

The Shape of History: Body Image and Diet in the 1920s and Today

Sunday, November 13, 2 to 4 pm

Speaker: Jill Andrew, Bite-me Film Festival



In 1918, Dr. Lulu Hunt Peters' *Diet and Health with a Key to the Calories* was published, introducing the concept of calorie restriction to the general public. Hunt Peters also drew firm connections between fatness and moral depravity, sin and even treason. Her ideas proved wildly popular in a culture whose perception of the ideal body was changing rapidly. Society saw an explosion in slimming books and treatises and the creation of a diet industry. Jill Andrew, award-winning journalist and founder/director of Bite-me: the Toronto International Body Image Film & Arts Festival, leads a discussion on the 1920s emergence of the diet industry's effects on what we eat and wear today; what we think is beautiful and healthy; and the connotations around being "skinny" or "fat."

An Interactive **HISTORY SALON**



Spadina Museum: Historic House & Gardens

285 Spadina Road
(paid parking next door
at Casa Loma)

\$12 per session
or \$40 for all four
(plus HST)

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