, the author of *Walden*, Louisa May Alcott, the author of *Little Women*, Nathaniel Hawthorne, the author of *The Scarlet Letter*, Herman Melville, the author of *Moby Dick*, and feminist writer, Margaret Fuller.

Ralph Waldo Emerson was the most important transcendentalist. He said that each person needs to find a light within them self to guide them. He said that you do not need a government or a religion to tell you how to live your life. You must be mindful of your inner light which will guide you correctly. You must rely on yourself. Emerson's most famous essay was called "Self Reliance." This belief in individual people figuring out for themselves the right way to live came to be called *individualism*.

The transcendentalist movement was fairly small among common people, but it has had a huge affect on American literature, art, and intellectual thought.

Pacifist Movement

They want to end all war.

Elihu Burritt



During the 1830s and 1840s, a number of Americans believed that American society was very sinful. They thought that people were ignoring God's most important rule, "Love one another." These Americans believed that the most obvious sin in the world was war. For one country to use force against another country was simply against God's will. So these people became pacifists. They swore never to participate in war.

In 1828 a few hundred American's began the American Peace Society. This organization remained small through the 1830s. But in the mid-1840s, The American Peace Society joined the larger international League of Universal Brotherhood. These pacifists had a number of goals, from helping immigrants to equalizing international law. The pacifists tried to get the United States and European countries to agree on international laws that would strengthen peace between nations, and lessen the chances of war. By 1850, over 50,000 Americans had signed pledges never to participate in any aspect of war.

The most important leader of the pacifist movement was Elihu Burritt. He spent over thirty years in America and Europe organizing pacifist societies. Burritt believed that war was un-Christian, and he believed that war placed an unfair burden on workingmen. He believed that governments resorted to war because they knew they could easily draw soldiers from the working-class. So Burritt tried to organize workingmen against war. He also argued for better communication between peoples and more immigration between countries. Burritt believed that the chances of war would lessen if people from different countries were brought together and discussed issues, rather than resorting to war.

The pacifist movement started to slow throughout the 1850s. Pacifists hated slavery, and saw it as a sinful use of force. So the pacifist movement was never accepted in the American South. When the Civil War began in 1861, the pacifist movement fell apart as most pacifists cheered the northern army fighting to conquer the slave-holding South.



Health Movement

**They wanted to improve
peoples' health.**

Sylvester Graham

As most reformers were trying to make a healthier society, some believed that Americans could not behave in a morally responsible way unless they had a healthy and uncorrupted body. Even though Americans in the 1800s did not have the problems of additives and junk food that we have today, they ate as badly as we do, and probably worse. Rich people ate course after course of high-calorie, high-fat meals. Poor people ate food that was poorly preserved, poorly prepared, and not always nutritionally sound.

The most famous of the health reformers was Sylvester Graham. Irritation of the stomach, Graham believed, was the cause of most illnesses. A person who ate properly should not get sick. So Graham advised people to avoid meat, spices, alcohol, coffee, and tea. This meant a "healthy" diet would include fruits, vegetables, and coarsely ground grains. In addition to a healthy diet, Graham promoted general hygiene. A follower of Graham's theories would bathe often (something most Americans avoided), exercise, wear loose-fitting clothes, and live in a well-ventilated house.

The health reform movement came together in the 1840s, when two national health conventions took place in Massachusetts. *The Graham Journal of Health and Longevity* became the leading source of information for followers of the health reform movement. Americans in small towns and large cities began to live according to Graham theories. They ate bland diets, exercised, and always sought clean and fresh air.

After 1850 the health reform movement began to fall apart. But different people kept different Graham ideas alive. Some exercised, some continued their bland diets, and some began to follow the newest health craze--hydropathy.

Hydropathy was the practice of using water to clean the body with water, inside and out. Followers believed that they could avoid illness by keeping the outside of their bodies clean, and they could cleanse the body of disease by flushing out the inside of their bodies.

