



*Ex terra copiam e mari salutem*¹

Sea voyages were widely accepted as means to restore health 100 years ago².

Sailors were thought to possess excellent health:

“Seamen are generally very healthy and robust, hardy and enterprising. Living well, and enjoying good air and exercise, their diseases are few...”³

Thalassotherapy (from the Greek word *thalassa*, meaning "sea") is the medical use of seawater. Thalassotherapy was developed in seaside towns in Brittany, France during the 19th century. The effectiveness of this method as therapy is not widely acceptable as it has not been proven scientifically. The therapy is applied in various forms, as either showers of warmed seawater, application of marine mud or of algae paste, or the inhalation of sea fog.

Beneficial results on cardiac and respiratory disease, thyroid function, arteriosclerosis, diabetes mellitus, and eye diseases have been reported and studied⁴. Trace elements of magnesium, potassium, calcium sulphates, sodium, and iodine, found in seawater, are believed to be absorbed through the skin.

¹ From the land plenty and from the sea health (Lat)

² *The New York Times*, 1904 (Appendix)

³ Dr. Charles Turner Thackrah, *The Effects of Arts, Trades, and Professions on Health and Longevity*, 2d ed. 1832; reprint Canton, Mass.: Science History Publications, 1985, p. 71

⁴ Smyth PP (2003). "Role of iodine in antioxidant defence in thyroid and breast disease". *Biofactors* 19 (3-4): 121–30.



From its modern interpretations to its antecedents when maritime nations would send young naval officer candidates to sea, sail training provides an unconventional and effective way of building many useful skills on and off the water. http://en.wikipedia.org/wiki/Sail_training



“The common denominator is that each uses the wind and sea to teach us something else. Sail training, like reading, is not a subject in and of itself. It is a means to an end. A medium. An environment. ... sail training is not learning to sail, it is learning from sailing. From the ship, from the sea and perhaps most importantly, from yourself.”

<http://www.sailtraining.org/about/sailtraining.php>

Appendix

GOV. MURPHY GOING ABROAD.

New Jersey Executive Seeks Health in Sea Voyage.

TRENTON, N. J., April 19.—Gov. Murphy will sail for Europe next Saturday. The Governor has been in poor health since the death of his wife, and his physician suggested a sea voyage and absolute change and rest as the best means of restoring him to health.

He will sail from New York Saturday, if he can secure passage in time, and will be gone until the last week in May. He intends to be back in time to attend the National Republican Convention in June. The Governor will be absent during the State Convention.

While the Governor is abroad Senator Edmund W. Wakelée of Bergen County, as President of the Senate, will be the Acting Governor of the State.

Carl W. Toboldt Is Convicted.

Carl W. Toboldt, who is well known in art circles as an art auctioneer and salesman, with an office at 33 Liberty Street, was convicted of larceny in the first degree yesterday before Judge Foster in General Sessions. The maximum penalty for Toboldt's crime is ten years. Toboldt was found guilty on a charge of having secured eight paintings from Sol Johnson of 239 Fifth Avenue, valued at \$2,625, which he sold without returning the proceeds as he had agreed to do.