Advice for Beachgoers

In the last half of the 19th century, large numbers of Americans discovered the seaside as a place for renewing their health, engaging in physical sports, and socializing. Did authorities really offer the following advice to beachgoers in the late 19th century? Answer "Yes" or "No."

1. Don’t go into the water for at least 2 hours after eating (3 hours is better), and don’t go into the water within 1 hour before eating.
   - [ ] Yes
   - [ ] No

2. Ocean bathing should provide a shock to your body, so you should stay in the water until you feel a chill or begin to shiver.
   - [ ] Yes
   - [ ] No

3. Enter the water by immediately immersing your entire body, including your head.
   - [ ] Yes
   - [ ] No

4. If you are comfortable in the water, you should stay in at least an hour in order to maximize your skin's beneficial contact with the seawater. Another way to accomplish this is to go into the water for a shorter time, but several times each day.
   - [ ] Yes
   - [ ] No

5. Don’t go into the water if you are fatigued or if your “system” is disturbed.
   - [ ] Yes
   - [ ] No

6. Ladies should wear corsets, or at least corset liners, under their bathing suits in order to conserve their energy and to keep a nice trim figure in the water.
   - [ ] Yes
   - [ ] No
7. Sea bathers should not change into their beachwear at their place of residence before coming to the beach, but should arrive at the beach properly dressed in their ordinary clothes and then change into their bathing suits in private beach cottages or tents on the beach.

☐ Yes  ☐ No

8. Neither ladies nor gentlemen should loll about on the beach, chatting, and clothed in their bathing costumes, parading about under the inquiring gaze of the opposite sex, among promiscuous crowds, making a social hour of their visit.

☐ Yes  ☐ No

Sources:
"Rules for Bathing," Independent Statesman (Concord, NH), August 22, 1872, p. 375.
"The Joys of the Surf," Atlanta Constitution, June 1, 1890, p. 4.
"What to Wear When Bathing" (reprint from the New York Post), St. Paul Daily News, July 26, 1890, p. 5.
"On the Beach," Oakland Tribune, August 1, 1909.

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