

The Nature Cure at Broadlands Sanatorium.

People often say "If only I could get a real rest away from all the daily pettifogging worries, how I should enjoy it," or "The doctor says I am not really ill, only in need of a real rest," but where to go—that is the question?

Now for such cases—to say nothing of people really ill—there is nothing like life under the most natural conditions—a Nature Cure in fact—and the very place where such a cure can be taken under the most scientific and simple conditions is to be found at Broadlands Sanatorium, near Medstead, in Hampshire, situated

Bircher Benner (Zürich), Dr. von Segesser (Degersheim). The chief therapeutic agencies employed are sun, air, water, and vapour baths, local steam applications, hot fomentations, clay packs, and local applications, colon irrigation, sleeping in air chalets (which are warmed in winter), deep breathing, physical culture and remedial exercises, and a varied, nourishing, non-flesh diet.

All maladies are received except tuberculosis, mental, and contagious disorders. Rest cures are particularly successfully carried out in the air chalets, situated as they are in large, grassy, enclosures, thus giving the patient perfect privacy combined with absence from dust and noise.



A PATIENT HAVING A MEAL OUT OF DOORS.

500 feet above sea level, in exceptionally pure and bracing air, in one of the most beautiful districts in the South of England.

The Matrons' Council has received a courteous invitation to visit and inspect this national sanatorium, and it is hoped it may be able to do so at an early date.

THE FIRST NATURE CURE.

The Broadlands Sanatorium is the first to be established in this country, where diseases other than tuberculosis are treated under open-air conditions. The Sanatorium is conducted on the lines of the many which have been so successful all over the Continent, such as those of Dr. Lahmann (Dresden), Dr. Oldenboom (Holland), Dr. Lybeck (Finland), Dr.

THE CLAY TREATMENT.

Remarkable results are obtained from the clay treatment. Clay has been used from time immemorial for healing purposes, and in recent times the investigations of French medical men have shown that the miracles formerly ascribed to it are due to its possessing radio-active properties. The method of the therapeutic action is threefold—viz., by means of the humid dressings, the rays, and the emanations; the effect of the ordinary humid dressing, or wet pack, cannot compare in any way with the results obtained from the clay. It reduces inflammation, is invaluable in cases of skin trouble, and its power of relieving pain seems magical. It is of benefit in synovitis, rheumatism, etc.

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