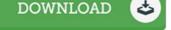


MBNAIL
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The Principles and Practice of the Water Cure, and Household Medical Science: In Conversations on Physiology, on Pathology, or the Nature of Disease, and on Digestion, Nutrition, Regimen, and Diet (Classic Reprint) (Hardback)

Forgotten Books, 2017. Hardback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******. Excerpt from The Principles and Practice of the Water Cure, and Household Medical Science: In Conversations on Physiology, on Pathology, or the Nature of Disease, and on Digestion, Nutrition, Regimen, and Diet The exercise enjoined, the water drinking prescribed, and the frequent abstractions of heat by the various baths, under the water regime, pro mote very essentially the rapid change of matter, in the due activity of which health consists, the worn out tissues are more speedily broken down and removed from the system, and greater place 18 left for the substitution of healthy for unhealthy structure. Hence four great points are gained for the invalid - I The ability to do with much less clothing; and 2. The power of converting, to nutrition additional supplies of food. 3. The greater play for the functions of the lungs, the capability of receiving into the system additional oxygen, and of excreting additional carbon. 4. As the result of all, an increase of muscular strength, of nervous power, and of mental energy. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books....





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