

**A PRACTICAL  
TREATISE ON SEA-  
BATHING AND SEA-AIR**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649435746

A Practical Treatise on Sea-Bathing and Sea-Air by George Hartwig

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**GEORGE HARTWIG**

**A PRACTICAL  
TREATISE ON SEA-  
BATHING AND SEA-AIR**



A  
PRACTICAL TREATISE  
ON  
SEA-BATHING  
AND  
LANE LIBRARY  
SEA-AIR.

BY  
GEORGE HARTWIG, M.D.

—  
SECOND EDITION.  
—



LONDON:  
JOHN CHURCHILL, NEW BURLINGTON STREET.

—  
1861.

B

H 33  
1861

## PREFACE.

---

The Author of this little Work having practised during the last nine years in Ostend, which is annually visited by so many thousands for the purpose of sea-bathing, has had numerous opportunities of observing the wonderful effects of this excellent, and in many cases unequalled, remedy. At the same time, he frequently has had occasion to deplore that so many patients, from ignorance of its proper use, and for want of following an adequate regimen, derive no great advantage from their sojourn on the coast, but even aggravate the evils for which they sought relief—converting by their own fault a fountain of physical regeneration into waters of bitterness and reproach.

Others again, having no idea of the important changes which sea-bathing brings

about in the economy, incautiously trust themselves to the briny flood, although its effects are completely at variance with their constitution or the diseases under which they labour; and thus run the risk of ruining their health or hastening their dissolution. Even among those whom nothing ails, there are many who injure themselves by imprudent bathing.

A wide experience having thus taught the Author how frequently this powerful remedy is ill-used and misapplied, he hopes that the utility of a popular and practical Treatise on Sea-Bathing will be appreciated by the public, and feels confident that, although many faults of style and composition may justly be laid to his charge, he has at least not failed in the most essential point; and that no bather, who follows his directions, will regret having done so.

*Ostend, 1854*

## CONTENTS.

---

	PAGE
CHAPTER I.	
The Mode of Action and the Effects of Sea-Bathing upon the Human Frame . . .	1
CHAPTER II.	
The Diseases against which Sea-Bathing is particularly efficacious: Scrofula, Rickets, Nervous Debility, Nervous Complaints, Dyspepsia, Weakness of the Skin, Torpidity and Paralysis, Passive Hemorrhages, Local Weaknesses. . . . .	8
CHAPTER III.	
The Diseases which forbid the use of Sea-Bathing . . . . .	20
CHAPTER IV.	
The Indispositions which frequently take place during a Sea-Bathing Cure . . . . .	25

---



	PAGE
CHAPTER V.	
The Salubrity of the Sea-Air . . . . .	33
CHAPTER VI.	
The Influence of the Sea, and its Phenomena on the Mind . . . . .	44
CHAPTER VII.	
General Directions for Sea-Bathing . . . . .	51
CHAPTER VIII.	
The Regimen to be Followed while Using the Sea-Bath . . . . .	59
CHAPTER IX.	
The Warm Sea-water Bath . . . . .	68
CHAPTER X.	
The Douche-Bath . . . . .	77
CHAPTER XI.	
Internal Use of Sea-water . . . . .	83

CONTENTS.

vii

CHAPTER XII.

PAGE

The Length of the Cure, and the Best Season for Bathing in different Complaints.—The Proper Regimen after Leaving the Coast .	88
---	----

