



Wash and Be Healed: The Water-Cure Movement and Women's Health (Health Society And Policy)

Susan Cayleff

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Hydropathy advocates the reformation of such personal habits as diet, exercise, dress, and way of life. This book investigates the theories, practices, medical and social philosophies, institutions, and the most prominent proponents of the water-cure movement and studies them in relation to the diverse reform networks of the nineteenth century.

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