

The Churchman Advertiser.

OCTOBER, 1907.

A REMARKABLE BOOK ON THE PRESERVATION OF HEALTH.

DR. ANDREW WILSON, F.R.S.E., the distinguished authority on hygienic science and health questions, is evidently a believer in Thomas Carlyle's doctrine that there is no utility in pointing out misfortunes unless you at the same time indicate the remedy.

In his remarkable little book, "The Art of Living," just issued from the press, Dr. Wilson not only points out "our first duty to ourselves is to check illness at the outset," but he follows up this admonition with the more welcome information how we are to do it. He, so to speak, says: "You have the evil of ill-health to fight. Now, here's the weapon to fight it with. Strike for freedom." For example, he says: "Suppose a person has run down—feels languid, and is easily tired. If he neglects this warning—for all such signs and symptoms are Nature's warning to us—the possibility is that he will pass further afield into the great lone land of disease.

"Can he do anything to save himself from such a disastrous result? In the vast majority of cases he can restore his vigour." How? Dr. Wilson tells his reader how without delay, adding at once this remarkable statement: "Probably he will be advised to take a tonic. This in the main is good advice. Unfortunately, the number of tonics is legion, but if there exists any preparation which can combine in itself the properties of a tonic and restorative, and which at the same time can contribute to the nourishment and building up of the enfeebled body, it is evident such an agent must prove of the utmost value to everybody. I have found such a tonic and restorative in the preparation known as Sanatogen."

How the distinguished author found this tonic he tells us in an interesting bit of autobiography. "Recovering from an attack of influenza," he says, "and suffering from the severe weakness incidental to that ailment, Sanatogen was brought under my notice. I gave it a fair trial, and the results were all that could have been desired. In a short time my appetite improved, the weakness was conquered, and without the use of any other medicine or preparation I was restored to health." It is easy to believe that this experience led the doctor to make a thorough investigation into this specific which had served him so well.

Sanatogen, he tells us, "combines two distinct elements, one tonic and the other nutritive." Further, it is no "secret" remedy, for, as he pertinently observes, "its composition is well known; otherwise medical men would not prescribe it."

What the tonic and nutritive elements of Sanatogen are, and how they effect so much good, Dr. Wilson described in simple, convincing terms. The whole passage is too long to quote, but one important remark of the writer may be given—namely, that one of the principal elements of Sanatogen "represents the substance which actually forms a very important, if not the most important, constituent of our brain and nervous system." How, through regenerating the nervous system, Sanatogen restores the functions of the digestive organs, and by rebuilding the tissues compensates the wear and tear of latter-day life; how it does away with the need of stimulants, and cures the sick by the natural method of making the body strong enough to drive out disease—all this, in the delightful style of Dr. Wilson's language, makes engrossing and pleasant, as well as instructive, reading. This last contribution of his to the literature of health may certainly be calculated to carry joyful news to the ailing and weary.

A limited number of complete specimen copies of "The Art of Living," by Dr. Andrew Wilson, F.R.S.E., are available for distribution. A copy will gladly be sent post free on application to the publishers, F. WILLIAMS & Co., 83, Upper Thames Street, London, E.C., mentioning the *Churchman*.

Sanatogen, the therapeutic nutriment alluded to by Dr. Andrew Wilson in the book named above, has probably been put to more severe and searching analysis and tests than any other specific of modern years, and the result, as declared by the unanimous voice of the medical Press, is to place the preparation quite in the forefront of all nerve tonics. The *Medical Times* says: "It is probably in cases of weakening or exhaustion of the nervous system, accompanied by various forms of mental and bodily inefficiency, that Sanatogen proves most useful."

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