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Climate and Health Resorts at Home and Abroad.

Thesis for the Degree of M.D. of the University of Edinburgh.

by Thomson Bonar, M.B., C.M.
Cut on narrow band to hatt. & stamp 1886
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A very force there is many
much interesting information
drawn from personal experience
that does not contain one way
back but I think I can be
considered safe too

A.D.M.
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Declaration

I hereby certify that this Thesis on "Climate and Health Resorts at Home and Abroad" has been composed by myself and acknowledge to have received valuable information on the subject from the following authorities whom I have consulted:

1. Burney, Geo. - "Climate and Health Resorts at Home and Abroad."
2. Clarke's "Do"
3. Leesby, J. L. - Medical Climatology
4. Parkes - Practical Hygiene
7. Fryer - Health in India in "Book of Health."
8. Young - "Rome in winter and the Suscan Hills in summer."
9. Kelhin - Lectures on Climatology and Tropical Diseases
10. Marks on the Riviera.
11. Scotts on the Medical Topography of London.

Occasional quotations referred to and acknowledged where they occur.

This thesis. 1872 to 1888.

Thompson, Jones
In the present day, when the facilities for easy, comfortable, and rapid travelling at home and abroad have become so extensive, and have reached a state of perfection undreamed of a generation or two ago,—when, instead of taking nearly a week to go from Edinburgh to London by the stage coach, one can in less than seven days cross the Atlantic in a steamer which, for ease, elegance and luxuriousness, is a veritable floating palace,—and can cross the Continent of America from New York to San Francisco, a distance of 3,300 miles in a week, in a similar palace car, which by day is a handsomely fitted up drawing room with travelling dining saloon attached, and at night is like a bedroom in a first-class hotel,—and when one can, by means of personally conducted or independent tours, with every convenience for travelling and living abroad, "do" the chief cities and countries of Europe in a summer's brief holiday of a few weeks' duration—or go round the World in a few months, visiting on route every country of geographical, political, or historical interest.
interest or importance. It has become the fashion to travel not only with those who merely require change of air and scene and associations to recruit their exhausted energies, or to vary the monotony of their daily round of work, of whatever kind that is, and to fit them for more, but with those whose constitution or health is so feeble or impaired that nothing short of a thorough and entire change of climate and country, and the attendant conditions of life, can be reasonably hoped or expected to materially improve their health and prolong life.

This being the case it becomes a matter of the greatest importance, both to the physician and to the patient to learn what is the best thing to be done, in regard to when, where, and where, such a journey and change should or should not be advised and undertaken. Anything like a routine or haphazard advice, given either from a hasty consideration of the features of the individual case or imperfect knowledge of the Health Resort recommended, is to be carefully avoided, and the physician who would give such advice would incur a most
responsibility. Each case should be most carefully and intelligently considered on its own merits, and in all its bearings.

In very many cases, it is a most serious matter for the Patient to have to leave his home and often his country, even on the advice of his Physician, and for the sake of his health. Habit becomes second nature, and those accustomed to travel think little or nothing of it, but to those whose circumstances or inclinations have precluded them from seeing much of the world, it is a matter of much difficulty, causing great trouble and anxiety, and a really serious and formidable undertaking to have to go far from home even if they are in robust health. How much more trying and difficult is it for them to be obliged to do so when in sickness or suffering. The very thought of it beforehand, added to the worry and fatigues inseparable from travelling, even in the most comfortable circumstances possible, helps to depress and unfit them for so great an undertaking, and may even tend temporally at least to aggravate their condition. To this must be added the draw-

backs...
backs of any place, especially to an
invalid - which is not "home", and has
not the comforts of home. The expense
often a serious matter - of going it
may be, abroad, and living at some
foreign Health Resort, away from
almost all one's friends and among
a lot of other invalids in a Hotel
or Pension, where one is looked on
more as a source of revenue than any
other thing else and is put up with as an
indispensable trouble, because he helps
to make to pay the rent and taxes,
and is regarded by the proprietor as
his legitimate prey.

It is therefore a serious matter for both
the Physician and Patient when it
has to be decided, in the first place,
whether the patient must really leave
home at all - whether the benefits in
all likelihood to be gained would
justify such a step, or whether care-
ful nursing with every necessary
attention and comfort at home
would not have an equally benefi-
cial result. If decided in the
negative, the next question ought
to be carefully considered - is it
really necessary that the patient
should go abroad, or is there any
place in the United Kingdom, to which he may with equal benefit return. For, I send a patient away to the South of France when the South of England would do is not only an error but may, if he be far advanced in Phthisis, be even cruel. And here the important matter of the stage of his disease comes in, for we hold that in far advanced cases, where a fatal issue cannot be far off, it is cruel to send the poor patient away to die among strangers in a foreign land.

The growing importance of this subject, which increases with the ever increasing facilities of travel and the number of Health Resorts has led me to think of writing on Climate and Health Resorts, and all the more that while acknowledging having got much and valuable assistance and information as to facts from various authorities on the subject (named elsewhere) I have had very unusual and exceptional advantages of travelling in many parts of the world, and have myself visited many of the Health Resorts both at home and abroad, so that
in the following account, I speak of what is within my own knowledge, and from my own personal inquiries, observations and experience.

The importance of an intelligent and personal acquaintance with such places to any one who may be called upon either to give or follow medical advice is greater than may at first sight appear, and has been impressed upon me on several occasions which have come under my own observation, and this in a way no mere book learning can ever do. The following cases are illustrations of this and also of showing how necessary it is for the physician to have a clear and definite understanding of how to act when called upon to advise as to change of climate.

Case I. A. M., a Scotchman, aged 20, of a consumptive family, both parents and two sisters died of phthisis, came to Edinburgh for 2 or 3 years to study. Before completing his curriculum he developed the hereditary lung weakness and was ordered to Australia. He benefited much by two or three voyages to Melbourne and back, and decided to remain there as the climate suited him and he was able to live fairly comfortably there with occasional visits to Tasmania. During the
last season. Though pretty far advanced in Phthisis, for several years longer than he most possibly have done in Scotland. He ultimately succumbed, but his life was prolonged and made useful and happy by this judicious change from the cold damp climate of Scotland to the dry healthy one of Australia. Within the last few years the suitabilities of either Melbourne or Sydney for cases of advanced Phthisis has been questioned owing to the prevalence of the bringing hot north wind at certain seasons, and especially at Melbourne. The too rapid changes of temperature as well as the amount of high winds and storms of rain—other parts of Victoria, New Zealand & Tasmania are now recommended for phthisical patients in preference to Melbourne where the accumulation from that cause is not very considerable.

Case II. Is somewhat similar where a family with a strongly-marked heredity to Phthisis, changed the climate of Scotland for that of Aus- tralia some 15 years ago, and with the exception of one who died recently, have enjoyed perfect health ever since. These are instances of advice being given and taken in time.
Case III is a sad instance of the reverse, and of a young life being sacrificed in consequence.

I. A farmer's son from Kinross-shire acquired Phthisis, consulted first a doctor in Glasgow. And afterwards an eminent Professor in Edinburgh, who advised a long sea voyage in a sailing vessel to New Zealand. Back, and to remain there some months, and to go at once. He delayed till winter came on but getting worse again consulted the Professor. She found him so much worse that he was unable to go and, and advised him to remain at home to die among his friends. In this case the patient had done but himself, and his friends to blame for not following the doctor's advice as first. The next Case IV is an instance of a patient suffering, not from neglecting, but from too implicitly following the counsel of his medical adviser, and illustrates the great importance of a doctor having more than a mere theoretical knowledge of climate and health resorts. - Dr. P. of Edinburgh, a writer and man of letters, aged 34, contracted a heavy cold in August 1835, which
Which settled on his chest, and hung about him for some months. He developed Catarhal Pneumonia. Being very much run down in his general health and not being of a strong constitution and having a family history of Phthisis, he was strongly advised by two medical friends to consult Dr. S. and, if he recommended, to go away for a long sea voyage of several months to Tasmania or New Zealand and not to return to Sydney till June.

