

salutary



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Word of the Day - for Toastmasters everywhere  
*Friday 22nd September 2023*



# salutary

(adjective) SAL-yoo-tur-i

Bringing or containing a timely warning or lesson; useful; promoting good health.

Eric Knight, a veteran fund manager whose Knight Vinke investment house is pushing for change at HSBC, raised concerns about banks' ability to work out what is going on in a letter to HSBC's management: "It is **salutary** to remember that state-of-the-art risk-management systems at leading banks such as UBS, Credit Suisse and SociÃ©tÃ© GÃ©nÃ©rale were unable to prevent the occurrence of substantial unexpected losses, much to the embarrassment of their boards."

Eric Knight, quoted in an article by Jill Treanor, *The Guardian*, 8 April 2008. Guardian

Though there is much in the novel that is **salutary**, not least the narrator's depictions of the darkest days of former Dominican dictator Trujillo's reign and the insidious ways in which the regime worked its malign influence on even the most ordinary family, there is also a considerable amount that is shockingly funny.

Edward Marriott, *The Observer*, 10 February 2008. Observer

On the other hand, anybody who has forgotten that suspense can co-exist with an unbearable sadness is in for a **salutary** shock.

Anthony Lane, *The New Yorker*, 29 January 2007. The New Yorker

From the ecological point of view, it is erroneous to assume that chopping down trees is inherently bad. Thinning can actually have a **salutary** effect on the forest.

Woody Hochschwender, *The New York Times*, 2 December 2007. New York Times

Rather, he embodies a contradiction so common that few people even notice it - the idea that altering the body and mind is morally wrong when done with some substances and **salutary** when done with others.

Joshua Wolf Shenk, *New Statesman*, 7 June 1999. *New Statesman*