

Broadlands Nature Cure.

The open air Nature Cure has for years been recognised as of great value in the case of consumptive patients, but, so far, it has not been applied in this country to the treatment of other forms of disease. Now, however, those who realise the great value of fresh air, sunshine, and bathing as remedial agents, will find that these are obtainable under the best conditions at Broadlands, an estate situated in one of the most beautiful parts of Hampshire, the nearest village, which is two miles distant, being Medstead, near Alton.

Broadlands stands in eight acres of meadow land and orchard and consists of a principal bungalow and large enclosures containing the

air châteaux where the main features of the treatment are carried out. It is open from March 31st to October 31st of each year

It has been found at similar establishments on the Continent that the air, sun, and water baths, combined with living and sleeping in the open air, either in châteaux, or, in suitable

weather, in the open, and, when prescribed, the use of simple gymnastic and breathing exercises, and treatment by clay compresses, afford much relief to those suffering from constitutional weakness, anæmia, dyspepsia, sleeplessness, and other ailments, while, for an ordinary rest cure, the conditions are exceptionally favourable.

The services of a consulting physician are available, but no part of the Cure is obligatory, and those who wish to spend a holiday at Broadlands in their own way are welcome to do so.

AIR BATHS.

In defence of the air baths, it is pointed out

that man is born with the instinct of living in the sea of light and air. That no other bath, be it what it may, produces such an alteration in, and strengthening of the nerve and blood vessel systems, and that the delightful feeling of bodily comfort which is aroused by a light-air bath in beautiful weather in the early morning is hardly to be imagined. It is claimed, further, that air is the food of the skin, the function of which is to absorb pure strengthening air, quite as much as to excrete morbid matter.

SUN BATHS.

The sun baths are of two kinds. The *Natural Sun Bath*, which consists of exposing the body to the sun in the enclosures, and the *Cure Sun Bath*, in which the rays of the sun are concentrated in

a boarded glass-roofed place. It may be compared to a Turkish bath without the enervating effect of the vitiated atmosphere which accompanies the latter.

WATER

BATH.

The Natural Water Bath is regarded as one of the most important features of the Cure, as in similar Continental cures it has

been found most beneficial in circulatory and digestive troubles, and in the removal of congestion.

CLAY COMPRESSES.

The value of the mud baths of Northern Italy in relieving inflammatory conditions, and as an aid to the elimination of impurities from the body is well recognised. The equivalent at Broadlands appears to be the application of compresses of wet clay. Clay of the consistency of thick treacle is spread on bandages and applied directly to the affected parts. No additional bandage is required, as the clay adheres, but bed linen must, of course, be protected.



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[previous page](#)

[next page](#)