



The Fasting Cure (Classic Reprint)

Upton Sinclair

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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 news-stands, 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.

(Typographical errors above are due to OCR software and don't occur in the book.)

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