

Food vs. Fraud: The 1906 Pure Food and Drug Act

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Process Paper

When I was looking for a topic for National History Day, I knew it had to be something I was interested in, that also connected to the theme. I have many hobbies, so finding something I was interested in wasn't a problem, but connecting it to the theme was much harder. Eventually, I found the 1906 Pure Food and Drug Act, which combined my interest in food science with the theme of Rights and Responsibilities. I then had to narrow it down to a specific type of rights, in order for my argument to be clear and direct. While there were many choices, I felt that I had the strongest argument when connecting the 1906 Pure Food and Drug Act to human rights, as all people have the right to access clean, safe products. As the theme was Rights *and* Responsibilities, I then chose legal responsibilities, as the government has the responsibility to keep its people safe by updating these laws and regulations.

Once I had chosen my topic, I had to conduct my research. First, a research question was made, which helped me gain a broad understanding of my topic. Then, my thesis statement was created, so I could direct my project in a certain way, and ensure I included specific information. I used Cornell notes in my graphic organizer and all my research. I also read *The Jungle*, as it's such an important part of this story. And while I love to read, this book was a challenge; its classic style of writing was long and difficult. Though it was hard to read, and took a *very* long time, it was worth it, as it was one of my strongest primary sources and contained extremely useful quotes and details that I otherwise wouldn't have used.

When choosing the format of my project, I knew I wanted to do a paper. While I have tried three different types, paper has always been my favorite, as writing is something I generally enjoy. To create my project, I followed the format of before, the build-up, during, after, and the long-term impact of the event. This ensured that I had covered all points on the timeline, and made sure no gaps were apparent in my paper. While writing this paper, I tried my hardest to remain neutral, and instead tell the whole story so readers can choose their side. It is so important when remembering and recording historical events to

acknowledge as many viewpoints as possible, something I spent a lot of time trying to do. The 1906 Pure Food and Drug Act gave people the human right to know what they were buying and consuming, enforced the legal responsibility for companies to sell non-adulterated food with true ingredients, and positively influenced the quality and safety of food and drugs acquired by all Americans. I really enjoyed creating this project, and found it a great way to finish my last year participating in National History Day.

Food vs. Fraud: The 1906 Pure Food and Drug Act

Envision a world where knowing what's in your food is impossible. Where the cherries could contain aniline dye (an extremely hazardous chemical),¹ and you would never know. Where even your *drugs* house unknown poisons and false therapeutic claims. This is the reality of the United States before 1906. The 1906 Pure Food and Drug Act gave people the human right to know what they were buying and consuming, enforced the legal responsibility for companies to sell non-adulterated food with true ingredients, and positively influenced the quality and safety of food and drugs acquired by all Americans. This act was the first step of many to make our products safe.

Before mass production became a large part of society, there was no need to be suspicious of food or medicine. This was because most people made their food themselves. People's worlds were local, so they didn't have to worry about adulterated foods or drugs. Except when more people started buying from large brands, there became a problem: no one knew what was in the unmarked cans and bottles, and companies were ready to take advantage of that. An example of this adulterated food was presented in a speech by Representative James Mann of Illinois, June 21, 1906, stating, "I have here . . . several adulterated articles. Here is a bottle of cherries, originally picked green, in order that they might be firm, with the green color all taken out with acid until they were perfectly white, and then colored with an aniline dye which is poisonous in any quantity."² This is just one example of the many ways food was tainted with harmful substances, and the absurd part is that it was completely legal.

However, the public was completely unaware of these events, mainly because of the Beef Trust. A 'trust' is "a combination of firms or corporations formed by a legal agreement... (especially) ...one that reduces

¹ "The Pure Food and Drug Act | U.S. Capitol - Visitor Center." *Visitthecapitol.gov*, 2024, [www.visitthecapitol.gov/exhibitions/congress-and-progressive-era/pure-food-and-drug-act#:~:text=The%20Pure%20Food%20and%20Drug%20Act%20of%201906%20prohibited%20the,and%20Drug%20Administration%20\(FDA\)](http://www.visitthecapitol.gov/exhibitions/congress-and-progressive-era/pure-food-and-drug-act#:~:text=The%20Pure%20Food%20and%20Drug%20Act%20of%201906%20prohibited%20the,and%20Drug%20Administration%20(FDA).). Accessed 14 Nov. 2024.

