

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

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