

**HYDROPATHY: OR,  
HYGIENIC MEDICINE, AN  
EXPLANATORY ESSAY**

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Hydropathy: Or, Hygienic Medicine, an Explanatory Essay by Edward W. Lane

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**EDWARD W. LANE**

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EXPLANATORY ESSAY**



**HYDROPATHY:**  
**OR,**  
**HYGIENIC MEDICINE.**

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# HYDROPATHY:

OR,

## HYGIENIC MEDICINE.

An Explanatory Essay.

BY

EDWARD W. LANE, M.A., M.D. EDIN.

*SECOND EDITION.*

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## PREFACE TO THE FIRST EDITION.

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I CANNOT too strongly forewarn the reader that the following Essay is not to be regarded as, in any sense, making even an attempt to give a systematic account of the hydro-therapeutic system of cure. That has been already so ably and so fully done in the admirable work of Dr. Gully, in Dr. Wilson's able treatises, and in the sagacious and lucid writings of Dr. Edward Johnson, as to leave nothing, in the meanwhile, to be desiderated in that direction. It has often struck me, however, that a short treatise, in which the rational grounds of hygienic medicine, and, in immediate connexion with this, the present position of the medical art, should be briefly set forth, might not be without value—and it has been very much with a view to that object that this Essay has been written.

On more personal grounds, I intend it also as a confession of medical faith. But by far my strongest motive for publishing it has rested on the hope that possibly, by a fair and candid statement of my opinions in regard to the present condition of medicine and its prospects, I might assist, however feebly, in bringing about that reconciliation between the practitioners of old physic and the more modern natural school, which is so desirable at once for the interests of medicine and the welfare of society—and I can truly say that, feeling so strongly the importance of this reconciliation as I do, I should be more than happy if I could flatter myself that I had contributed ever so little in bringing it about.

E. W. L.

*May, 1857.*

## PREFACE TO THE SECOND EDITION.

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It will be observed that in the present edition the second part of the title of this work, viz. "the *natural* system of medical treatment," has been changed into its equivalent, *Hygienic Medicine*. This has been done to avoid the ambiguity of the word *natural*; for while I meant to indicate by that expression the treatment of disease chiefly by means of the *natural agents*, air, exercise, water, diet, and nervous repose, others have not been slow in construing the term into one of reproach, as though it had been used to stigmatize all other medical systems as *un-natural*. It need scarcely be announced that this could not have been my intention in a work the very reverse of polemic in its spirit and design; one, indeed, in which the chief object has been, from a deep sense of the wisdom, justice, and propriety of such a course, to seek to allay the