His own doctor however, thought that a fortnight at the Bridge of Allan in October would put him all right. This was his advice, and a month after he ordered him a seavoyage to Italy and to be away 2 months, I cannot think that had his doctor ever gone by sea to Italy or had ever been there at all in winter, he would have ordered a delicate patient with Catarhal Pneumonia and a consolidated patch in his right lobe a sea voyage through the Bay of Biscay or round the Mediterranean in the months of November. He would have ordered him to Italy at all in the depth of Winter. An experience of 7 Atlantic and Mediterranean Voyages and 14 visits
to Italy. Has taught me that fine weather that can be relied on at that time of the year is the exception, not the rule, and that to be certain of warm weather it is necessary to go further south or east. The coldness and severity of an Italian winter and especially spring, with snow on all the hills at Florence, and in Tuscany, and East wind at Naples as bitter as any could be in Edinburgh is not so generally known as might be. Also the fact that the climate especially the winters and springs are getting slowly but surely colder all over the South of Europe should not be overlooked. As regards the climate of Florence, where the patient was sent to Leuca by Jackson, writer (Medical Climatology, pp. 388-9) "The proximity of the lofty Apennines, which are entered with snow during many months reduces the winter temperature, and imparts to the spring months a vivacity which is very injurious to persons of delicate constitutions. In winter and spring the surrounding mountains form close piercing currents of air. The tramontana or North West wind is the bane of these diseases. It is a

cold
cold penetrating blast, and is very severe during January & February. Rain falls during the latter weeks of Autumn and Early Weeks of Winter, then for several months the atmosphere is charged with moisture, often giving rise to fog. * * * * * * *
Inflammatory diseases of the Chest are very fatal and consumption is as well known here as in any other part of the world. Therefore all persons labouring under Pulmonary affections, or complaint of any kind in which the Respiratory Organs exhibit inflammatory symptoms should avoid Florence."

The result in the case of this patient was that he had soon to leave Italy, and seek a warmer climate in Egypt from which he returned in February in accordance with his doctor's orders to this country but unable to venture for more than two months to the trying climate of Edinburgh in Spring. He cannot but think that instead of wasting valuable time at the Bridge of Allan, and in Oban, and then wandering abroad alone and being a stranger and an invalid in foreign hotels, and
and then returning from Egypt to this Country before the winter was over, and thereby running the risk of losing all the good got by being away—it would have been better for him to have gone with other passengers in a good steamer or sailing vessel to visit the Antipodes.

The benefit of a long sea voyage is illustrated by Case V in which H. W. S. who had the misfortune to contract specific blood poisoning while in the discharge of his professional duties—remaining a patient—went out under my charge to Ceylon. During the ten weeks he was at sea, notwithstanding he was not very robust, being of a somewhat nervous constitution and much debilitated by the action of the poison—he improved so very greatly in health that his friends could hardly recognize him on his return home. Though this was the case however, he only remained well as long as he continued regularly taking Mercury and Soda of Potash. These seemed merely to keep the curing at bay for whenever he stopped them for a few days
he disease seemed to gain upon him, and he began to feel unwell, notwithstanding his getting so much stronger with the seas voyage. The effects of the latter passed off gradually through the summer, and in autumn he had again to go to sea, for four months sail to New Zealand.

Case VI. is another of syphilis. The patient J.C. went a sea voyage for two months, but as he acquired syphilis more than a year ago, and was in the 3d stage, and was not careful of himself, he derived only temporary benefit.

Case VII. also came under my own observation and care. Sir W. had a pretty severe attack of rheumatic fever, for which, when somewhat convalescent, he went by sea to Genoa & Naples. Though the weather was extremely tempestuous all the way to Gibraltar, and it was impossible to keep dry at all on deck, he had only one slight relapse, and after a stay of some weeks at the Riviera, he returned to Ireland, perfectly well and fortunately without showing any symptom of cardiac weakness.

At this time I had an opportunity of visiting the various health resorts on
The Riviera, especially, Bordighera, San Remo, Mentone, Nice, Cannes. The contrasts are those there are very striking. The strange mixture of quiet and sadness, as at Monte Carlo, where many recklessly turn away first their money and then their life, while a few miles east or west, at the other towns, are others who have come from far and near and are spending their money to gain their life, and with these deaths and lives are strangely intermingled.

The beauty of the scenery and climate of the Riviera are too well known to call for remark, but I was struck with one thing — the risk there is specially to phthisical patients, in the sudden changes of temperature, the cutting coldness of the Mistral, the freshness of the climate. For while all is bright and fair, one whose pulmonary troubles ought to prevent him is apt to forget that when the sun gets behind a cloud, or when he is on the shady side of the street there is a somewhat rapid and considerable fall in the temperature. Special care therefore ought to be taken when driving or walking, especially
Especially when the weather is unsettled and in the afternoon after 3 or 4 o'clock also during the prevalence of the North West, North East, or East winds which are cold and piercing.

I was also struck with the carelessness and disregard for their health for which they had come—many times at the more fashionable towns on the Riviera, as Nice and Cannes, and cannot but think that there is too much quiet, too many balls, and fast life generally. There is good for invalids at least, also perhaps a tendency to think that having gone to the Riviera that is all that is necessary, and that nothing in the way of extra care required by invalids is necessary for them. And that the doctor is rather a bit of an old fellow. Those advice doesn't really after all amount to much. I suspect this partly helps to retard or prevent recovery if it is to dwell the disease. By those who, however, lay themselves out to make the preservation or recovery of health the primary object of their stay at the Riviera much good may be obtained as in
Case VIII of J.G.S. who after a
severe attack of rheumatism
never slept the spring months
at Mentone and afterwards at Aix-
les-Bains, with a most gratifying
result. Even those in whom
a perfect recovery is not to be looked
for, may with care derive consider-
able benefit from the favourable
climatic influences as in
Case IX of E.M. who owing to
living mistress would
have been obliged to keep the house
entirely at home in Edinburgh,
but was enabled during most of
his winter to be out for hours in
the bright sunshine of Mentone.

Case X of J.B. who though far
advanced in Phthisis lived
and was able to attend to profes-
sonal work for three winters at Mentone,
dying in the course of the first winter
he tried staying in the house in
Edinburgh.

Case XI of J.W. though he eventually
died of the same complaint
lived under more favourable conditions
at Mentone and had his life pro-
longed beyond what would have been
the case had he remained in this
country.
Case XII of J.E. who remains in Ireland. For business reasons, 12 of whose family of eight, three have died of Pneumonia and a fourth is just a fifth with the same.

When after carefully deliberating on any patient's case, it is evident that going abroad is essential to its proper treatment and recovery. The question arises as to what class of climate he should resort to. Whether relaxing, sedative, bracing, invigorating, soothing and dust-like, and then, the best place where such a climate obtains. Before discussing that of different places, I shall speak of climate in general. Climate - from the Greek word klima, which signifies the constitution of any given region with respect to heat, cold, moisture, wind, impregnation with atmospheric matters, composition of the soil and water, and all conditions which exert an influence upon animal and vegetable life. The climate of a given region is essentially dependent upon the duration of its influence to the sun's rays modified by the local conditions.
of the Earth's surface. The distance north or south of the Equator determines the former, the local conditions being numerous and varied.

In considering the climate of a given region then, the following are the most important factors:

1st. Temperature.
2nd. Elevation above the sea level.
3rd. Moisture of the air and the rainfall.
4th. Its inland or maritime position.
5th. The prevalence of sunshine or cloud.
6th. The prevailing winds.
7th. The nature of the soil.
8th. The presence or absence of forests.
9th. Plains, elevated plateaus, mountains, or marshes.
10th. The extent of animal and vegetable life.

