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Half Title Page -- Dedication -- Title Page -- Copyright Page -- Contents -- Figures -- Tables -- Acknowledgements -- Abbreviations -- Introduction -- 1. The theory and practice of the water cure -- 2. The development and marketing of specialist water cure resorts -- 3. Specialisation at the water cure: institutions and skilled workers -- 4. Water cure, regimen and healthy living -- 5. Water, health and leisure -- 6. National assets and national interests: spas and the state -- Conclusion -- Select bibliography -- Index.

Sommario/riassunto

'Healing with Water' provides a medical and social history of English spas and hydropathic centres from 1840 to 1960. It investigates health practices and healing cultures at specialist inland resorts showing that water was used in varied therapeutic approaches by both orthodox and unorthodox practitioners.