

# **Spa Life At Home**

**Emilie Sanchez** 

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international history by looking at the structural prerequisites of the thriving internationalism before the First World War Bodily and Spiritual Hygiene in Medieval and Early Modern Literature Albrecht Classen, 2017-03-20 While most people today take hygiene and medicine for granted they both have had their own history We can gain deep insights into the pre modern world by studying its health care system its approaches to medicine and concept of hygiene Already the early Middle Ages witnessed great interest in bathing hot and cold swimming and good personal hygiene Medical activities grew over time but even early medieval monks were already great experts in treating the sick The contributions examine literary medical historical texts and images and probe the information we can glean from them The interdisciplinary approach of this volume makes it possible to view this large field in a complex and diversified manner taking into account both early medieval and early modern treatises on medicine water bathing and health Such a cultural historical perspective creates a most valuable bridge connecting literary and scientific documents under the umbrella of the history of mentality and history of everyday life The volume does not aim at idealizing the past but it definitely intends to deconstruct modern myths about the dirty and unhealthy Middle Ages and early modern age

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Gentlewomen and Learned Ladies Sarah Fatherly,2008 This book reveals the central role that women played in creating and perpetuating an elite class in the foremost city of colonial British America Early in the eighteenth century as the city s major merchant families sought to reinforce their power over both newcomer immigrants and upwardly mobile middling sorts they endeavored to remake themselves into a colonial version of the English gentry This book highlights how the intersection of gender and class identities powerfully shaped the lives of privileged women in colonial Philadelphia This account is based on extensive archival research that includes women s letters and diaries materials from cultural organizations British prescriptive literature Anglican and Quaker religious records and newspapers This important study offers fresh insights into colonial America women s history urban history and the British Atlantic world BOOK JACKET

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British Medical Journal ,1928

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