Climate, when thus regarded, is still as formerly principally dependent on astronomical factors, on the sun's position or inclination with respect to the different portions of the Earth, and the amount of heat it supplies to the Earth's crust.

The divisions of climate are somewhat arbitrary, the most scientific is to use the isothermic lines.
The simplest is that which gives three great divisions with several subdivisions. The great divisions are, warm, temperate, and cold, the subdivisions being equatorial, tropical, subtropical, sub-polar and polar, as also insular or moist climates and continental or dry climates.

According to Parke, climates may be divided into equable limited or variable, i.e. with slightly yearly and diurnal variations, and extreme, excessive or continental, i.e. with great variations or, according to their degree of humidity, into moist and dry.

The influence of cold climates on man kind is to impart a vigorous constitution, muscular development, and a tenacious temperament, active digestive functions, and sluggish nervous power. In hot climates on the contrary, these conditions are reversed.

1st. Position. - Insular climates are peculiar because the temperature of the air is more variable than that of the land. The action of currents - the circulation of the water under the influence which heat exerts...
Upon it, its being warmer in winter and cooler in summer, all has a tendency to modify the land climate. It is cooler in the summer and warmer in the winter, and therefore of a more equable temperature than it would possess were it situated inland.

Again, the constant vapour from the sea causes clouds to veil the sky more or less, and also permeates the atmosphere of the island and makes very great radiation impossible.

Maritime regions are also modified in the same way, and hence towns situated on the sea coast are warmer in winter, cooler in summer and have a more equable temperature than inland places. For examples of this influence we need go no farther than our own islands. The difference in the weather experienced in the wetting places on the north coast and that of the midland counties is well known.

Reverse conditions obtain in continents and there the tendency to great cold in winter and great heat in summer is always present. Look, for instance, at the coasts of a Siberian winter and the intense heat of the Sahara.
Highly elevated regions bring other influences to bear on the climatology of a district. Heat is lessened, the air is rarified, the higher we get above sea level, and sooner or later, even in the Tropics, we arrive at a point, called the freezing, where the sun is powerless to overcome the degree of cold necessary for everlasting ice and snow. Moisture is attracted to the mountain peaks, and snow or rain result from the coldness of the atmosphere around them, and although condensation, fog, rain or snow are always to be met with at high altitudes, the climate is not without its healthy and invigorating.

The movements, weight, and composition of the air play an important part in determining the kinds of climate.

Air may be classified into sea and mountain air. These agree in possessing an excessive amount of ozone and in the absence of organic dust. Ozone purifies the air by destroying injurious gases, and determining the oxidation of decomposing organic substances. By supplying to the respiratory organs...
a most active form of oxygen, it promotes respiration and blood formation.

Sea air differs from mountain air in possessing great equality of temperature, a great excess of water vapour, and great but regular variations of barometric pressure. The greater density of sea air, and the presence of iodine and bromine also constitute a difference. The temperature of mountain air is both lower but less variable than that of the sea, and undergoes a marked difference in sun and shade by day. A rapid fall when the sun goes down, and as much as 40 or 50 degrees Fahrenheit at night. It is drier as well as colder than sea air. According to Brunner, as in Health Resorts pp. 8-9, Professor Nechle concludes from experiments that "Since the activity of tissue changes will correspond with the loss of heat, the greater the loss of heat, the greater will be the change of tissue i.e. the greater the stimulus to tissue change. Further, that individuals in whom the processes of tissue change do not require hastening are, cæteris paribus, better off on warm
"their heights than on the sea coast. Highly irritable nervous organisations profit more by mountain than by seaside. For those on the contrary, who have no tendency to nervous irritability and who are in a condition to bear the increased tissue change, sea air is a more powerful agent. Hence the greater proportion of dyspeptic persons and those exhausted by overwork who retain some activity of the digestive organs. Stunned prefer the seaside."

Burney says that those suffering from great muscular adiposity as well as general exhaustion need absolute repose, are不适 for mountain climates, such being too rigorous, rarified and exciting, tending to cause chill, depression, and dyspepsia. According to him the best cases for mountain air are patients who, with rigorous frames and much actual or latent power of muscular activity, have become mentally exhausted by the strain of incessant mental labour, anxious cares, or absorbing occupations with mental irritability, depression and unrest of body and mind."
Sea air is suited for those who cannot bear sudden and great changes of temperature as those suffering from grave chronic maladies.

Beneke suggests further that rarified air is a bad amount of heat. If this is so it explains why a high degree of cold at a great elevation should exercise a much less injurious and depressing effect on the animal organisms than the same degree of cold at the sea level.

A morbid sensibility to taking cold is often lessened by a residence in breathing rarified mountain air as also by breathing sea air, especially if accompanied by sea-bathing.

Speaking generally the stimulus to muscular exertion produced by mountain air is not so suitable to persons advanced in life, as the more soothing and equable temperature of sea air.

The effects of sea air vary very much with the locality. Watering places on the East Coast as North Berwick are much better breathing and dry than those on the West as Rockaway, while the climate of Penzance and Dover is...
is warm, moist, soothing but relaxing, and suitable for those with irritable hypersensitive dexterous membranes. The air of Bournemouth is said to have the advantage of combining a soothing dry and bracing quality. The air of the watering places on the North Coast of France and Belgium is driest and brightest than even at similar places on the East Coast of England.

The manners of life there, however, especially at such places as Deauville and Ostend, is too artificial, and on that account, Stretto, which is very pretty and Blankenburghe are to be preferred by invalids who find the latter places much simpler and quietest.

The following are the principal diseases in which change of climate may be beneficial:

I. Ague. For recovery from this disease, the patient must be removed from the damp, low-lying malarious district to a healthy, elevated locality with a moderately dry atmosphere and a cool temperature. For the sequelae he
should also be treated to a course of muriated saline waters. Enlargement of the spleen following disease is much benefited by the use of Carlsbad waters.

II. Anaemia, Chlorosis & Cachexia - Easy travelling from place to place or a sea voyage, or living in a dry and sunny atmosphere, with constitutional treatment, are recommended for these complaints. A short residence and course of waters at St. Moritz are often very beneficial to hysterical women, suffering from Chlorosis & Anaemia.

III. Scurvy - A change of climate from a cold, dry, but mild atmosphere, either to the coasts of England or to the sunny shores of the Mediterranean, with attention to rules of hygiene, sea-bathing, and a course of muriated saline waters are often beneficial. Scurvy patients derive much good from the use of the Ladies and Bromine muriated saline baths of Kreutzwald.

These baths are also useful in IV. Syphilis, but the most efficacious results in that complaint.
Complaint, combined of course with appropriate drugs, seem to be obtained from the use of the waters and baths of Aix-la-Chapelle. Where, owing to the effects of the sulphur springs modifying in some way the action of mercury, mercury can be rubbed into the skin or taken internally without changes.

I have already referred to two cases which came under my own notice of patients with syphilis deriving considerable benefit from long sea voyages.

The waters of Aix-la-Chapelle are also useful in chronic rheumatism and in

VI BATH

The springs of Vichy, Ems, Carlsbad, Wiesbaden, Marienbad, Wildbad, on the Continent, and of Bath and Weymouth in this, are also frequented by patients suffering from gout. For this complaint, a change to a mild and dry climate is indicated, and followed by a beneficial result, but the change ought to be made in an early stage of the disease, and when the patient is comparatively well and free from active
The climate of the region is to be

considered very favorable for the health and

welfare of the residents. The climate is mild

and pleasant throughout the year, making it

suitable for outdoor activities such as fishing,

hiking, and picnics. The area is also known for

its unique microclimate, which makes it

a perfect place for growing fruits and

vegetables.

