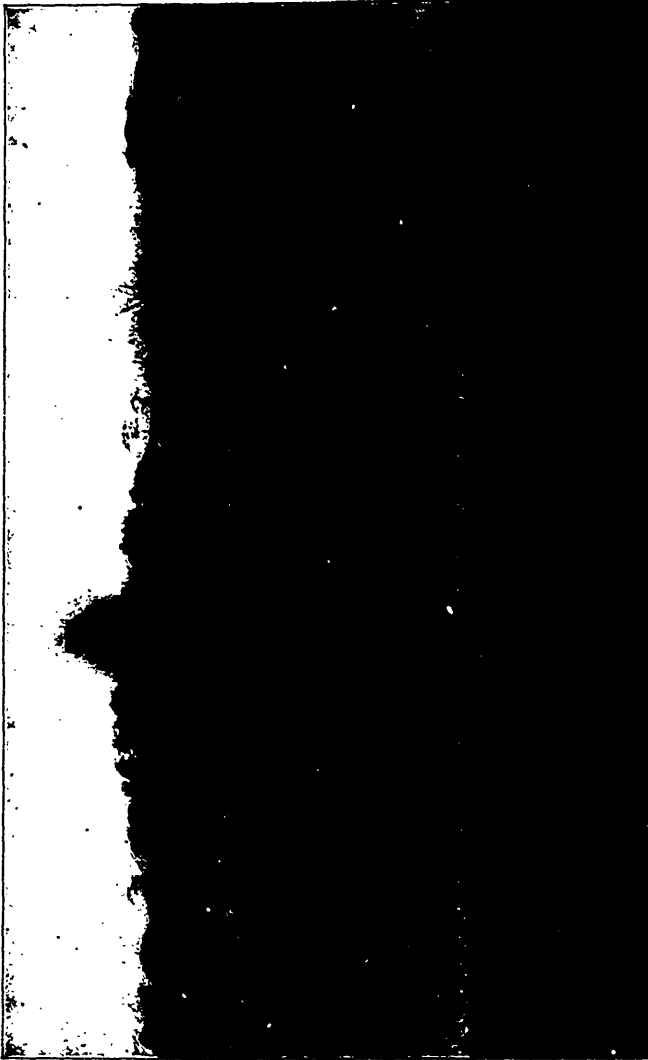


lishman, indeed, the drinking of so much water would be regarded as madness. The average Japanese individual swallows about a gallon daily, in divided doses.

Another—and perhaps this is the usage on which the Japanese lay the greatest

of the good effects on the body and mind of temperate living. They are a cool, calculating people, and have come to an appreciation of the fact, that if their ambition to be a world power is to be consummated, they must be in condition,



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stress—is that deep, habitual, forcible inhalation of fresh air is an essential for the acquisition of strength, and this method is sedulously practised until it becomes a part of their nature.

The Japanese race is a striking example

mentally and physically, to show that they are adapted to such a position. They have proved that a frugal manner of living is consistent with great bodily strength—indeed, is perhaps more so than the meat diet of the white man. As