

**OBSERVATIONS ON
HYDROPATHY; WITH AN
ACCOUNT OF
THE PRINCIPAL COLD WATER
ESTABLISHMENTS OF GERMANY**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649660063

Observations on Hydropathy; With an Account of the Principal Cold Water Establishments of Germany by J. Stevenson Bushnan

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Cover @ 2017

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J. STEVENSON BUSHNAN

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OBSERVATIONS
ON
H Y D R O P A T H Y ;
WITH AN ACCOUNT
OF THE
**PRINCIPAL COLD WATER ESTABLISHMENTS
OF GERMANY.**

BY
J. STEVENSON BUSHNAN, M. D.
FELLOW OF THE ROYAL ~~COLLEGE~~ COLLEGE OF PHYSICIANS OF EDINBURGH
M. D. 1822.

BERLIN: PUBLISHED BY A. ASHER & CO
FRANKFURT a/M: C. JUGEL.
NEUWIED: A. G. VAN DER BEECK.
LONDON: J. CHURCHILL, PRINCES STREET.

1846.

722.

TO

SIR JAMES M^CGRIGOR, BART., M. D., F. R. S.

Ac. Sc. Sc.

THE SCIENTIFIC AND PRACTICAL DIRECTOR GENERAL OF THE
MEDICAL DEPARTMENT OF THE BRITISH ARMY,

THESE PAGES ARE RESPECTFULLY DEDICATED, IN THE HOPE THAT
HE WILL BY THE INTRODUCTION OF ANTIROPATHIC TREATMENT INTO
MILITARY HOSPITALS

ESTABLISH

YET ONE MORE CLAIM TO THE LASTING GRATITUDE

OF THE

BRITISH SOLDIER.

PREFACE.

It is nearly six years since I left England and an extensive consulting practice in Somersetshire; and in my many wanderings on the continent, and by the many countrymen to whose necessities it has been my delight and happiness professionally to administer, often and often have I been asked, "what is hydropathy and where is it best carried out?"

And now that the education of my family calls upon me to relinquish the somewhat selfish pleasures of a wandering life, and obliges me once more to buckle on the harness of my profession, I sit down in the retirement of my own house, instead of taking my ease in the noisy bustle of an hotel, and endeavour to reply in the following pages to the above important questions which, as I have said, have so often been put to me; and I trust I shall succeed in my endeavours to base the water-cure on its own merits; to give it a legitimate rank in therapeutics; to strip it of all empirical and hazardous pretensions; and thus, when reasonably recommended, to encourage the public to adopt it without prejudice or apprehension, as one of the most efficacious re-