The soil is rich and fertile, providing

enough nutrients for the crops to

thrive. The region is also blessed

with moderate rainfall, ensuring a

consistent supply of water for the

farmers and residents.

In conclusion, the climate of the

region is highly favorable for

both agricultural purposes and

recreation.
and of Buxton, Harrogate, Matlock and Strathpeffer at home, are highly beneficial.

VII Rhinitis, much good may be got by change of air, combined with good nourishing food and other constitutional treatment, for those suffering from it.

VIII Mohon the warm mineral springs of Bourboule-les-Bains and Mont Dore are to be recommended, and cases of Hysteria are successfully treated by a course of mud baths at Frauenbad. The waters of the Frauenbournen Spa is most valuable in various female disorders, accompanied with a deficiency of iron in the system, complicated by disorders of the digestive or nervous system, as in anaemia, hysteria, following acute or constitutional disease, chlorosis and especially sterility.

IX Neuralgia, again Chaudes in France, Ischler in Austria.

XI Mont in Switzerland are valuable retreats. The latter place, from its invigorating Alpine air and splendid scenery, is a special favorite with...
with the English, and is also frequent
ed by those suffering from Diseases
of the Digestive System, and where
the circulation is sluggish.
Where a change of Climate is
desirable for —

XIII. extreme regard must be had
to the particular form
of that malady in choosing the
locality. In the acute variety, a
dry and moderately stimulating
Climate is to be preferred as that
of the Highlands of Scotland,
the Seaboard of the South of France
or Spain, or Egypt. Where much
good may be derived from the
slight change of scenery and
surroundings.

In the inflammatory
kind, a sedative Climate is indi-
cated as the West Coast of Great
Britain, 
P and or 

Nervous or irritable dyspepsia requires a somewhat intermediate Climate, and
is much benefited by travelling about
from place to place. It must be care-
fully regulated, and, except in the
inflammatory variety, a course of mineral
waters will greatly assist the cure.
Especially such as Carlsbad, Homburg,
Marienbad
Maribbad. Maribbad waters are also very serviceable to those suffering from Chronic Dysentery, from Burns, and with a tendency to Cerebral Congestion. The above and all are also very useful in cases of.

XIII Hepatic Congestion as are also those of Rosen.

\[\text{gen and Sarazh, Lenington Chelsea,}
\]

\[\text{Hawn. The waters of Vichy are valuable in Rheumatism and Diabetes, and in}
\]

\[\text{Leukorrhea, and cases of Liver, Bladder, and other organs. They are parti-
\]

\[\text{cularly serviceable in all varieties of Urinary Calculi.}
\]

\[\text{Various threatened diseases of the Kidneys arising from overwork of that organ with too}
\]

\[\text{little bodily exercise may be averted by change to a moderately dry and warm}
\]

\[\text{climate, due attention being paid to a well regulated diet.}
\]

\[\text{In here the}
\]

\[\text{Postmenopausal are delayed if they may be induced by a}
\]

\[\text{change to a warm climate, and in the case of patients in a warm climate suffering}
\]

\[\text{from any uterine alteration great improvement may be affected by a}
\]

\[\text{change to a colder or bracing climate.}
\]
together in some cases, with a suitable course of mineral waters in some of
Frangensbad, Kissingen or Lipicie
in Slovenia.

The various epochs or
climacteric periods at which constitutional
weakness or disease is apt to show itself, may be
anticipated and successfully checked by a judicious and timely change of
climate, as in the case of hereditary
consumption, of the arriving at the
age of puberty, or at the grand
climacteric. Those especially who
have lived for some years in the
Tropics, find a change of climate
a powerful prophylactic.

In India it is generally accepted
that the average time for a change
home to England should be once in
five years.

The virtues of the saline and
sulfurous springs of Baden (Austria)
in skin diseases are known as far
back as the times
of the Romans. Those of Cantobre
(France) Lest (Switzerland) and
Lucca (Italy) are also favourably
esteemed for their efficacy in
outaneous diseases.
For Chronic Bronchitis & Laryngitis

the waters of Evans are beneficial. While among climatic resorts for the same complaints may be mentioned the Isle of Wight, Bournemouth & Torquay in England, and Madeira, Algiers, Cherchell, and Shak Allah abroad. The selection of a climate for such complaints is of importance and should depend on the temperament of the individual case. A dry and bracing climate as Clifford Bent in Egypt, Algiers etc. is best fitted for those of phlegmatic habit and glabrous atonic muscular system with copious bronchial secretion, while for those of a nervous temperament and dry and sensitive condition of the nervous membranes of the bronchi with little secrsion, a mild and more humid climate as that of Devonshire and Bute, Pan, Rome, or Madeira is to be preferred.

Asthmatic patients occasionally derive much good from a change to a mild climate as the South West of England and of Ireland or of Bonehshire in Scotland, to the beautifully situated town of Bagaccio in Corsica.
or to the South of France and Italy
but each case must be dealt with
on its own merits and treated accord-
ingly, whether it be best suited for
a dry and bracing or a mild and
moist climate. Experience alone can
decide. In cases where much Bronchial
irritation exists a course of mineral
waters may be followed with benefit.

A very large number of cases which come under the notice
of the physician for advice and
treatment are those of

Phthisis, and in no class of cases is
there greater need for the exercise
of sound judgment and discrimin-
ation, based on long and extensive experience.

The old idea that Phthisis was exclusively
a disease of cold and damp climates, and
that all that was needed for its prevention
and cure was to go to a warm climate, is
now exploded, for it is now known that it is
pretty universally distributed over the world
and that it is often met with in latitudes
near the Equator than in the Temperate
Zone, and still, while it is very common
in Ceylon, it is comparatively unknown
in the Arctic Regions. It also decreases
with the increase of elevation, and in
the North of Europe is more prevalent at
The level of the Sea (Fuchs). In South America it has been found that consumptive patients have derived much benefit by being removed from the moist warm and rainy atmosphere of the lowlands to the Andes. There, at an elevation of from 5,000 to 10,000 feet, the climate is dry and temperate, admitting of free exercise in the open air.

The causation of Phthisis is greatly dependent on local conditions and habits, such as working for long hours in a constrained position in overcrowded small ill-ventilated rooms and want of exercise, insufficient or bad food. The mortality in soldiers barracks, especially among the foot guards from this disease alone was formerly very great, and was intimately associated with overcrowding and breathing the same contaminated air of day and sleeping apartments, and the same held true under similar conditions everywhere. However good the climate, the same is seen in overcrowding in ships both in the Royal Navy and Merchant Marine.

As showing that Phthisis alone is not such an important factor in causing Phthisis as might be thought.
Parker mentions that the mortality in Bengal from this disease is precisely the same as in Canada. The period of illness shows that the mortality and invalidity of the troops in India from this disease are much below what they are in England, and makes the excellent suggestion that consumptive patients should be sent to a phthisical sanatorium of an altitude of 10,000 feet in the Himalayas. Instead of being invalidated to the south where trying climate of summer, no case is prevented better than cure than in Phthisis, and by those who inherit a predisposition to this malady, the greatest attention should be paid to diet, exercise, and pure air. The diet should be nourishing containing nitrogenous and fatty principles as milk and addresses.

One of the best recommendations of a locality is that its climate admits of exercise being taken for several hours daily in the open air.

As regards domestic arrangements the house ought to be thoroughly ventilated while free from draughts, and a wet subsoil is to be avoided. Healthy individuals and especially children...
Children should avoid sleeping with, or occupying the same rooms with consumptive patients, and where a number of phthisical patients must be together, as in a Hospital, the fresh ventilation should be allowed. The infectiousness of Phthisis, which from Koch's experiments and discovery of the Bacilli, would seem to be assured, renders the above precautions all the more important.