So, though the health reform movement was never a large-scale phenomenon, much of what Graham and his followers promoted has become part of our beliefs about health. Eating fruits and vegetables, exercise, clean air, and good hygiene remain the foundation of good health today. (And let's not forget Graham Crackers!)



Public Education Movement

They wanted quality free education for all.

Horace Mann

Educational standards had been relatively high in colonial America, especially in New England. But by the 1820s, those American schools that existed relied on poorly-trained, poorly-paid teachers who taught in one-room schoolhouses with few or no textbooks or supplies.

In 1837, a Massachusetts lawyer named Horace Mann gave up his law practice to become the Secretary of the Massachusetts Board of Education. For eleven years he worked to build a public school system. Mann believed that America's democratic society depended on every child's access to a free quality education. "If we do not prepare children to become good citizens,...then our republic must go down to destruction."

Massachusetts doubled teachers' pay, built and repaired school buildings, opened fifty high schools, and established a minimum school year of six months. Many states, especially in the North, followed Massachusetts' lead.

The new schools taught useful values as well as useful skills. Not only were children taught to read, write, and do math, they also learned punctuality, good hygiene, honesty, and the value of hard work.

Though public schools had taken a large step forward, huge problems remained. Outside Massachusetts, only the rich could attend high school. And though girls were treated equally to boys in elementary grades, few girls continued their education past the eighth grade. Furthermore, no woman was accepted into an American college before 1833, and few colleges admitted any women after 1833.

So, despite the efforts of Horace Mann and others, with only 1 out of 6 children actually attending a public school, huge problems remained for American public schools.



Utopian Movement

They wanted to remake society

John Humphrey Noyes

While most reformers of the 1830s and 1840s were trying to fix something that they saw wrong with American society, a few reformers chose to withdraw from American society completely. These people believed that America was too competitive, that everything was based on how much money you had or could get. Some reformers chose to try to create a whole new society; these people were called Utopians.

Among these Utopians was John Humphrey Noyes. Noyes preached against what he called “the Sin system, the Work system, the Death system.” So he set up his own community, the Oneida community, to give people a place to live a simpler, fairer, purer life. In Noyes’ community and other Utopian communities, the only work that was done, were those things necessary to live, and the women joined the men in that work. To make the work easier for women, they were allowed to cut their hair short and wear pants. Children were treated in an unusually permissive way. They were allowed to sleep until they naturally awoke. And the communities’ schools did not stress memorization and punishment like most schools in America. Rather, they tried to spark the children’s curiosity and make learning fun.

Utopians attempted to remake society. They believed that they could make life on Earth more equal, communal, harmonious, and spiritual.

There were more than one hundred Utopian communities set up in the United States in the 1830s and 1840s. Few survived very long. In some communities people did not know how to farm very well, leaving the community with a shortage of food. In other communities, people started bickering and arguing, destroying all thoughts of harmony.

A few Utopian communities did survive, like John Humphrey Noyes’ community which evolved into a silverware company. But the most successful of the Utopian communities were those with a religious base, such as the communities of the Mennonites, the Amish, and the Shakers.

Social Reform in Jacksonian America

Name of the Reformer	Name of the Reform Movement	What did they want?	History of the Reform Movement What happened? How big? How popular? How successful?
1. Dorothea Dix	Insane Asylum Reform	Provide the mentally disturbed with humane treatment.	Providing for the insane in America was a serious problem. In the few mental hospitals that existed, the insane were treated like animals. No effort was made to help or cure them. Dorothea Dix was furious. She reported that the mentally disturbed were kept in “cages, closets, cellars, stalls, pens!” Dix worked to get every state to provide the insane with humane treatment. As a direct result of Dix’s efforts, most states did set up a system of state-run asylums for the insane.
2 William Lloyd Garrison & Frederick Douglass			
3 Elizabeth Cady Stanton			
4 Lyman Beecher			

Name of the Reformer	Name of the Reform Movement	What did they want?	History of the Reform Movement What happened? How big? How popular? How successful?
5. Sylvester Graham			
6 Horace Mann			
7 Elihu Burritt			
8. Ralph Waldo Emerson			
9. John Humphrey Noyes			