

SUN BATHS.

The beneficial effect on illness, of all kinds, of living and sleeping in the open air is now becoming universally recognised, but the benefits of air and sun baths are as yet little known in this country. People live so much in dark, non-porous clothing that they do not realise the extent to which they have weakened and impeded the action of the skin, and they are consequently surprised at the curative and invigorative effect of what seem such simple agencies. Accounts have appeared from time to time in the *Lancet* of the successful treatment of hip disease, ulcers, etc., abroad, by direct exposure to the sun's rays, and these are being borne out by similar experience at Broadlands.

BEHNKE METHOD OF BREATHING.

Another important feature of the treatment is the instruction given in deep breathing. The exercises used are those of the Behnke method,

secure proper flexibility and to remedy the prevalent faults of rigidity which are so largely responsible for nerve strain and physical exhaustion.

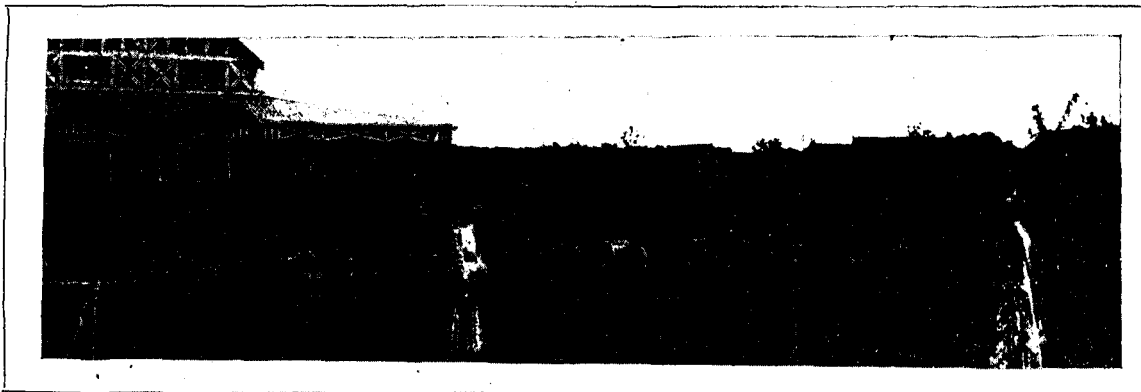
RECREATION.

Recreation in the open air is encouraged—tennis, croquet, and other games, riding, beautiful walks, and music form part of the curative process.

Patients are received either for convalescence or treatment, and either with or without their own nurse, and we should advise nurses to see this charming place for themselves, if possible. The terms are from 3 guineas weekly or 25s. for a week-end, and the illustrated Prospectus can be obtained from the Manager, Broadlands, Medstead, Hampshire.

THE BROADLANDS COOKERY BOOK.

In response to numerous requests a Cookery Book has been issued embodying the Dietetic principles in practice at the Broadlands Nature



A VIEW OF BUNGALOW AND AIR CHAËTS.

which is so well known for its wonderful results, and which is recommended by leading medical men. By their use the vital capacity is increased to a remarkable extent, with a proportionate gain in energy and strength, and improved circulation and digestion.

In the cure of anæmia instruction in proper habits of breathing is one of the most important factors. An increase of chest girth, even in adults, of from 2 to 4 or 5 inches, and from 20 to 100 cubic inches of lung capacity in the course of a few weeks is almost invariably achieved. Remedial exercises on the same method are employed with great success in cases of lateral spinal curvature.

PHYSICAL CULTURE.

A special feature is also made of rational, scientific physical culture. There is no attempt at sensational muscle development, but a harmonious training of every muscle in the body is aimed at, great care being taken to

Cure Sanatorium, compiled by Kate Emil Behnke and E. Colin Henslowe, price 2s. 6d.

The aim of the authors has been to bring under one cover everything that is necessary for the guidance of those desirous of adopting a non-flesh dietary.

Three types of diet are given; the first for those to whom a non-flesh régime is entirely new, so arranged that by the use of savoury dishes meat shall not be missed, and the transition shall present no difficulties; the second, of a more simple nature, easy to carry out, and expressly planned to meet the needs of the majority; and the third, what might be termed the ideal diet. The menus of a number of meals on the three diets are given, and as care has been taken in drawing them up to secure an approximately correct balance of the various food elements, the beginner need not trouble himself on this score, and it will soon be found that natural instinct will assert itself.

[previous page](#)

[next page](#)