

**HYDROPATHY AT HOME: THE DOMESTIC
PRACTICE OF THE WATER CURE, WITH
INSTRUCTIONS FOR THE
TREATMENT OF DISEASES, AFFECTIONS,
CASUALTIES, ETC. WITH A CHAPTER ON
THE TREATMENT OF HORSES**

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Hydropathy at Home: The Domestic Practice of the Water Cure, with Instructions for the Treatment of Diseases, Affections, Casualties, Etc. With a Chapter on the Treatment of Horses
by Joseph Constantine

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JOSEPH CONSTANTINE

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PREISSNITZ,
THE FOUNDER OF THE WATER CURE.

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BY

JOSEPH CONSTANTINE,

MANCHESTER.

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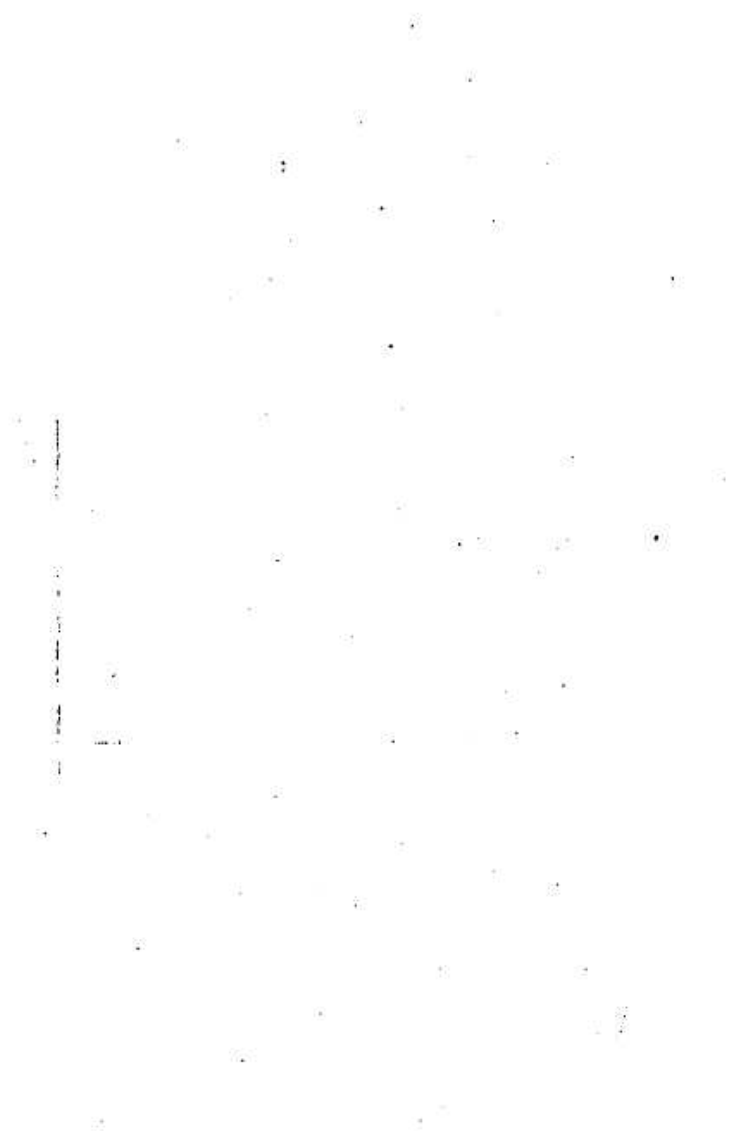
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1884.

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TO
ISAAC HOLDEN, Esq., M.P.,
BY WHOSE
INVENTIVE GENIUS AND ENTERPRISE IN PERFECTING
THE WOOL-COMBING MACHINE
THOUSANDS WERE RELEASED FROM A MOST UNWHOLESOME TRADE,
AND TO WHOM
THE AUTHOR IS THUS INDEBTED
FOR MORE AGREEABLE AND USEFUL EMPLOYMENT
AND HIS INTEREST IN HYDROPATHY,
THIS LITTLE BOOK
IS RESPECTFULLY DEDICATED.