² *Ibid.*

or threatens to reduce competition.”³ This was exactly what the Beef Trust was: a group of companies that basically controlled all beef sold, packaged, and farmed. This meant that prices could easily be raised without consequence, competition wasn’t a worry, and most important of all, there wasn’t anything to compare the quality to. Because *all* of the beef being sold was of grotesque form, it seemed normal, even *expected*.

This deception continued for many years, until muckrakers,⁴ journalists who investigated the food and drug industry, uncovered the truth, specifically Upton Sinclair. Sinclair was a journalist who went undercover to investigate the meat-packaging industries. What he found were atrocious conditions. He gathered his findings in his book *The Jungle*, first published in the socialist newspaper Appeal to Reason in 1905,⁵ and then edited and republished by Doubleday in February 1906,⁶ hoping to inform the public of these disgusting conditions. The result was more than anything he could have imagined. People were outraged for many reasons, some calling for change at once, while others thought Sinclair was deceitful and exaggerating. The book became so controversial and well-known that it caught the attention of President Theodore Roosevelt.

Roosevelt didn’t only hear about *The Jungle*, but read it, and thought the conditions matched his own suspicions. Roosevelt had always been wary of the Beef Trust, as he had served as an officer in the Spanish-American War and had seen the appalling conditions of the canned meat soldiers were forced to eat. So he invited the novelist to the White House to hear his account firsthand. The president didn’t like Sinclair, as he thought he was too hypersensitive and high-strung. The two men also had very different views (with Roosevelt constantly lecturing Sinclair about his “pathetic belief” in socialism)⁷ and had a

³ Merriam-Webster, “Definition of TRUST,” Merriam-webster.com, 2024, <https://www.merriam-webster.com/dictionary/trust>.

⁴ Singh, R Paul, and Norman Wilfred Desrosier. “Food Preservation | Definition, Importance, & Methods.” *Encyclopedia Britannica*, 23 Aug. 1998, www.britannica.com/topic/food-preservation. Accessed 14 Nov. 2024.

⁵ “‘The Jungle: A Story of Chicago’ - Upton Sinclair - Appeal to Reason · Undercover Reporting,” undercover.hosting.nyu.edu, n.d., <https://undercover.hosting.nyu.edu/s/undercover-reporting/item-set/112>.

⁶ Office, “Part I: The 1906 Food and Drugs Act and Its Enforcement,” U.S. Food and Drug Administration, 2019, <https://www.fda.gov/about-fda/changes-science-law-and-regulatory-authorities/part-i-1906-food-and-drugs-act-and-its-enforcement>.

⁷ Upton Sinclair, *The Jungle*, 5th ed. (1906; repr., Penguin Group, 2006), 1–388.

difficult time working together. Nevertheless, Roosevelt held his word and sent two parties to investigate the industry.

The first party Roosevelt sent was the U.S. Department of Agriculture, which stated Sinclair wrote a “willful and deliberate misrepresentation of fact,” and had extremely exaggerated the conditions.⁸ However, Roosevelt didn’t feel confident that the USDA was truthful, as they had always had close ties with the Beef Trust because their goal was to support rural farmers, ranchers, and their products.⁹ So, secretly he sent a second party to investigate, a pair of trusted advisors, Charles P. Neill, the U.S. Commissioner of Labor, and James B. Reynolds, a New York social worker. The two found conditions to be much worse than the USDA reported, stating, “We saw meat shoveled from filthy wooden floors, piled on tables rarely washed, pushed from room to room in rotten box carts, in all of which processes it was in the way of gathering dirt, splinters, floor filth, and the expectorations of tuberculous and other diseased workers.”¹⁰

