

**BROADLANDS.****WHERE TO TAKE THE NATURE CURE.**

Broadlands is a Sanatorium, but it is much more than that. It has been established to provide



SKIPPING GAMES IN THE LIGHT-AIR BATH.

opportunities for practising what is known as a Nature Cure under open-air conditions, the value of which treatment is not as yet fully appreciated in this country, although so extensively used abroad. The treatment can be preventive as well as curative.

A unique feature of Broadlands, which is situated in one of the most beautiful parts of Hampshire, upwards of 500 ft. above sea level, is its privacy. Two miles from the village of Medstead, and a considerable distance from the road, it is possible to take extensive walks without leaving the beautiful shady grass-grown Broads, all luxuriant with wild flowers, ferns, and shrubs.

The establishment itself stands in eight acres of meadowland and orchard, and consists of a main Bungalow and large enclosures, containing the Air Châlets, the Bath Houses and Sun Bath

House, in which the main features of the treatment are carried out. The treatment consists, broadly, of natural therapeutic agents, viz., Air, Sun, Water, Vapour, and Seaweed Baths, Clay Compresses, Deep Breathing, Physical Culture, Remedial Exercises, Massage, Sleeping in Air Châlets, or in suitable weather completely in the open, and a rational, varied, nourishing, non-flesh diet.

It has been demonstrated at the numerous and ever-increasing establishments of this kind on the Continent that the treatment affords relief to those who are suffering from constitutional weakness, anæmia, dyspepsia, constipation, intestinal auto-intoxication, gout, rheumatism, sciatica, insomnia, nervous breakdown, neuritis, &c. With both sexes, any arrest of normal functions will, in the large majority, derive incalculable benefit from this return to Nature.

For a Rest Cure the treatment to be obtained at Broadlands could not well be surpassed. The patient occupies a cheerful Air Châlet in the privacy of a grassy enclosure, and is in pure air with all absence of noise, which is almost impossible to attain nowadays, even in the country. The treatment can be safely applied at all seasons—in the cooler seasons fresh air and warmth are combined in such a way that visitors find to their surprise they feel the cold very much less than in their own homes.

Generally speaking the Light Air Bath is the



FILLING THE NATURAL WATER BATH.

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