Contents

Figures xii
Abbreviations xiii

Introduction 1

1 Late Qing and Early Republican Daoism 21
2 A Journey from Anqing to Shanghai 40
3 Innovating Immortals’ Body: Nationalism, Antiquity, and Science 77
4 Practice Makes Perfect: Inner Alchemic Techniques and Regimens 122
5 The Inner Alchemic Community 173
6 The Print Culture and Revival of Inner Alchemy 231
Conclusion 273
Epilogue 277

Reference Matter

Notes 285
Selected Bibliography 339
Index 369