Action was taken almost immediately, as both the Pure Food and Drug Act and the Meat Inspection Act had already been drafted and presented, but there was a newfound urgency to shut down the factories. Both bills were passed by Congress and signed by Theodore Roosevelt on June 30, 1906, only four months after *The Jungle* was published. The 1906 Pure Food and Drug Act was signed to prevent the “manufacture, sale, or transportation of adulterated or misbranded or poisonous or deleterious food, drugs, medications, and liquors...”¹¹ The law was quite controversial, as many people benefited and suffered because of it.

Many benefits came from the signing of the 1906 Pure Food and Drug Act, as “...the law prohibited the addition of any ingredients that would substitute for the food, conceal damage, pose a health hazard, or

⁸ Ibid.

⁹ “Cattle & Beef - Sector at a Glance | Economic Research Service,” Usda.gov, 2025, <https://www.ers.usda.gov/topics/animal-products/cattle-beef/sector-at-a-glance>.

¹⁰ Upton Sinclair, *The Jungle*, 5th ed. (1906; repr., Penguin Group, 2006), 1–388.

¹¹ “Food and Drug Act of 1906,” 21 U.S.C.A. § Ch. 1, Subch. I § (1906).

constitute a filthy or decomposed substance.”¹² It was evident that regulations were desperately needed for drugs and food, as even infant medicine had dangerous ingredients. Mrs. Winslow's Soothing Syrup was a medicine patented and mass-produced in the 19th century, and was mainly advertised to calm teething children, but also claimed to be beneficial for relieving constipation, freshening breath, and cleaning teeth. Yet something consumers didn't know was that it contained dangerous amounts of both alcohol and morphine. Some children who consumed the drug went to sleep and never woke up, as morphine is not only addictive for all ages but can also be fatal for children.¹³ Before 1906, producers were not transparent with the contents of their products, nor were they required to be. However, after the 1906 Pure Food and Drug Act was passed, Mrs. Winslow's Soothing Syrup was quickly shut down by the American Medical Association for the dangerous mix of ingredients and its link to infant deaths.

The 1906 Pure Food and Drug Act also led the Bureau of Chemistry to investigate and close other illegal operations besides Mrs. Winslow's Soothing Syrup, even “thousands upon thousands of times in the first years the new law was in effect.”¹⁴ The head of the Bureau was Dr. Harvey W. Wiley, who was often known as the “Crusading Chemist” and the “Father of the Pure Food and Drug Act.” Harvey Wiley was the head of the Bureau until he resigned in 1912, and was an important part of the development of the 1906 Pure Food and Drug Act,¹⁵ as he in part helped write the regulations for it. This was and still is a huge honor, as the regulations are as, if not more, important than the original law. While the original act is the outline, the regulations are the specifics; it describes what will be legal or illegal. This also led Dr. Wiley to interweave his own ideas on what the 1906 Pure Food and Drug Act should be focused on: the food. Dr. Wiley believed that food held a greater risk than drugs, and held a cynical view when it came to

¹² Office, “Part I: The 1906 Food and Drugs Act and Its Enforcement,” U.S. Food and Drug Administration, 2019, <https://www.fda.gov/about-fda/changes-science-law-and-regulatory-authorities/part-i-1906-food-and-drugs-act-and-its-enforcement>.

¹³ “Mrs. Winslow's Soothing Syrup | DEA Museum,” Dea.gov, 2019, <https://museum.dea.gov/museum-collection/collection-spotlight/artifact/soothing-syrup>.

¹⁴ John Swann, “How Chemists Pushed for Consumer Protection: The Food and Drugs Act of 1906,” *Chemical Heritage* 24, no. 2 (2006): 6–11, <https://www.fda.gov/files/about%20fda/published/How-Chemists-Pushed-for-Consumer-Protection--The-Food-and-Drugs-Act-of-1906.pdf>.

