List of Illustrations vii
Acknowledgments ix

Introduction 1

CHAPTER 1 Life Reform as Bürgerliche Kultur 9
CHAPTER 2 Popular Hygienic Culture, Class, and Aesthetic Norms 32
CHAPTER 3 Gender and Aesthetic Norms in Popular Hygienic Culture 55
CHAPTER 4 Racial Aesthetics 82
CHAPTER 5 Models of Holistic Constitutionalism in Regular Medicine and Natural Therapy 101
CHAPTER 6 The Constitutional Convergence: Life Reform, the “Crisis of Medicine,” and Weimar Hygiene Exhibitions 125
CHAPTER 7 Constitutional Typologies: Weimar Racial Science and Medicine 150
CHAPTER 8 Weimar Leisure Culture: Freikörperkultur and the Quest for Authenticity and Volksgemeinschaft 176

Conclusion 199
Notes 207
Bibliography 249
Index 273
ILLUSTRATIONS

Fig. 1  Louis Kuhne 19
Fig. 2  Kuhne's International Establishment for the Healing Art Without Drugs and Surgery in Leipzig 20
Fig. 3  Kuhne ad for bathing tubs 21
Fig. 4  Kuhne ad for steam bath devices 22
Fig. 5  Richard Ungewitter demonstrating healthy development of the chest 26
Fig. 6  Exclusive front accumulation according to Kuhne 35
Fig. 7  Exclusive back accumulation according to Kuhne 36
Fig. 8  Front, back, and side accumulation according to Kuhne 37
Fig. 9  Ideal or normal female figure according to Fritsch's canon 43
Fig. 10  Fritsch's canon applied to male bodies of varying ages 44
Fig. 11  Example of good physical development 52
Fig. 12  Behrend's buttocks 53
Fig. 13  Normal position of organs compared to the position of organs impacted by corset pressure 60
Fig. 14  Normal female figure 61
Fig. 15  Female figure deformed by corset use 62
Fig. 16  Platen's Health Corset (front) 63
Fig. 17  Platen's Health Corset (back) 64
Fig. 18  Schematic depiction of male beauty and ugliness 65
Fig. 19  Schematic depiction of female beauty and ugliness 66
Fig. 20  The golden proportion (male) 67
Fig. 21  The golden proportion (female) 68
Fig. 22  Perfect ideal, pathological thinness, and pathological fatness 74
Fig. 23  Proportions of a Bavarian woman 89
Fig. 24  Schematic representation of proportions of the same Bavarian woman 90
Fig. 25  Proportions of a Japanese woman of the Mongolian race 91
Fig. 26  Proportions of a Dschagga woman of the Negroid race  92
Fig. 27  Japanese geisha of the Choshiu type  93
Fig. 28  Three Zulu girls with different proportions  94
Fig. 29  "No wealth equals you, O health."  109
Fig. 30  Anschaulichkeit exhibited during the Gesolei  140
Fig. 31  The first "gläserner Mensch"  141
Fig. 32  Man's breathing function  142
Fig. 33  The car and the ear are identical.  143
Fig. 34  Biology of the roast smell  144
Fig. 35  The Nordic or primarily Nordic race  154
Fig. 36  The eastern race. The first person is a Ukrainian; the other three are Germans from Baden, in southwestern Germany.  155
Fig. 37  The leptosome (asthenic) type  166
Fig. 38  The athletic type  167
Fig. 39  The pyknic type  168
Fig. 40  Physique and character according to Kretschmer  169
Fig. 41  Sigaud's four constitutional types  171
Fig. 42  The questionnaire of the Lionel Strongfort Institute  184
Fig. 43  Testimonials by satisfied customers of the Strongfort Institute  185
Fig. 44  John J. Hajnos, also known as "Herkules der U.S.A.-Marine"  186
Fig. 45  Weimar nude culture 1  192
Fig. 46  Weimar nude culture 2  193
Fig. 47  Weimar nude culture 3  194
Fig. 48  Weimar nude culture 4  195