

# DIE HAUSFRAU

PRAKTISCHE ANLEITUNG ZUR SELBSTÄNDIGEN UND  
SPARSAMEN FÜHRUNG VON STADT- UND  
LANDHAUSHALTUNGEN : EINE MITGABE FÜR ANGEHENDE  
HAUSFRAUEN  
HENRIETTE DAVIDIS



# Anleitung Einer Sparsamen Gesundheitlichen Lebensweise

**Sabine Merta**



## **Anleitung Einer Sparsamen Gesundheitlichen Lebensweise:**

*Schweizerische Blätter für Gesundheitspflege*, 1891      *Vierteljahrs-catalog aller in Deutschland erschienenen werke aus dem gebiete der forst- und gadwissenschaft*, 1884      Wege und Irrwege zum modernen Schlankheitskult Sabine Merta, 2003

Wer kennt nicht den ewigen Kampf gegen die überflüssigen Pfunde der schlanken Linie zuliebe Mittlerweile hat jedes fünfte Kind in Deutschland Übergewicht Tendenz steigend Die Fettpolster führen schon in jungen Jahren zu Diabetes und Bluthochdruck Aber die Kilos belasten nicht nur die Gesundheit sondern auch die Seele wie die soziale Ausgrenzung von aDickeno sowie die dramatische Zunahme von gefährlichen Essstörungen zeigt Es ist eine vielschichtige Problematik und entsprechend interdisziplinär geht diese Untersuchung auf der Basis eines besonders intensiven Quellenstudiums den historischen Wurzeln des hochaktuellen Schlankheitskultes auf den Grund Alle den modernen Schlankheitskult tangierenden Bereiche von der Theorie bis zur Praxis der Diätetik über damit verbundene Auseinandersetzungen zwischen Ernährungsreformern und Medizinern bzw Ernährungswissenschaftlern über die geschichtliche Entstehung von Essstörungen bis hin zum intensiven Fitnesstraining stehen hier erstmals im Fokus der neueren und neuesten Geschichte a ein wahrer Fundus ein hervorragendes Nachschlagewerk Historische Zeitschrift Merta fills a desideratum in the interdisciplinary history of the body opening up a chapter that will hopefully inspire other historiansa History and Philosophy

*Hygieia*, 1892      *Schlank!* Sabine Merta, 2008 Mehr Menschen als das Schwert t tet der Fra meinte der griechische Arzt Galenus vor 2000 Jahren Und er hat bis heute recht Zu fettes Essen und Bewegungsarmut sind die gr ten Gesundheitsgef hrdungen unserer Gesellschaft Das Ideal unserer Zeit aber ist es schlank zu sein Der Boom von Di ten Fitnessgurus und Ern hrungsratgebern legt davon Zeugnis ab Die schlanke Linie entscheidet mit ber gesellschaftliche Anerkennung und beruflichen Erfolg und der Kult um die Figur pr gt unser Bewusstsein bis hin zu Ern hrungsst rungen Sabine Merta geht diesen Widerspr chen nach und findet den Ursprung der modernen K rper sthetik in der Lebensreformbewegung um 1900 die Schlanksein zum Sinnbild eines Lebensstils berh hte Weit mehr als nur um den Gedanken an die Gesundheit ging es bei der neuen Besch ftigung mit dem K rper um die Umgestaltung ganzer Lebensbereiche von der Kleidung und Erziehung bis hin zur Sexualmoral gelehrt aber zugleich auch charmant geschrieben ist Sabine Mertas Studie die uns tief in die Geschichte des Schlankk rperkultes einf hrt S ddeutsche Zeitung Das akribisch recherchierte Werk bietet eine F lle interessanter Informationen und teilweise berraschender Erkenntnisse Lesart Sabine Merta betreibt Ursachenforschung rund um unser Schlankheitsideal und findet Am santes und Skurriles womit seit der Antike ein perfektes Bild geformt wurde MYSELF Ein aufschlussreiches Buch Tages Anzeiger Diese Studie f hrt uns tief in die Geschichte des Schlankheitsk rperkults lesenswert f r die die betroffen sind in der Familie im Freundeskreis ein Geschenk an sich selbst oder f r die vorgenannten Betroffenen

Natur Heilkunde Journal      **Deutscher Gesamtkatalog**, 1976      *Gesundheitsbüchlein-- gemeinfassliche Anleitung zur Gesundheitspflege* Germany. Imperial Board of Health, 1899      Kurze Anleitung zum kurmässigen Gebrauche der Wildunger

Mineralwässer nebst einigen diätetischen Vorschriften ,1889

**Gesundheitsbüchlein, gemeinfassliche Anleitung zur**

**Gesundheitspflege ...** Germany. Gesundheitsamt,1895

*Kurze Anleitung zum kurmässigen Gebrauche der Wildunger*

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