

REVIEW.

GOOD HEALTH.*

How to Obtain and Maintain It.

We have received and read with great interest "Good Health, How to Obtain and Maintain It," by F. Alexander Barton, Esq., B.A. Cantab., M.R.C.S. Eng., etc., late D.C.M.S., Ministry of Pensions. The interest and charm of its forty-one illustrations may be gathered from the two here printed by the courtesy of the author and publishers.

In the course of a Foreword Sir Herbert Barker writes: "The book supplies in an interesting and condensed form the major portion of the best rules for the preservation of health, the enjoyment of existence and the lengthening of life, and any one who follows its common-sense and sage counsel cannot fail to profit in every conceivable way.

"Miracles of healing and rejuvenation can be brought about by just such simple rules of health as the author commends to our notice, and he has undoubtedly rendered the community a valuable service in drawing attention to them."

The author in his preface tells us that in the winter and spring of 1929 he gave a series of lectures on the Italian Riviera on "Good Health and How to Maintain it," and it is at the request of some of those present that these lectures are now published in book form. He expresses his thanks to Sister Irene Esaw for the excellent demonstrations of the Swedish Physical Exercises which she gave at the lectures, and Miss Leila Morris for giving a special exhibition of Classical Dancing, so that he might obtain the beautiful photographs reproduced in the book.

The author describes to us sun and air baths, the water bath, which he tells us is always necessary after sun and air bathing, sea bathing and the "Sabbiatura" or hot sand bath.

"When sun and air bathing is properly carried out, it brings about," we are told, "a sensation of happiness, cheerfulness and general well being; it braces up the muscular tissues of the body, quickens the intelligence, and improves the appetite.

"If, however, the sun bathing is overdone—as is frequently the case, instead of bringing about this desirable state of affairs, the bath is followed by exhaustion, fatigue, loss of appetite, biliousness, headache and general malaise."

The author advises those who wish to employ heliotherapy as a curative agent "to go to either the French or Italian Riviera, or to one of the high health resorts in the Swiss mountains, at all of which places—especially the Italian Riviera—there is abundant sunshine, pure atmosphere, and, if the locality is properly selected an absence of wind."

For those who cannot afford the time or the money to go abroad, or who wish to carry out the treatment in their own homes, instructions are given and should be strictly carried out.

The author attaches great importance to the question of diet, and devotes one section of his book to "Food, Vitamins and Cancer," which will repay careful study and give considerable food for thought.

Very interesting is the chapter on the hot sand baths (Sabbiatura) of Alassio, which are probably not so well known in this country as the heliotherapy practised in Swiss health resorts. They are used in the treatment of rheumatism, rheumatoid arthritis, osteoarthritis, synovitis, lumbago, sciatica, neuritis, and similar complaints.

"For years and years Alassio has been celebrated among the Italians for these hot sand baths, and every year numbers flock there in order to undergo the 'cure.'

"The Sabbiatura can only be given from the middle of June to the middle of September, as it is necessary for the temperature of the sand to reach at least 115 degrees Fahrenheit before it is of any use.

"The length of a course of hot sand baths varies from three to five weeks, and during that time the joints get much freer in their movements, even when they have been almost fixed for a long time, and what is more

important, the effects appear to be lasting.

"Whether the sands of Alassio are radio-active or possess some particular property which has not yet been identified the author is unable to say, but the fact remains that the hot sand baths of Alassio are distinctly more beneficial than those at any other place which has yet been tried." Naturally the best result is obtained by the Sabbiatura being prepared and administered by an expert.

The illustration on page 81 of a patient being treated for synovitis of the knee gives an excellent idea of the method employed.

The author is a believer in the beneficial effects of classical dancing on the health of the body and of the mind, and a chapter is devoted to this subject. "From the most ancient times dancing has been considered one of the



THE TAMBOURINE DANCE,

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