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have discovered this first. Over 150 years ago he wrote a letter to a friend in France commending a daily habit which gave him delightful refreshment. Every morning Ben sat naked from half an hour to an hour in his favorite chair, reading or writing, and airing the entire surface of his body. To an unknown young lady he wrote another letter on skin ventilation, advising her, when wakeful in the night, to rise, throw back the covers, and walk naked about her bedchamber to cool and refresh her body and improve her slumber during the second half of the night.

Over 50 years ago, Dr. John Harvey Kellogg, founder of the Battle Creek Sanitarium and today the liveliest 90-year old physician I know, declared in one of his books, "A man who has a perfectly healthy skin is almost certain to be healthy in other respects." In 1889 he was advocating daily air baths-- three or four brief exposures of the entire body surface to cool, fresh air.

Rikli, sometimes called the father of the atmospheric bath, even thinks that walking barefoot, by subjecting the feet to variations of temperature, has a profound effect for good on the entire body and is a certain cure for some kinds of headaches.

Your Skin Must Breathe. Dr. Paul Carton, a French physician, calls