

**STAND
UP
STRAIGHT!**

A History of Posture

SANDER L. GILMAN

REAKTION BOOKS

Contents

Preface 7

Introduction: Posture Beyond the Workplace 9

1 Posture in the World of Movement 15

2 Postures of the Mind: Theology and Philosophy
Explain Human Posture 28

3 Chest Out! Posture's Military Meanings 63

4 Medicine as Therapy for an Unhealthy Posture 98

5 Dance and the Social Taming of Posture 145

6 Education Shapes a Healthy and
Beautiful Posture 177

7 Anthropology Remakes Posture:
Lamarck, Darwin and Beyond 221

8 'Natural Posture': Posture and Race 246

9 'Political Posturing': Posture Defines the
Good Citizen 281

10 Contemporary Posture and Disability Studies 308

Conclusion: Maps of Moral Posture 351

REFERENCES 363

ACKNOWLEDGEMENTS 409

PHOTO ACKNOWLEDGEMENTS 411

INDEX 415