

THE SUN-BATH.

The sun is the great source of life to both the vegetable and animal kingdoms. In fact, all the forces of which we have any knowledge, originate in the sun. Without its influence, no plant or animal could long survive. One of the chief reasons why women and children are more feeble and sickly than men is because they are less in the sunshine than are the men. If the nude surface of every human being were exposed daily to the rays of the sun for thirty minutes, the result would be that the race would in a few years become possessed of twice the constitutional power and vigor they now have. All would be hardier, and many who are now invalids would soon become strong and healthy. Health institutes usually have rooms for sun-baths arranged so that the rays of the sun fall through a window in the roof of the room so as to strike the naked body of the patient as he reclines on a cot. The sun's rays should not fall on the patient's head, and the room should be well ventilated, although a draft of air should not be allowed to strike the patient. The patient should rub his body well with the dry hand while taking the bath. The sun-bath may be limited to five minutes, or it may be prolonged to thirty or forty minutes; all depends upon the strength and

conditions of the patient. He should not become fatigued nor chilly, nor should he perspire much unless he is dropsical or gross, in either of which cases sweating would be beneficial. The sun-bath is adapted to scrofulous cases, torpidity of the skin, weak and flaccid muscles, chlorosis, amenorrhea, deficient superficial circulation, dyspepsia, defective circulation, and consumption. Chronic patients who have always lived in-doors should, if possible, take sun-baths daily, no matter what their ailment.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 177-178 by M. G. Kellogg