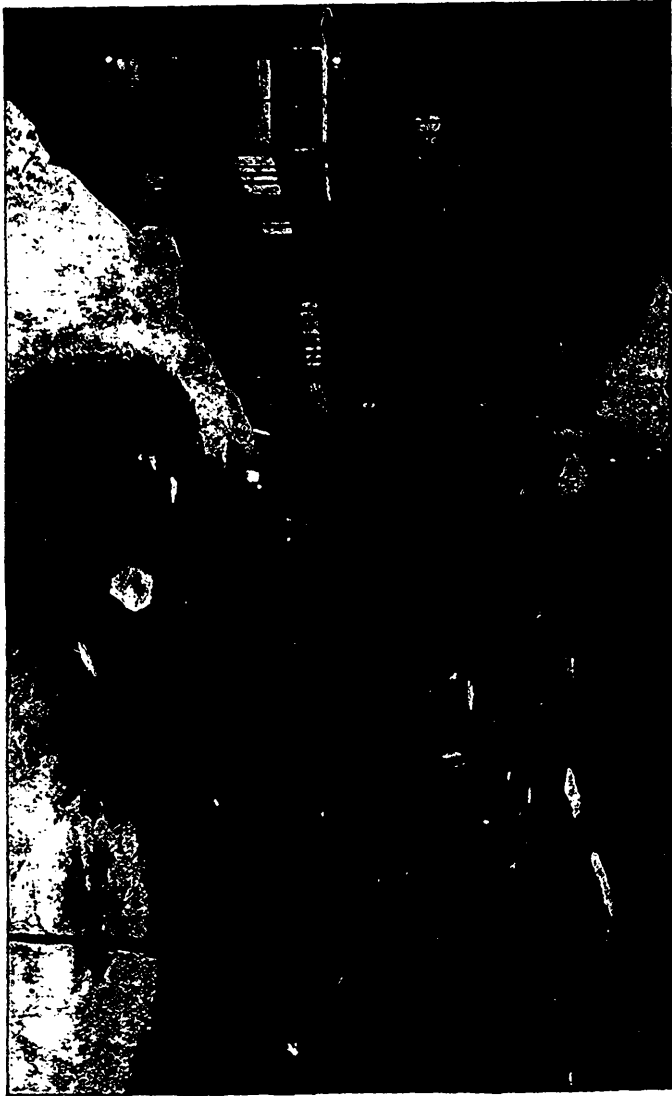


The Japanese have taught the Europeans and Americans a good lesson and quenched in some degree the conceit of the Caucasian in his superior capacity to do all things. Even in the matter of diet, our long cherished theory, that the

yet practically they eat no meat at all. The diet which enables them to develop such hardy frames and such well-balanced and keen brains, consists almost wholly of rice, steamed or boiled, while the better-to-do add to this Spartan fare,



A GARDEN AT OJI.

energy and vitality of the white man is largely due to the amount of animal food consumed, must undergo revision. The Japanese are allowed to be among the very strongest people on the earth. They are strong mentally and physically, and

fish, eggs, vegetables, and fruit; for beverages they use weak tea without sugar or milk, and pure water, alcoholic stimulants being but rarely indulged in. Water is imbibed in what we should consider prodigious quantities—to an Eng-