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Autore	Ulijaszek Stanley J.
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Sommario/riassunto

While most of us live our lives according to the working week, we did not evolve to be bound by industrial schedules, nor did the food we eat. Despite this, we eat the products of industrialization and often suffer as a consequence. This book considers aspects of changing human nutrition from evolutionary and social perspectives. It considers what a 'natural' human diet might be, how it has been shaped across evolutionary time and how we have adapted to changing food availability. The transition from hunter-gatherer and the rise of agriculture through to the industrialisation and globalisation of diet are explored. Far from being adapted to a 'Stone Age' diet, humans can consume a vast range of foodstuffs. However, being able to eat anything does not mean that we should eat everything, and therefore engagement with the evolutionary underpinnings of diet and factors influencing it are key to better public health practice.

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Titolo

Man up : a study of gendered expectations of masculinities at the Fin de Siecle // Morna Ramday

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Sommario/riassunto

Much has been written regarding the New Woman in the fin de siecle and the changes women's groups fought so hard to achieve. However,

the social and gender changes demanded by women as the nineteenth century drew to a close necessitated a corresponding change in traditional masculinities. Redefinition of the male role was not easily negotiated in an era of rampant patriarchy and Victorian supremacy; the distinct boundaries between male and female social space made this increasingly problematic for both genders. Some Victorian men, who had seen the public sphere as exclusively theirs, felt both
