

## Book Reviews

Grover, Kathryn, ed. *Fitness in American Culture: Images of Health, Sport, and the Body, 1830-1940*. Amherst: University of Massachusetts Press and Margaret Woodbury Strong Museum, 1989, Pp. viii, 178. Illustrations, notes, index. \$35.00 cloth, \$14.95 paper.

The Margaret Woodbury Strong Museum in Rochester, New York, and their staff historian, Harvey Green, were recipients of a National Endowment for the Humanities grant in 1984 for a gathering of scholars to plan and analyze a proposed exhibit called "Fit for America: Health, Fitness, Sport, and American Society, 1830-1940." Green's book, *Fit for America* (1986), was written to accompany the exhibit. Green also invited several scholars to present papers on the same theme at a two-day symposium in April, 1986 at the Strong Museum. Kathryn Grover, director of publications at the museum, edited and assembled these presentations into *Fitness in American Culture: Images of Health, Sport, and the Body, 1830-1940*.

Two of the five contributors to this volume of essays were members of Green's original planning committee and also provided extensive assistance with the exhibit. Michael Harris, a pharmacist by training and a curator in the Division of Medical Sciences at the National Museum of American History, writes about "Iron Therapy and Tonics." Donald J. Mrozek, professor of history at Kansas State University, author of *Sport and American Mentality, 1880-1910* (1983), and Assistant Editor of the *Journal of Sport History*, analyzes "Sport in American Life: From National Health to Personal Fulfillment, 1890-1940."

They are joined in the book by T. J. Jackson Lears, professor of history at Rutgers University, formerly with the National Museum of American History, James C. Whorton, professor of medical history at the University of Washington and author of *Crusaders for Fitness* (1982), and Roberta J. Park, professor of physical education and chair of the department of physical education at the University of California, Berkeley. Lears looks at advertisements for consumer products as symbols of how the human body was reconstructed between 1880 and 1930 and Whorton examines differing views on the proper diet for exercise and sport during the same years. Park's essay on the views of professional physical educators toward exercise and athletics during the nineteenth-century, concludes this volume.

Harvey Green's introduction begins with a review of scholarly research on the history of health and sport and proceeds into a fine overview of changing attitudes about fitness. He provides the reader with relevant contextualizing information and helps place important events in a meaningful light.

This volume, with its excellent advertisements, photographs, and cartoons, along with quality research and writing, is a good introduction to the growing interest in the history of health. Rather than focus on disease, as historians of medicine have done traditionally, this work illustrates the value of examining those that were healthy and those that wished to remain so. It is a valued addition to the literature dealing with the history of sport, physical education, and sports medicine, and would make good reading for courses in these areas.

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