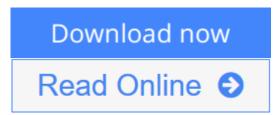


## The fasting cure,

By Upton Sinclair



#### The fasting cure, By Upton Sinclair

In the Cosmopolitan Magazine for May, 1910, and in the Contemporary Review (London) for April, 1910, I published an article dealing with my experiences in fasting. I have written a great many magazine articles, but never one which attracted so much attention as this. The first day the magazine was on the newsstands, I received a telegram from a man in Washington who had begun to fast and wanted some advice; and thereafter I received ten or twenty letters a day from people who had questions to ask or experiences to narrate. At the date of writing eight months have passed, and the flood has not yet stopped. The editors of the Cosmopolitan also tell me that they have never received so many letters about an article in their experience. Still more significant was the number of reports, which began to appear in the news columns of papers all over the country, telling of people who were fasting. From various sources I have received about fifty such clippings, and few but reported benefit to the faster. As a consequence of this interest, I was asked by the Cosmopolitan to write another article, which appeared in the issue of February, 1911. The present volume is made up from these two articles, with the addition of some notes and comments, and some portions of articles contributed to the Physical Culture magazine, of the editorial staff of which I am a member. It was my intention at first to work this matter into a connected whole, but upon rereading the articles I decided that it would be better to publish them as they stood. The journalistic style has its advantages; and repetitions may perhaps be pardoned in the case of a topic, which is so new to almost every one.



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#### The fasting cure, By Upton Sinclair Bibliography

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#### **Editorial Review**

#### About the Author

Upton Sinclair was born in Baltimore in September 1878. His father moved the family to New York City in 1888. Although his own family was extremely poor, he spent periods of time living with his wealthy grandparents. He later argued that witnessing these extremes turned him into a socialist. Sinclair funded his college education by writing stories for newspapers and magazines. Sinclair s first novel was published in 1901. Sinclair was extremely active in socialist politics throughout his life. His novel "Dragon s Teeth" (1942) on the rise of Nazism won him the Pulitzer Prize. By the time Upton Sinclair died in 1968, he had published more than ninety books.

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