

## Holistic and Naturalistic Traditions of British Hygiene and Medicine, Reflected in E. W. Lane's Hygienic Medicine, 1859

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**Abstract :** Hygiene had traditionally meant ways of healthy and right living. However, the nineteenth century was the time when a gradual shift in medical and hygienic paradigms took place from holism to reductionism. Against this medical and social background, E. W. Lane (MD, Edinburgh, 1853) formulated his own medical philosophies in his book *Hydrotherapy: Or Hygienic Medicine* (1859). Until the 1880s when he published his last book on the hygienic medicine, he consistently intended to raise the importance of hygienic holism in medicine, while adopting hydrotherapy as his main therapeutic measure. Lane's case reflects the mid-nineteenth century trend in which since the 1840s, the rational and holistic facets in medicine had significantly transferred to hydrotherapy, which was the most naturalistic healing system in the medical market. Hygiene for Lane was no longer the ancient form of 'six non-naturals'. He emphasised physiology as the rational grounds for his project of the medicalisation of hygiene. His medical philosophy was profoundly naturalistic and holistic against the opposite trend of the contemporary hygiene and medicine. Conflicting aspects may often be best embodied in persons who stood on the boundaries between inside and outside. Lane's theories on hygienic medicine did not develop into a new medical system which he believed would reconcile orthodox medicine and hydrotherapy of his time had also adopted increasingly reductionist approaches since 1860s. Nevertheless, the naturalistic philosophies and approaches in Lane's hygienic medicine demonstrates a continuous effort for a theoretical reformulation of hydrotherapy during its stagnant and declining period to constantly fit into the holistic paradigm of medicine and hygiene. Considering the fact that the nature cure concept in hydrotherapy and its individualistic approach were succeeded by naturopathy at the end of the century, analysis of Lane's medical thoughts reveals part of a 'thin red line' of naturalism in the battleground between reductionism and holism during the nineteenth century in the history of medicine and hygiene.

**Keywords :** E. W. Lane, hygienic medicine, hydrotherapy, naturopath

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