



The Fasting Cure

Upton Sinclair

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This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1911 edition. Excerpt: ... APPENDIX Some Letters from Fasters London, Ontario, May 2, 1910. Dear Sir, -- Your article in a recent magazine very greatly interested me. My sister, on her way home from a five-and-a-half-weeks' visit in Boston and New York, where she had been endeavoring to discover the causes of her frightful headaches, bought that number of the magazine and read your experience, with, as you can well imagine, a deep interest. In Boston she had consulted one of the two physicians supposed to head the profession (as consultants) in that city. This man told her she had Bright's disease and leakage of the heart, and he gave her ten years to live -- if she was very careful. As she has five children under twelve years of age, this was a sad outlook. She weighed 122 pounds when she left -- and this was the lowest weight since early girlhood -- but on her return, weighed on the same scales in the same clothing, she was only 108 pounds. She looked very bad, and her spirits were at zero. Your article appealed to her, and she would have unhesitatingly tried your remedy, but that she was pregnant, and thought it would probably mean the child's death. The Boston obstetrician, who was consulted, said, if the other doctor's diagnosis was correct, the child would have to be taken at eight months. After reading your experience, I said to my sister: "You cannot perhaps follow Mr. Sinclair's example, but you can approximate to it. If you go to your own doctor he will undoubtedly send you to some sanatorium where the patients are fairly stuffed. Suppose you come over to my place each noon and take dinner, having eaten only a very light breakfast; then rest from two to five, take a long bath when you rise, go for a walk from six to six-thirty, and then to your own home...

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