While Phthisis is here the result of the development of circumstances and surroundings, it is undoubted that climate plays an important part in the production of Tuberculosis. Especially in a damp changeable climate such as ours, among those who are predisposed to it, and who are subject to haemorrhage and to slight provocation for such a change to a more settled climate admitting of much more open air exercise than can with safety be indulged in here, especially in winter. A long sea voyage would prove valuable as a prophylactic. In many cases it is highly inconvenient to go abroad, and when this is not necessary, alone.
age may be taken of various health resorts in the south of England or
Ireland as Bournemouth, Torquay
or Queensferry or Blengarniff.

Recommending a patient suffering
from rhinitis to go abroad there are
three courses open to the physician
To advise him first to go to a high alti-
tude, 2nd a seavoyage or 3rd to a high
and mild climate and each case
should be decided on its own merits
but speaking generally we may say
that for those who are in the early or
citrual stage of the disease, a
mountain climate or a seavoyage
is advisable while for those in whom
the disease is far advanced or who
are of an irritable or perticul consti-
tution, a mild and soft atmosphere
is to be preferred. In cases where
haemoptysis is present and there is a
great difference in the morning and
evening temperature a seavoyage is
contraindicated.

A seavoyage to be of
any permanent benefit ought to be of
3 or 6 months duration and a residence
for a lengthened period in the dry
and heath giving elevated plateaus
of Queensland is in many cases of
The greatest service
High altitudes. In these, the blood is diminished in the
vessels and increased in the superficial
parts—according to Jaccoud, in his
able work on Pulmonary Phthisis—the
respirations also are increased from
rarefaction of the air, and the atmos-
phere's pressure exercises a marked
influence (as well as the temperature)
in the circulation. For cases of
haemoptysis he advises that the selec-
tion of climate should depend on the
mode of reaction and quotes two
cases apparently analogous both as
regards the local lesions, the attacks
of haemoptysis and the pathological
changes in which one obtained relief
from haemoptysis elsewhere but at
the high altitude of St. Moritz and
the other nowhere but at Madeira.

He also remarks that patients going to winter
in high altitudes as at Davos
should not alight till winter has
begun Early to be to become acclimated
and gradually to the change of
climate conditions, before the
Intense cold weather sets in,
for similar reasons a temporary

stay
May both at the beginning and
at the close of the season in
the Upper Engadine may be advan-
tages of some of the less eleva-
ted stations. As instances (pp. 346-7)
Bürsersee, Java, and Bollingen,
Vielbrun, Montreux, or Lugano as places
that might be thus utilised.

Among mountain health resorts
for Pfitziers the Alpine station of
Zweisimmen has come of recent
years to hold the first place,
especially with English people.

The advantages claimed for it
are the stillness of the air, the
valley being almost completely
sheltered from winds; the extreme
purity and dryness of the atmosphere
both outside and within doors: the
great sun heat and the large percen-
tage of sunny days, allowing the invalids
to take exercise in the open air for
several hours daily. Three months
of settled weather with a cold, dry,
clear atmosphere, cloudless days, a
dark blue sky, and brilliant sunshine
with opportunities of walking, skiing,
and skating make wintering at Zweisim-
men very beneficial and enjoyable.

Daring this rapid fall of tempera-
ture
temperature after illness, great care must be taken by invalids to be with
in doors before them. But owing to
the extreme dryness of the air and
absence of wind, patients may with
impunity sleep with open windows
even with the thermometer as high as
20 or 30 degrees Fahr below freezing
point. One objection to Alpine
Health Resorls is to know not to do
or where to go
When the snow begins to melt, and
the weather becomes changeable in
spring, and another strong objection
applies to towns, viz., the defective
sanitary arrangements (not being
improved) - this is also the case at
the towns on the Riviera especially
Chamonix - and the almost entire
absence of drainage coupled with
the overcrowding from the great
popularity of the place. Owing to
absence of wind a smoke hangs over
the valley, and the overdevelopment
of social amusements in crowded
rooms artificially to the scenes, tends
to nullify the good derived by the
patients. This is emphasized very
strongly by J. E. Symonds, the great
adventurer of 1820, in an article
written prior that place to the fall
Mall Gazette in January 1882.
(During the Health Resorts p 257)
Weber in Climate and Health Resorts
(Book of Health p 102) states that
the cases best suited for a residence
at Davos are,
1st. A tendency to Phthisis.
2nd. Catarhal Pneumonia
3rd. Chronic Bronchial Catarhal with
much secretion in young people,
but in the chronic winter class of
those advanced in life.
4th. Remains of Pneumonia or Pleuritic
affections.
5th. Cases of deposits, i. e. never caused.
6th. In ancient Phthisis with limited
infiltration, and with or without
Cavities.
7th. Purely nervous Asthma.

Andermatt on the St. Gotthard route
is in some respects to be
preferred to Davos to which it is becom-
ing a formidable rival. It is
surrounded by mountains, it occupies
a very sheltered position, the rainfall
is even less than at Davos Platz.
While the large plateaus on which
it is situated affords ample room
for building and to over crowding.
is avoided. The climatic conditions of St. Moritz and of Sanmaila in the upper Engadine are similar to those of Davos and are said to be suitable for tolerably robust chronic phthisical cases.

Opinions however differ as to this. Weber in page 103 of article already referred to speaks well of St. Moritz while B. F. Lee in Chap IV of "Climate and Health Resorts" does not seem to think it well suited for cases of Phthisis. I cannot speak of it from personal knowledge as the place has come into notice as a health resort since I visited it a number of years ago.

For those who do wish to spend the spring at Davos, a stay at Merano (Tyrol) would prove very beneficial and enjoyable. Charter's Health Resort at home or abroad is 10 days as a climatic resort is "unrivalled" and states that there has been only occasionally noticed a single windy day during the four cold months of the last ten years. The winter climate of the Sanmaila Valley is uniform, dry, and bracing, and there are said
to have been 5 or 6 cloudless days from November to March, with no frost and no snow. She gives a glowing account of the scenery - though if it is inferior to that of the neighbouring parts of the Tyrol which I have visited, must be very fine indeed - also of the climate which admits of the growing of apples and pears and flowers and, under frames, of melons, castanets and other tropical plants. The town possesses an excellent Kurhaus and baths of all kinds. Innsbruck is one of the chief places for the Braise cure which after 4 or 5 weeks reduces obesity, but increases weight of consumption. The Braise cure is also practised here, and is said to be especially beneficial to phthisical patients with much cough and lung-like irritation.

Arco, Reinfelden, and Tervey are also noted for the whey and Braise cures.

Oceanside Climates - In striking contrast to the climate of Alpine health resorts we may take that of the warm, moist, equable, sedative and stimulating
A somewhat mild and healthy climate of Madeira. This lovely island, well sheltered as it is from the north winds and with a complete absence of all dust, has been long favorably known as a sanatorium for pulmonary diseases. Though its popularity has been on the wane since the comparative failure of the experiment of sending to phthisical cases from Brompton Hospital, of whom only 1 or 2 were decidedly benefited. But to those to whom the climate is suited, i.e., cases of advanced phthisis profusely if complicated with extreme debility, very little circulatory irritation, irritative chronic bronchitis, and emphysema, a prolonged residence in Madeira is highly beneficial. It is equally well suited for those with a hereditary predisposition to consumption. As are in the early stage of phthisis, and may be highly recommended on that account – some physicians recommend a stay in the island all the year round, and the great equality of the temperature favors this. Of Thomas H. Heber writes (P. 84), "The climate is remarkably equable."

more
more so probably than that of any other health resort. The annual temperature is about 65°. The lowest night temperature scarcely ever below 48°. The highest day temperature rarely above 86°. Mean winter about 61°. Spring 62°. Summer 69.5°. Autumn 64°. The mean difference between day and night about 9°. From one day to another about 1°.