¹⁵ “The Food and Drug Administration: The Continued History of Drug Advertising | Weill Cornell Medicine Samuel J. Wood Library,” Cornell.edu (Weill Cornell Medicine, 2024), <https://library.weill.cornell.edu/about-us/snake%20oil%20social%20media-drug-advertising-your-health/food-and-drug-administration-continued>.

chemical additives in food. He fought for regulations that most found extreme. This clashed with President Roosevelt's views, as he felt strongly that drugs should be the focus. Dr. Wiley was the reason the original law prioritized food and outlawed many preservatives, dyes, and sweeteners.

While the signing of the 1906 Pure Food and Drug Act helped many, it also harmed many, from farmers to processors, corporate owners and even some of the consumers, as it "...brought outcries of anguish from fruit growers in the West, who used sulfur dioxide in preparing dried fruit for market; from catsup makers, who relied on sodium benzoate; from canners, who sweetened corn with saccharin; from millers, who bleached flour with various chemicals; and from other groups, processors especially, but growers as well."¹⁶ In 1912, the same year U.S. Congress tried to create a Department of Public Health, a French physician wrote that, "It is difficult to reconcile the exigencies of public health with the desiderata of modern agriculture."¹⁷ And this is entirely true; how does a society balance the needs and wants of most people with an efficient, stable economy? It was this problem that the U.S. fought with, and in the end, the needs of the people won.

Although the 1906 Pure Food and Drug Act was made to stop the selling of adulterated and harmful products, it wasn't very effective. The Bureau of Chemistry had established informal standards for many foods since 1903, and tried to carry those into the bill. However, court opinions on how these standards could be used in the 1906 Pure Food and Drug Act differed, leading to an uneven coverage of foods. This created many loopholes, which companies found and exploited over many years. Along with the natural evolution of food and drugs, and therefore their laws, businesses were determined to keep their items legal. This led to many court battles, causing hundreds of amendments and related laws to be written.

The first major amendment to the 1906 Pure Food and Drug Act was the Shirley Amendment, after the Supreme Court ruled in the 1911 case *U.S. vs. Johnson*¹⁸ that the "1906 Food and Drugs Act does *not*

¹⁶ Ibid.

¹⁷ Donna J Wood, "The Strategic Use of Public Policy: Business Support for the 1906 Food and Drug Act," *The Business History Review* 59, no. 3 (January 1, 1985): 403–32, <https://doi.org/10.2307/3114005>.

¹⁸ *U.S. v. Johnson* (May 29, 1911).

prohibit *false therapeutic claims* but only *false and misleading statements about the ingredients* or identity of a drug,”¹⁹. This was a serious problem, as it meant that companies couldn't lie or mislead their consumers about the *contents* of a drug, but could lie or mislead about the *effect* of the drug. So the Shirley Amendment was signed in 1912, providing language that did prohibit false therapeutic claims.

The Shirley Amendment was just the first of many amendments and other laws made to support the 1906 Pure Food and Drug Act, including the Harrison Narcotic Act in 1914,²⁰ the Federal Food, Drug, and Cosmetic Act of 1938 (FDC),²¹ the Insulin Amendment in 1941,²² and many more throughout the years. In fact, this law has been amended and updated nearly every year since it was passed, occasionally even multiple times in one year. This has been going on from 1912 until today, with the most recent act passed in 2017, the FDA Reauthorization Act of 2017 (FDARA), which amended the FDC Act to “revise and extend the user-fee programs for drugs, medical devices, generic drugs, and biosimilar biological products.”²³

While this law impacted the U.S. in many ways, one of the biggest impacts the 1906 Pure Food and Drug Act had on America was how it paved the way for the Food and Drugs Administration (FDA). The FDA is a federal agency that was founded in 1927. It was the successor of the USDA Bureau of Chemistry, which had overseen production, packaging, and sanitation of both food and drugs in the United States. The FDA, however, “...is responsible for protecting the public health by assuring the safety, efficacy, and security of human and veterinary drugs, biological products, medical devices, our nation's food supply, cosmetics, and products that emit radiation,”²⁴ and is “the major government agency involved in the

¹⁹Ibid.

