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march cheerfully fifteen miles to every ten covered by our own Americans on the way to Peking, were supplied with nothing like the commissary stores given to our troops. The Japanese are frugal, sensible eaters.

In the opinion of the Samurai of old Japan, the first step in the upbuilding of the physical body lay in the direction of choosing a sound, sensible diet. This did not mean a diet in which meats and condiments figured largely. Unlike the Chinese, the Japanese seldom cared for meat, even when they could well afford it.

In 1899 the Emperor appointed a commission to investigate... whether it would be advisable to take steps that would bring about taller and bulkier physique among his subjects -- whether a partial meat diet would be an advantage. The report of the Commission, when its long and arduous labours had been completed, was to the effect that no material advantage could result from increase in height or weight... That the Japanese had always managed to do without meat diet, and that their powers of endurance and their athletic prowess exceeded those of any of the Caucasian races.

Japan's diet stands on a foundation of rice. When making their phenomenal marches Japanese troops often carry no food except a small bag of rice. When practicable, barley and beans are issued in small quantities, though this is done only for the sake of adding variety to the diet.

Fish are caught in sad numbers, and with so little difficulty, that naturally they form an important item in the Japanese diet and apparently with the best result. ... Dried fish is served, either with or without broiling, over rice.

White rice comes first of all in their estimate of nourishing substances, vegetables play a second part, with fish a good third, and fruit-fourth in the scale. Tomatoes & carrots are held in high esteem, and... few of the Japanese let a week go by without eating two or three dishes of sliced raw onions.

(Milk is seldom used -- there is no profit in keeping cows)

The Japanese do not heat their houses, but they dress to meet the requirements of the weather. ... They do not believe in artificial, external heat as a means to health in cold weather.

f.3v

Extracts from
Harcroft's Japanese Physical Training
and
Nasselli's Human Propensity

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