Arachon presents a somewhat similar climate and is suited for somewhat similar cases as Arcachon. The equability of the temperature, the dryness and porous character of the soil, and the protection afforded by the pine forests in which the "Ville d'Arachon" is built, combine to make it a favourite and favourable resort for sufferers from early inflammatory Phthisis, or irritative bronchic or hysteric Coughs and those of a nervous temperament." (P. 193) But perhaps the rains which fall very strongly at this point adapted it is for the requirements of comfort of English invalids in winter. The favourite and fashionable watering place of...
Biarritz (43° N Latitude) possesses a
humid climate and is exposed to
high winds and much rain, which
however is soon absorbed. The sea-
bathing in summer is very good,
and in spring and autumn the
bright and bracing sun is highly
beneficial to those of a nervous
temperament. A change to
Biarritz from Biarritz or Pau or
the Rhône is often attended with
the happiest results.

The climate of
St. Jean de Luz is said to be better
adapted for pathological patients
than Biarritz owing to its being
better protected from winds.
The same remark applies to Pau
the climate of which is delicate
its bright sunshine and very lovely
scenery, with the skill with which
the air is kept fresh and pure,
make it well suited for
chronic phthisis and asthma.

The social attractions of the place,
also, continue to make it a favorite
resort. 13 Yes also recommends
the climate of Arthez les Bains,
and says it has been found of
great value in cases of Consumption
and Catarhal asthma in humans.

who
The Riviera has been well described as a land of sunshine and a land of winds of intense brilliant sunshine and of cool chilling shade.

The average of clear cloudless days at Nice for the six winter and spring months being stated at 29. The prevailing winds are the Mistral or North West, which is dry cold penetrating and irritating and blows for days at a time especially in March. "The trees" or North East wind which is fiercer, cold, and is sometimes accompanied with heat and dust. To this wind Genoa owes much of the bitterness of its climate. The Sirocco or South East wind is warm wet and refreshing and is mostly experienced in spring and summer.

The tramontana or North wind is felt at Nice and the Reno, but the Riviera is fairly well protected by the chain behind it of the Maritime Alps.
The rainfall is very lean, especially towards the eastern end, but the number of rainy days for the 5 winter months at Nice is said to be only 38.5, as compared with 46.5 at London and 48 at Torquay. The rainfall for 5 months from October to April is as follows: at Nice 15.92, London 51.47, Torquay 18.28 inches. This authority also gives the relative humidity of the Riviera, Cannes and Mentone as compared with London and Falmouth (saturation = 100):

Cannes 72.4, Mentone 80.8, London 84.4, Falmouth 88.4.

The average temperature of the Riviera owing to the power of the sun and intensity of its rays, to its protection from northerly winds and to its southern exposure exceeds that of England for the winter and spring months by from 8 to 10 degrees.

Nîmes is said to be less tempting and more soothing than Cannes. Nice or Mentone owing to its being protected from the north and north-east winds and from the sea breezes, and the climate is more equable, but it is completely exposed...
to the Mistral. It is said to be warmer than Nice, but not so warm as the Reno or Mentone. For beauty it is deemed to none and the scenery from the number of walks and drives in the immediate neighbourhood more numerous here than at the other places, give it a charm all its own. According to Dr the cases best suited for Chamas are Asthma, Ren Cerebral, Asthma, Convulsions from acute Diseases Emphysema, Chronic Bronchial Catarrh, Chronic Pleurisy, Chronic Laryngitis, Chronic Contraction, Chronic Scurv, Rheumation, and Gout. Disease. For those suffering from Nervous Diseases and Neuralgia Chamas is contraindicated.

The Climate of Nice is characterised by many days of brilliant sunshine, clear blue skies, and a very dry, bracing, and exciting atmosphere.
Few wet days, but very heavy rain falls in spring and autumn for days together, and burns by Typhoons. The winds are frequent, keen, and inclement; the Mistral in particular exceeds in perfection in all its phenomena accompanied with clouds of dust.

From its position the place is entirely exposed to winds on every side and to the full force of the sun.

The environs of Nice are very beautiful, especially the drive along the Corniche Road to Mentone, which is too well known to require description. The Climate is said to be beneficial to those suffering from Anemic Dyspepsia with enlarged livers and a tendency to Melancholia, if not also subject to Nervous Britielsickness. Also good for those with a languid and lymphatic Constitution and elderly people with a tendency to Cataract attack.

But Nice is a large town, and living there means a town life. The Society and social manners of the place are hardly adapted for invalids, except those who would suffer from Guerni in the other.
smaller and quieter resorts, which from considerations of health are to be preferred.

Monaco is said to have a milder climate than either Cannes, Nice or Mentone, and here the gambling tables at Monte Carlo suppressed it would soon become one of the most favorite as it is the most beautiful of the health resorts of the Riviera.

A lovely drive of 5 miles brings one to Mentone. It has two bays and may also be said to have two climates. The East Bay has a southern exposure and is almost completely sheltered by a rocky mountains behind it, and by a ridge on both east and west side. The climate is mild and salubrity with plenty of sunshine and long heat, but this part of the town is felt by many to be too confined and shut in. The West Bay is more open, and better ventilated, brave and cooling with more room for hotels and villas, both on the shore and on the heights.

Clara of Villas which require rest, shelter and latitude do well,
in the first day, but some lose sleep and appetite there who do not suffer in that way after returning to the West Bay. The surpassing loveliness of the views from the heights above Mentone cannot adequately be expressed in words.

A somewhat prolonged residence at Bordighera seemed to prove that it was rather windy. The winds here are not so biting as at the other places mentioned before. The climate would seem to be about the mildest and most equable of the Western Riviera through too exciting for very nervous and sensitive persons. It is said to be well suited for invalids who want the air, early stages of Phthisis, throat and bronchial cataracts, chronic pleurisy, emaciatedness from acute diseases, and in cases of Anaemia. Many delightful walks can be had in the level ground on which the new town is built. Among the shady groves of olive, lemons and palm trees, which grow here in great profusion. The hotels and pensions are situated neither near the dusty highway nor
Comfort. Of these, a stay of some weeks at the Hotel Victoria enables me to speak confidently and most favorably of it, and of its kind and excellent proprietors who have the wish to make it comfortable for guests and invalids and as much of a home from home as possible, and whose assiduous attention and kindly unobtrusive consideration were spoken of most highly by all who experienced them.

The house is quiet, comfortable, homey, the cuisine excellent, and the charges very moderate. This contrasting favorably with larger and more pretentious establishments, and the polyglot proprietors are deserving of every encouragement.

The Reno does not possess the same attractions of natural beauty as some of its neighbors, but there are many excursions in the neighborhood, but the climate is well adapted for invalids from its salubrity and warmth. Less bracing and more soothing than some of the other stations, it is better suited for nervous and sensitive constitutions.
While the rainfall and the rainy days are said to be less here than elsewhere on the Riviera. It is well protected from the North wind but the East, South East, and sometimes the North East and the Mistral blow here pretty strongly. 

**Genoa** is well protected by a semicircular range of hills, and is rising in favor as a Health Resort, especially by Italians in summer for the baths. The beauty of the surrounding scenery and the picturesque walks and drives will no doubt make it, in time, a favorite Winter Resort, for which it seems well suited.

Pelego deserves mention for the humidity of the air which is well suited for Cases of Asthma, Laryngeal & Nervous irritability, and is in account of this preferred by some to Mentone. A great attraction are the very lovely gardens belonging to the Marquis de Pallavicino, who in a most liberal way throws them open to the Public.

It is much warmer than Genoa, which though one of the
Most beautiful cities of Italy can hardly be called a health resort. The prevalence of the North East wind, the "Grifo" being often very severely felt. It is chiefly noted for its historical interest and for its lovely statuary in the Campsanto, and for the magnificent panorama of the Riviera obtained from the heights.