²⁰ “The Food and Drug Administration: The Continued History of Drug Advertising | Weill Cornell Medicine Samuel J. Wood Library,” Cornell.edu (Weill Cornell Medicine, 2024),

²¹ “Food, Drug, and Cosmetics Act of 1938,” 21 U.S.C.A. §§ 301 - 399i § (1938).

²² “The Food and Drug Administration: The Continued History of Drug Advertising | Weill Cornell Medicine Samuel J. Wood Library,” Cornell.edu (Weill Cornell Medicine, 2024),

<https://library.weill.cornell.edu/about-us/snake%C2%A0oil%C2%A0-social%C2%A0media-drug-advertising-your-health/food-and-drug-administration-continued>.

²³ Office of the Commissioner, “FDA Reauthorization Act of 2017 (FDARA),” FDA, November 3, 2018, <https://www.fda.gov/regulatory-information/selected-amendments-fdc-act/fda-reauthorization-act-2017-fdara>.

²⁴ USAGov, “Food and Drug Administration | USAGov,” www.usa.gov, 2024, <https://www.usa.gov/agencies/food-and-drug-administration>.

oversight of prescription medications, including how these are advertised to the public.”²⁵ The FDA covers what the USDA Bureau of Chemistry did and more, causing no need for it to continue.

This agency has been one of the only things protecting our food, drugs, cosmetics, and even medical devices and research for almost 100 years, as our country continues to grow and discover new things. “More than 18,000 FDA employees work in all 50 states and internationally to ensure the safety and effectiveness of human and veterinary medicines, biologics, and medical devices. We also regulate the safety of food, cosmetics, devices that emit radiation, and tobacco products.”²⁶ This agency is humongous, and truly impacts our day-to-day lives so much more than we ever realized. The FDA would never have been formed without the first steps of the 1906 Pure Food and Drug Act, and it’s extraordinary that this law from over 100 years ago paved the way for new laws, regulations, and agencies that continue to advance as technology does, and is still the basis for many of our laws.

The 1906 Pure Food and Drug Act enforced the legal responsibility for companies to sell non-adulterated food with true ingredients, positively influenced the quality and safety of food and drugs acquired by all Americans, and gave people the human right to know what they were buying and consuming. In retrospect, the 1906 Pure Food and Drug Act “... was far from perfect, but it nevertheless represents a revolutionary landmark in the history of consumer protection in America.”²⁷ Without the 1906 Pure Food and Drug Act, we would still be struggling with the harmful and unknown ingredients in our food, drugs, and cosmetics. Knowledge is power, and we now control more of our lives with the knowledge that what we buy is safe, and that what we buy is true.

²⁵“The Food and Drug Administration: The Continued History of Drug Advertising | Weill Cornell Medicine Samuel J. Wood Library,” Cornell.edu (Weill Cornell Medicine, 2024), <https://library.weill.cornell.edu/about-us/snake%C2%A0oil%C2%A0-social%C2%A0media-drug-advertising-your-health/food-and-drug-administration-continued>.

²⁶ 1. Office of the Commissioner, “About FDA,” U.S. Food and Drug Administration, accessed March 17, 2025, <https://www.fda.gov/about-fda>.

²⁷ John Swann, “How Chemists Pushed for Consumer Protection: The Food and Drugs Act of 1906,” *Chemical Heritage* 24, no. 2 (2006): 6–11, <https://www.fda.gov/files/about%20fda/published/How-Chemists-Pushed-for-Consumer-Protection--The-Food-and-Drugs-Act-of-1906.pdf>.

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<https://library.weill.cornell.edu/about-us/snake%C2%A0oil%C2%A0-social%C2%A0media-drug-advertising-your-health/food-and-drug-administration-continued>.

