

## Contents

---

<i>List of Figures</i>	<i>page</i> vi
<i>Acknowledgements</i>	viii
1 Introduction	1
2 Hormones, 1918–1929	24
3 Diet, 1918–1929	68
4 Electrotherapy, 1925–1932	106
5 Exercise, 1930–1939	138
6 Skin Care, 1930 and Beyond	170
7 Conclusion	205
8 Postscript	214
<i>Bibliography</i>	218
<i>Index</i>	248