

TABLE OF CONTENTS

| | |
|--|-----|
| 1. Introduction | 1 |
| 2. Preliminaries | 6 |
| 3. Motion by mean curvature | 18 |
| 4. Existence of varifolds moving by their mean curvature . . . | 33 |
| 5. Perpendicularity of mean curvature | 121 |
| 6. Regularity | 161 |

Appendices

| | |
|---|-----|
| A. Grain growth in metals | 224 |
| B. Curves in $\underline{\mathbb{R}}^2$ | 229 |
| C. Curves of constant shape | 235 |
| D. Density bounds and rectifiability | 238 |
| Figure captions | 240 |
| Figures | 241 |
| References | 251 |