This source is a website that explains the history of the 1906 Pure Food and Drug Act. It is a primary source, as it includes quotes from Dr. Harvey W. Wiley. I used it to learn about the various amendments made over the years.

Food and Drug Act of 1906, 21 U.S.C.A. § Ch. 1, Subch. I § (1906).

This source is a law, specifically the 1906 Pure Food and Drug Act. It's a primary source, as it has not been changed since 1906. I used this source for quotes about what the law entails and to gather a further understanding of it.

Food, Drug, and Cosmetics Act of 1938, 21 U.S.C.A. §§ 301 - 399i § (1938).

This source is a law, specifically the 1938 Food, Drug, and Cosmetics Act. It is a primary source, as it's the original writing from 1938. This source was helpful when writing about other laws that came after the 1906 Pure Food and Drug Act.

Sinclair, Upton. *The Jungle*. 5th ed. 1906. Reprint, Penguin Group, 2006.

This source is a book that describes the horrors of the meatpacking industry, and was one of the key factors leading to the 1906 Pure Food and Drug Act. This source is a primary source, as it describes the gruesome conditions of the meatpacking industry, and it is the book that sparked change.

Justia Law. “United States v. Johnson, 221 U.S. 488 (1911),” 2025. <https://supreme.justia.com/cases/federal/us/221/488/>.

This source is a website that provides the legal case *U.S. v. Johnson*. This source is a primary source because it's the original writing from 1911. I found this source helpful, as it added needed context about what led to the Shirley Amendment.

Usda.gov. “Cattle & Beef - Sector at a Glance | Economic Research Service,” 2025.

<https://www.ers.usda.gov/topics/animal-products/cattle-beef/sector-at-a-glance>.

This source is a federal website and explains who the USDA is and what they do. It is a primary source because it is the USDA's official website. I used it to understand why the USDA supported the Beef Trust throughout history.

Visitthecapitol.gov. “The Pure Food and Drug Act | U.S. Capitol - Visitor Center,” 2024.

<https://www.visitthecapitol.gov/exhibitions/congress-and-progressive-era/pure-food-and-drug-act>.

This source is a website that gives an overview of what the 1906 Pure Food and Drug Act requires. This source is a primary source because it includes S. 88 (The 1906 Pure Food and Drug Act) on its website. I used this source to better understand how this act works, and I used some of its quotes as well.

Secondary Sources:

Commissioner, Office of the. “FDA Reauthorization Act of 2017 (FDARA).” FDA, November 3, 2018.

<https://www.fda.gov/regulatory-information/selected-amendments-fdc-act/fda-reauthorization-act-2017-fdara>.

This source is a website that explains the FDA Reauthorization Act of 2017. It is a secondary source

because it describes the FDARA Act without the actual writing. I used this source to emphasize how these laws are still evolving.

Dea.gov. "Mrs. Winslow's Soothing Syrup | DEA Museum," 2019.

<https://museum.dea.gov/museum-collection/collection-spotlight/artifact/soothing-syrup>.

This source is a website that describes the history of Mrs. Winslow's Soothing Syrup. It is a secondary source because of its description of the product and its history. I used this source to explain the impact the 1906 Pure Food and Drug Act had on products like these.

FDA. "FDA History." FDA, June 29, 2018. <https://www.fda.gov/about-fda/fda-history>.

This source is a website that goes over the FDA's history. This source is a secondary source, for it depicts the history of the FDA. I used it to add more information about the FDA to my project, like when it was founded.

Gilderlehrman.org. "Pure Food and Drug Act Passed: On This Day, 1906 | Gilder Lehrman Institute of American History," 2017.

<https://www.gilderlehrman.org/news/pure-food-and-drug-act-passed-day-1906>.

This source is a website that shines light on the legal side of the 1906 Pure Food and Drug Act. Because of its description of that time, it is a secondary source. I used to explain *The Jungle's* impact on the 1906 Pure Food and Drug Act.

Loc.gov. "Research Guides: Pure Food and Drug Act of 1906: Topics in Chronicling America: Introduction," 2024. <https://guides.loc.gov/chronicling-america-pure-food-drug-act-1906>.

