Reform Movements
Temperance
--the most extensive moral reform campaign
--many people believed downing a glass of whiskey before breakfast was conducive to good health
--instead of taking coffee breaks, people took a dram of liquor at 11 and again at 4:00
--by 1820 the typical adult American consumed more than 7 gallons of absolute alcohol a year (compared with 2.6 gallons today)

Arguments for Temperance
--the demand that "soldiers of the cross" lead blameless lives
--humanitarians emphasized the relationship between drinking and poverty
American Temperance Union
--est. 1833
--was the goal moderation or total abstinence
--by 1845 about 100 towns in Mass. were dry
--1846 Maine enacted a law against sales of less than twenty-eight gallons
--five years later Maine forbade the manufacture or sale of any intoxicants
--by 1855 thirteen states has such laws
Women's rights

Catherine Beecher's *A Treatise on Domestic Economy* (1841)
--accepts the prevailing view that "women's sphere" was the home
--argued that young women should be trained in the domestic arts.
--some argue that the home became a prison for women
--others have noted that it often gave women a sphere of independence in which they might exercise a degree of initiative and leadership
--"cult of true womanhood" idealized woman's moral role in civilizing husband and family
Women's status
--legally women were unenfranchised--had no control over property or even her children
--a wife could not make a will, sign a contract, or bring suit in court without her husband's permission
--legal status like a minor, a slave, or a free African American
--organized women's rights movement
--origins
--1848--Lucretia Mott and Elizabeth Cady Stanton call the Seneca Falls Convention "the social, civil, and religious condition and rights of women."
--the Declaration of Sentiments (modeled after Jefferson's Declaration)
"all men and women are created equal"

---support

---1839 Mississippi, first to grant married women control over their property

---by 1860s eleven more states had such laws

---jobs

---nursing and teaching, both of which extended the domestic roles of health care and nurture to the world outside.

---relatively lower pay than "man's work"

---with the rapid expansion of schools, women moved into the teaching profession first