

THE FASTING CURE

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The fasting cure by Upton Sinclair

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1911

TO
BERNARR MACFADDEN
IN CORDIAL APPRECIATION OF HIS
PERSONALITY AND TEACHINGS

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PREFACE

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 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 a year has 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