

## HEALTHY BIRCHINGTON

The beneficial effects of a sojourn in this portion of the Kentish coast are at once apparent – even in the most enervated visitor – in the rapid development of appetite and desire for exercise. But unlike many other marine resorts, in Thanet the craving for food may be constantly satisfied without incurring any of the attendant feelings of indigestion or repletion, and without running any risk of the subsequent infliction of corpulence. Owing to the character of its peculiar constitution, I calculate that a person will consume, during a period of twenty-four hours, twice as much air at Birchington-on-Sea as he will in the same given time in London.

But the superabundant oxygen which one breathes in Thanet is a greater agent in promoting waste, it must be remembered, than it is at stimulating our functions. Under the influence of this air, we eat much, but our digestion is more rapid than in Town. Our system is continually at work, and so actively, too, that the mere acceleration of our machinery is almost of itself sufficient exercise to our body, to preserve us in health. On this account, for all sluggish systems, and particularly for the bilious and obese, I consider the northern coast of Thanet unrivalled.

Dr Erasmus Wilson – consultant Physician to the Royal Sea Bathing Hospital, Margate – 1881