Rome has been mentioned more than once already, and may just be alluded to in passing, before leaving Italy. As regards the climate of Rome, attention may be drawn to a little work by W. Lanyon, of that city, just published, entitled "Rome in Winter and the Tuscan Hills in Summer," in which he shows that the former insalubrity state of the Eternal City is now greatly altered for the better, and gives statistics to prove that it is now the healthiest city of Europe, next to London, in the matter of malaria and typhoid fevers. He also proves the special fitness of its climate for acute diseases, which are not so apt there as in England, to pass into a chronic or degenerative stage. [Signature]
While chronic ailments seldom occur or give little trouble. The Italian atmosphere is curative for invalids who require frequent removal to receive the full benefit of change of air. For such, winter in Rome and summer in the Lucan hills are perfection. As spring is especially eloquent on the health resorts resting in the splendid pine forests thick skirt the highest carriage way across the Apennines, especially the Alpaca. The great pine tree--that bit cut out of the Scottish Highlands (2,500 feet) with the sky of the bright and blue Mediterranean. Every year of limitation makes Rome more healthy to those of the 42,000 annual visitors of whom the half are British and American who then ordinary summer linen.

Crossing to the southern shores of the Mediterranean—

Algiers first claims our attention from its long-standing popularity as a resort for those suffering from Chest Complaint. Its mild and equable, while bracing and tonic climate is well suited
for those who find the Riviera too exciting and Madeira too
soft and relaxing, and is specially
useful in the earlier stages of
Phthisis, and in cases of prostrated recovery from Pleurisy and
Pneumonia. The rainfall is con-
siderable, but the number of rainy
days comparatively small. The
winter temperature averages about
10° Fahr. higher than on the Rivi-
era, and it is not exposed to so
many winds, or such chill blast-
ing blasts. The strange
admixture and contrast of
Eastern life and Western civil-
isation, the historical interest
of the town and country, and the
many varied excursions combine
to make a Winter residence in
Algiers a very pleasant one,
and they form the temptation
which would not be glad to revisit it
if necessary.

Newer and less known places are
Tangiers and Mogador.
The climate of Mogador
particularly seems to be peculiarly
well adapted for phthisical cases,
& Phenocin says that complaint
is hardly known in that part of Africa. Sec. pp. 333-6 gives an interesting detailed account of the climate which proves its extreme equability one year as compared with another, and the abnormally small difference in the temperature of one month with another—only ten degrees fals between the hottest and coldest months.

He states that rain falls on an average 4.5 days in the year, and 1000 observations showed that, of these there were clear 485, clouded 145, slightly foggy for an hour or two in the morning 40.

The desert wind blows about 2 days in the year and that "there are not half a dozen days in the year that may not be spent agreeably in the open air.

As against the perfection of the climate must be mentioned as drawbacks to the place the food supply, society, and some comforts necessary to invalids also and this more especially applies to foreigners. The climate is very similar to that of the Swiss. The absence of roads the filthy state of the drainings, fare and side lanes, and the want..."
of security, except in the immediate neighbourhood, of going about without an escort. Morocco itself, however, is said to be the most habitable town in Morocco, being remarkably clean and in that respect superior to many towns in Europe. A hooker's ball's book on Morocco and the Great Atlas published by Macmillan & Co. 1879, contains much valuable information about Mogador and its climate.

Dr. Langdon Brunton speaks highly of the advantages of a wintering at Hammam Rania, a spa and climate resort, 60 miles South West of Algiers. The climate at that time of the year is said to be moderately warm, dry, and stimulating, and highly beneficial in gout & rheumatism.

Lowland and Plain Climates

The best example of these is the very dry, arid, and arid-climate of Egypt, which is characterized by great range of temperature, great heat by day and...
cold nights, and great scarcity of rain, which is made up for by very heavy dew.

Such a climate is best suited for early forms of rheumatic or juvenile Rheumatic, Bow. Chronic Rheumatic and Car-
arrhal conditions, erythema nodosum with much secretion, albumemuria, and terpulans complaints.

The purer the Desert climate the better, and this is best obtained in Nubia, at Ismailia, and at Helma-

les-Bains. The latter place is near Cairo, and has the advantage of a purer air free from dust, and a hot sulphurous spring valuable in the treatment of Chronic Rheu-
matic and Etrit. Those who winter on the Nile instead of in the Desert, derive more benefit by a stay at the Luxor Hotel near Rhedes and at Aswan, for some time, than by remaining very long at Cairo, to which there are objections both from a hygienic and social point of view. Of the climate of Cairo Weber says (Climate & Health
Reports p. 104) the air is often stifling, there are great differences between sun and shade, and day

and
At dawn and dusk, a peculiar chilliness is discerned, and the sandy desert is often irritating. But the sky is nearly always clear and calm, and rain and drizzle are almost unknown, and a continuity of fine weather unknown in Europe can be counted on.

I accordin in Pulmonary Phthisi, page 296-4 holds that climates with moderate atmospheric pressure like that of Egypt are not to trust as free of high altitudes and in fact, tend to produce debility and depression. He holds (p. 345) that the climate of Egypt is most invigorating and also most debilitating and contrary to the general opinion. Stokes (p. 384-8) the climate of that country only subservient to a very limited number of patients of an inelastic disposition. In particular, he looks with little favour on the climate of Paris, which he says presents the extreme type of exciting climates with a debilitating effect, and considers the extreme dryness inconvenient for several reasons, and that it is therefore directly opposed to constitutional repair while affording very imperfect, local protection.
owing to the great variations in the temperature and the amount of wind and dust. He says that with the exception of some inactive patients, the origin of whose disease is connected with scrofula or arthritis, the climate is of little value. That even when on the journey at the Nile, being never inert, it requires the greatest attention and most serious consideration. While for cases of grave laryngeal complications it is absolutely contraindicated.

After leaving Egypt about the end of March, patients should be careful in selecting an intermediate climate before returning to England, and that of Corfu, Palermo or Teneriffe has been suggested as being the most suitable.

From Egypt it is usual to go to India and I propose to do so now, following the route taken by myself on two separate occasions. A stay of several months in India and Ceylon during which time I travelled between 4000 and 8000 miles afforded the ample opportunities of which I fully availed myself.
myself of seeing the different parts and experiencing the different climates and also of visiting almost all the most important Hill Stations and Health Resorts of that part of the world.

While the present facilities for rapid travelling by the Continental or Mediterranean routes to and from India are very advantageous to those in fairly good health. We have this time, in a short leave of three months for a run home, and a stay for about six weeks in England. The long sea route by the Cape, involving a voyage of about 70 days in a steamer, or of about 110 days in a sailing ship, (and thereby avoiding the trying heat of the Red Sea), is much better suited for invalids with a phthisical tendency, or who are suffering from Kidney derangement, or Chronic Bronchial Cataracts, and especially in the case of those who have spent a long time in India, and are suffering from the effects of Malaria, Hepatic and splenic enlargement, Anaemia, Nervous Debility, Insomnia, or other tropical diseases.
The best time to arrive in India, as is well known, is in November, at the commencement of the cold season, which lasts till March. During this time the weather in many parts is delightful and very healthy, even in the plains especially in the early morning and evening, and nothing can be more enjoyable, exhilarating or healthy. Rain, after the bath, beginning the day with an hour's canter on a good horse in the fresh morning air. Especially at such places as Poona, or the hill stations of Mahabaleshwar and Khandala. While I found the higher Himalayan stations like Simla, Mussoorie & Landour and the Nilgirghies quite cold at this season, with frost on the ground at night, and comparatively empty and deserted. Shooting at that time is sometimes almost unpard
able, and I was advised not to attempt to get there in February, as it was to be running the risk of being snowed up, especially as in late days (843) the railway from Calcutta was not open throughout.

