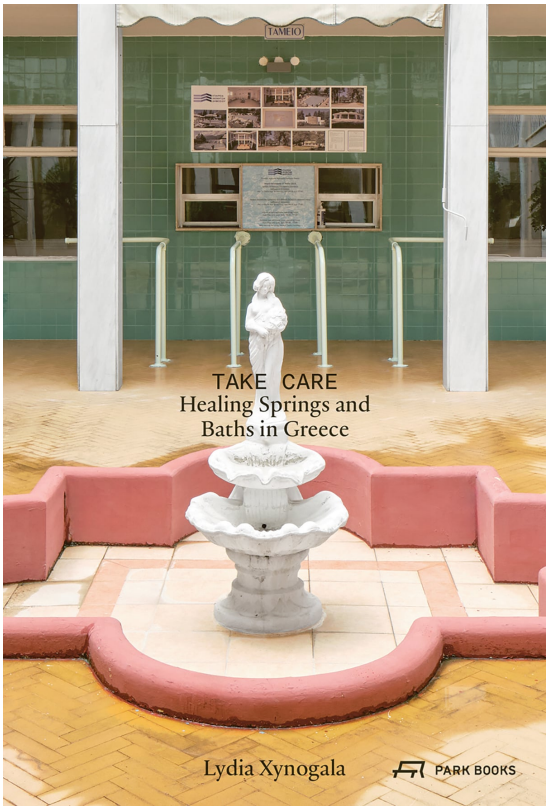
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Take Care

Healing Springs and Baths in Greece

Lydia Xynogala

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Territory	World excluding Austria, France, Germany, Switzerland, Puerto Rico, United States, Canada, and Japan
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Price	£32.00

- Healing baths were venues of emerging modernity, science, and the pursuit of political ambitions and business interests throughout the history of modern Greece
- An interdisciplinary examination of the evolution of Greece's numerous spas, a largely ignored aspect of modern Greek history since the 1830s
- Offers a poignant view of the privatization of public resources in the wake of Greece's 2010–15 public debt crisis and proposals for a redesign of the country's public health sector

Since the late 19th century, Greece's numerous thermal springs have been not only places of well-being and healing, but also venues where the newly independent state has pursued its aspirations for prosperity, modernization, and integration into institutional Europe. For modern Greece, thermal water is more than just a natural resource. It has evolved from a public good and remedy into a versatile instrument of national identity, scientific research, and the pursuit of political and business interests.

In ***Take Care: Healing Springs and Baths in Greece***, Lydia Xynogala tells the story of scientific, social, and political forces driving this development. She places the country's abundance of minreal springs within a network connecting 19th-century Paris World's Fairs with Greek hospitals, factories, research institutions, hygiene exhibitions, and state-built healing baths. She also examines the fate of public resources in the turmoil of Greece's public debt crisis in 2010–15 and the wave of privatisations sparked by it. The book combines an interpretation of archival sources with field research findings, oral history, and ethnographic records. Illustrated with historical and newly taken photographs and documents, it follows the intersections of environmental science, natural philosophy, and the history of public health and architecture.

Lydia Xynogala is an architect and writer working between Athens and Zurich. She teaches and researches at the Academy of Architecture in Mendrisio and Karlsruhe University of Arts and Design. Prior to this, she taught as an adjunct lecturer at City College of New York's Spitzer School of Architecture and as an adjunct assistant professor at Columbia University's GSAPP. She was awarded an Artist Fellowship in Architecture by the New York Foundation for the Arts in 2016.







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