P R E F A C E.

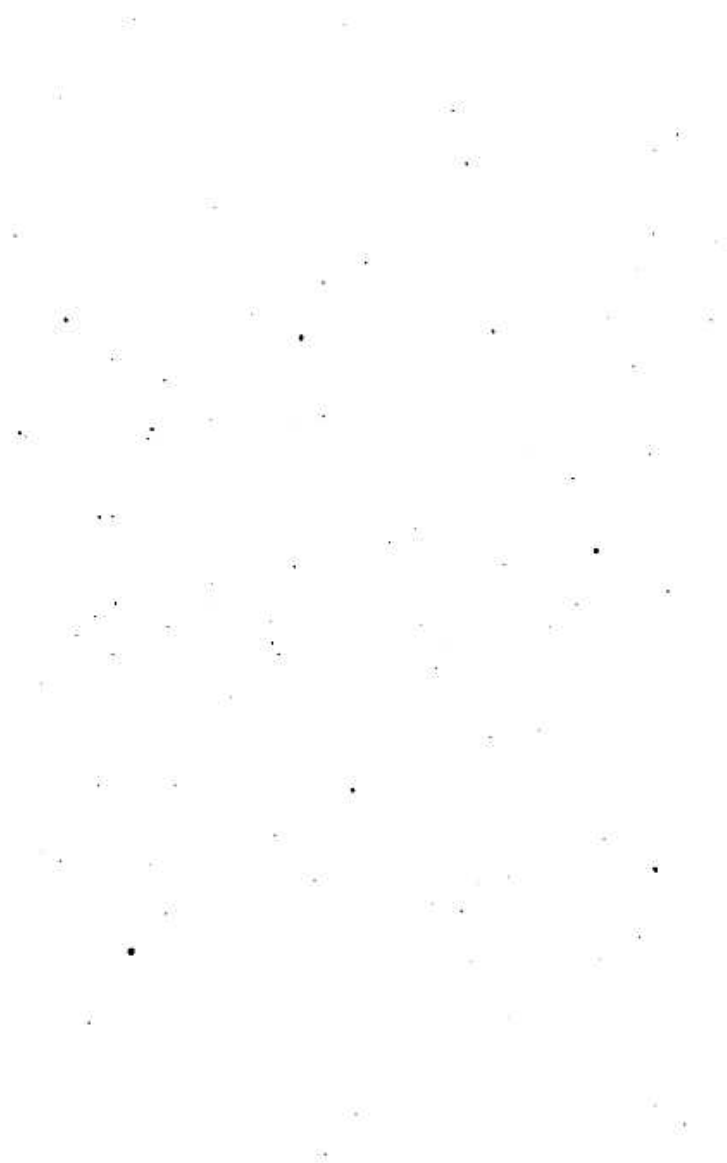
I N the spring of the present year a gentleman (who himself owes much to Hydropathic treatment) asked, "How is it that there is no new Hydropathic literature from time to time? The Homœopathists keep pace with the Allopaths, but in literature Hydropathy seems to be standing still." This question was a reminder that it was nearly ten years since the last edition of this little work was issued. Progress has been made in knowledge of baths and their effects, and it seemed that an effort should be made to bring the record up to date. Dr. Fleming's experiments have not before been published in a popular form. Their importance and value will be seen. The *fathers* of Hydropathy are fast passing from among us, and I have gathered together some record of their works which may be valuable to any future writer on the subject.

Hydropathic applications to animals have scarcely been noticed in any work since the publication of Captain Claridge's book in 1842. Messrs. Pickford having had such success in their treatment of horses by the Turkish bath, the subject ought now to become more popular.

Two editions of this little book (each of ten thousand copies) have preceded the present, and have been of great service in the domestic practice of Hydropathy. The *best* appliances have been recommended, but in many cases they are not immediately available. A good substitute, however, is generally indicated, as, for instance, when the vapour or Turkish bath is out of reach, the local vapour with a chair, hot fomentation, or hot wet little sweat, can always be used.

JOSEPH CONSTANTINE.

MANCHESTER,
NOVEMBER, 1854.



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