

# Contents

---

<i>List of Illustrations</i>	page vii
<i>List of Charts and Tables</i>	xi
<i>Acknowledgments</i>	xiii
<i>Translations and Abbreviations</i>	xv
Introduction	1
Natural: A German History	
Why Hitler Was a Vegetarian	1
Hunger and Health in German History	3
The Biopolitics of Nature	7
1. Hunger, Citizenship, and the Gospel of Nature	19
Making a Radical	22
Inventing the Natural Lifestyle	29
The Meat Wars	40
2. Being Natural	53
Nature as Practice	54
Cooking with Nature	65
Medicine and the Natural Diet	75
Meat and Bread, Blood and Civilization	84
3. Nature and the Nutrition Question in Imperial and Weimar Germany	94
Unmaking the Protein Standard	95
Physiology, Economics, and <i>Volksernährung</i>	110
Waging War, Planning Peace	126
Eating Themselves to Death	134
4. Humans Are Only Plants in Nature's Garden: Remaking German Agriculture, 1870–1939	148
Hunger, Health, and Fertilizer	151
More Food	161
Better Food	169
5. Nature and the Nazi Diet	189
“The Nutrition Question Is a Political Question for the State”	199
“A Potato Is Not Simply a Potato”	211

v

“‘Back to Nature’ Is a Pious Wish, [but] Today It Is ‘Forward to Peak Performance’”	221
6. Mainstreaming Nature, Pursuing Health: Food and the Environmental Turn in West Germany	234
“Leave Our Food As Natural As Possible!”	237
The Apocalypse of Health	252
Vegetables without Poison?	265
7. Masking Nature, Prescribing Health: The East German Experience	281
“A Socialist Life Is a Healthy Life!”	283
“We Want Neither Ascetics Nor Health Fanatics!”	297
Conclusion: The Natural Temptation	306
<i>Appendix I: Selected Periodicals</i>	313
<i>Appendix II: Selected Cookbooks and Nutritional Guides, 1869–1945</i>	319
<i>Appendix III: Selected Institutions of Nutritional Research and Education</i>	325
<i>Appendix IV: Biographical Information on Key Figures in Chapters 5, 6, and 7</i>	342
<i>Appendix V: Supplementary Tables for Chapters 5, 6, and 7</i>	355
Table A.1 Selected Presses and Publications, 1928–2001	355
Table A.2 Naturopathic Institutions in East Germany	360
<i>Selected Bibliography</i>	361
<i>Index</i>	379