This source is a website that tells the history of the 1906 Pure Food and Drug Act, and how people reacted to it. It is a secondary source because it describes the events of the time. I used this source for its helpful timeline of the event.

Merriam-Webster. "Definition of TRUST." Merriam-webster.com, 2024.

<https://www.merriam-webster.com/dictionary/trust>.

This source is a website, which I used to explain what the Beef Trust was. This source is a secondary source, as it simply describes what a word means.

Office. “Part I: The 1906 Food and Drugs Act and Its Enforcement.” U.S. Food and Drug Administration, 2019.

<https://www.fda.gov/about-fda/changes-science-law-and-regulatory-authorities/part-i-1906-food-and-drugs-act-and-its-enforcement>.

This source is a website, and it tells the story of the 1906 Pure Food and Drug Act. This source is a secondary source because it summarizes what led to the 1906 Pure Food and Drug Act. I used this source to explain the buildup that led to the signing of the act.

Singh, R Paul, and Norman Wilfred Desrosier. “Food Preservation | Definition, Importance, & Methods.” Encyclopedia Britannica, August 23, 1998. <https://www.britannica.com/topic/food-preservation>.

This source is a website that goes into detail about the regulations the 1906 Pure Food and Drug Act implemented. This source is a secondary source, as it mentions muckrakers and what they did. I used this source to gather a further understanding of what this act entails.

Swann, John. “How Chemists Pushed for Consumer Protection: The Food and Drugs Act of 1906.” *Chemical Heritage* 24, no. 2 (2006): 6–11.

<https://www.fda.gov/files/about%20fda/published/How-Chemists-Pushed-for-Consumer-Protection--The-Food-and-Drugs-Act-of-1906.pdf>.

This source is an article explaining what led to the 1906 Pure Food and Drug Act, and how it impacted the U.S. This source is a secondary source, for its topic is what happened after the act, not during. I used this source to add detail to my project and used its many quotes as well.

The First Edition Rare Books. “The Jungle - the First Edition Rare Books,” December 19, 2022. <https://thefirstedition.com/product/the-jungle-2/>.

This source is a website that discusses the history of Upton Sinclair's book *The Jungle*. This source is a secondary source as it is about the history of *The Jungle*. I used this website to add more context to my story.

USAGov. "Food and Drug Administration | USAGov." www.usa.gov, 2024.

<https://www.usa.gov/agencies/food-and-drug-administration>.

This source is a website that goes through the history of the FDA (Food and Drug Administration). It is a secondary source as it describes the responsibilities of the FDA. I used this source to learn more about what the FDA actually does.

undercover.hosting.nyu.edu. "'The Jungle: A Story of Chicago' - Upton Sinclair - Appeal to Reason · Undercover Reporting," n.d.

<https://undercover.hosting.nyu.edu/s/undercover-reporting/item-set/112>.

This source is a website that tells the story of how Upton Sinclair first published his book "*The Jungle*," and the reaction it got. This is a secondary source because it tells the history, but has nothing from the time, and I used this source to provide further detail of how "*The Jungle*" came to be.

Wood, Donna J. "The Strategic Use of Public Policy: Business Support for the 1906 Food and Drug Act."

The Business History Review 59, no. 3 (January 1, 1985): 403–32.

<https://doi.org/10.2307/3114005>.

This source is a book that explains the motivations behind the 1906 Pure Food And Drug Act. It is a secondary source, as it describes the history of that time period. I used many of its quotes to add more perspective to the story.

Young, James Harvey. "Food and Drug Regulation under the USDA, 1906-1940 on JSTOR." *Jstor.org* 64 (2024). <https://doi.org/10.2307/3743803>.

This source is a book that focuses on agricultural history. It includes many quotes from 1906, but is a secondary source because of its paraphrasing. I used this book to learn how the 1906 Pure Food and Drug Act negatively impacted farmers, and for its quotes.