A visit to Kashmir at that season was for the same reason quite out of
the question as also because at that time a special permit from the Maha- 
rajah was necessary. 

The rest begins in March, 
and it is then that invalids should 
go either to the hills, or begin the 
homeward journey, and to avoid 
the three hottest months in India, 
and the very trying hot winds, 
accompanied with clouds of dust, 
as also the increasing temperature 
of the Red Sea. 

Necrotic and Cerebral Diseases 
may be engendered in the diarrhoeic 
season in September and October, 
and an arrival or residence in the 
country, especially in the plains, is 
to be carefully avoided then, if possible. 

It is very desirable that those who 
leave India in March suffering 
from tropical diseases should spend 
some time at some of the Mediter-
rean Health Resorts till the 
Spring is far advanced in England, 
and so avoid the risk from a too 
sudden and great change of climate. 

The season for Cholera, 
which is indigenous to Calcutta, is in 
the months of February and March. 
When the hot weather is commencing 
there
there. Newcomers are said to be peculiarly liable to it and are therefore recommended to exercise precautions, or avoid it altogether at that season, if possible. The wearing of a Diaper belt is highly beneficial, especially to those with a tendency to ailments of the Digestive System, and the comfort is so great that the habit is sometimes continued even after leaving the Tropics. The same may be said of the pyjamas or flannel sleeping suit, which is both more convenient, and is to be recommended than the ordinary cotton night dress used at home.

Health in the Tropics greatly depends on the personal habits of the individual as to clothing, food, hours, exercise.

Light flannel or singlets of fine cotton should always be worn next the skin in preference to cotton goods, as the former tends to assist the perspiration and regulate the temperature of the skin, thus diminishing the risk of sudden chills.

If a white linen suit be worn, it should always be above an under-covering of flannel.

Owing to the diurnal variation
in temperature at most of the hill stations, warm clothing should always be worn morning and evening.

A helmet or a good flat, broad-brimmed sola cap is made of pith, should of course, always be worn in the sun. One of the most important hygienic measures, as well as one of the greatest pleasures of life in India, is the regular daily use of the Bath. While the cold bath is the most pleasant, especially to the robust, it is the general experience, especially in Ceylon, that it is most conducive to health to take first a tepid or even almost warm bath to wash in, and then a plunge for a few minutes into cold water.

The experience of the Planters leads them to believe that after being some time in the Island, indulging in a cold bath has a tendency to induce liver complaint. Certain the sensation of having first a tepid bath and then a cold one, after perspiring freely for some hours under a tropical sun is a most enjoyable and refreshing -

As regards eating and drinking -

Moderation
Moderation, both in the amount and kind of food taken, is of great importance, and disregard of this has much to do with the disorders of digestion, malnutrition and arrangements of liver and bowels with constipation, which are so common and may sow the seeds of serious disease.

Local abstinence ought to be and temperance at least, must be, the rule for those in the Tropics who wish to keep their health; and the habit of taking a 'B Ost' or a pen as it is called in India, and a 'Pop' in Ceylon, at all times in the day, cannot be too strongly discouraged. Cold tea, sweetened, is a more useful and a harmless beverage to allay the excessive thirst. An additional advantage is that the water with which it is made is boiled. One cannot be too careful in drinking water, and boiling and filtration should always be employed as purifying measures; when that is not sufficient, the water should be distilled. The addition of alum to muddy water is often found of great use in rendering it clear, the suspended matters being precipitated.
with the alumina. Muddy water is purified by the Natives by rubbing the inside of the vessel containing it with the seeds of Nirmullee or Hrychmus Potaturn, and the planting of the succulent and rapid growing plants Pistia stratiotes or Vallisneria spiralis in wells and tanks keeps the water pure and sweet.

Iced drinks are in great demand and iced aerated waters form a cooling and agreeable drink both refreshing and tafe. Ice is not largely manufactured in India, but when I was in Madras great discomfort was experienced for lack of an ice reaching by the delay of a steamer from America with a cargo of ice.

Temperance. Early hours, graduation in all things and regular exercise are highly conducive, and indeed essential, to the maintenance of health. Walking, riding, driving or carriage exercise in the cool of the morning, or to the Band in the evening to hear the band play, are all to be recommended and are also useful in their way, as are also

Athletic
Athletic sports and games, as polo, cricket and lawn tennis, which are as popular in India as at home. The more one is fully engaged both mentally and physically throughout the day, the better, and the more easily is he able to resist the temptation to indulge in bicarbonate of soda, which habit if carried to excess becomes positively injurious, and fatal to sound health at last, especially to those suffering from portal and cerebral plethora, resulting from eating and drinking to excess.

Tobacco smoking, if indulged in at all, should be reserved till after the evening meal, never in the morning, or earlier part of the day.

India has every variety of surface, from the level of the sea to the highest mountains in the globe, and its climate partakes of all the changes due to its position and extent. It has three seasons: the hot, from March till June, the rains, from June to October, and the temperate, from October till February. The monsoons regulate
The hot and dry seasons. The provinces of Calcutta, Madras, and Bombay are in the intertropical portion of India. In Bengal, the climate is hot and humid from April to November, from November till April it is cool and breezy. In Calcutta, the mean annual temperature is 90 degrees, and the rainfall is 64 inches. The rainy and stormy season is during the South West Monsoon from June to September. Madras has a mean annual temperature of 83°, and a rainfall of 57 inches. The North East Monsoon brings rain and thunder but the country is sheltered from the South West Monsoon by the Ghats. In the hot season, the cool sea-breeze, called the 'doctor', blows from noon till nightfall. It is followed by the sultry and oppressive land-breeze, which prevails till noon of the following day. In April and May, the South Shore wind produces severe phenomena. At Bombay, the mean temperature is 83°, the rainfall varies from 66 to 80 inches. At Delhi, 800 feet above sea level.
The climate is dry, the rainfall being only 20 inches. In Cashmere, 5000 feet above the sea, there is frost 5 days in winter. At the Semitrunia of Darjeeling 4500 feet above the sea, the mean annual temperature is about 50° and the rainfall 125 inches.

The diseases of this vast area are as varied as its characteristics. The most prevalent among Europeans residing in the lower districts are: Dysentery, Liver affections, Fever, and Rheumatism. Among the natives, Lepery, Elephantiasis, Beri-beri, Ophthalmia, and Smallpox.

On the delta of the Ganges, along the shores of India from the Valley of the Hooghly and along the shores of Burmah and Rangoon, Remittent fevers and Dysentery are endemic. Influenza is often very severe. Smallpox used to create great havoc, but in more recent years it has been kept in bounds by vaccination. On this subject a valuable paper in the Society of Arts Journal for 1885. Cholera occurs at the end of each hot season in the delta of the Ganges.
Diseases of the Liver and Bowels cause one half of the deaths among Europeans in India. The mortality from 1845 to 1854 was 63.38 per 1000 in Bengal, 60.20 in Bombay and 59.20 in Madras. In 1860 the mortality was - 29.20 in Bengal, 25.10 in Bombay and only 10.51 in Madras. In the Army, the mortality varies with the years of service. Half of the whole army being 17.16 per 1000, but if soldiers serving their first year the mortality is 31.5 per 1000, in the second year 24.12 per 1000, and in the third year 14.55 per 1000. The death rate is least in soldiers under 20 years of age, greatest in those over 30.

Ceylon has a hot and humid climate. The mean temperature is 95 to 80 degrees and the rainfall varies from 85 to 120 inches. The diseases resemble those of India. Smallpox is always present, and ophthalmia very virulent in the dry season. The most unhealthy times in Ceylon are at the changes of the monsoons. The death rate of Europeans
Europeans is 16.45 per 1000. It rises to 173.91 per 1000 in persons over 40 years of age.

Hill sanitation are extremely useful to those with constitutional impairments caused by heat, overwork, long residence in the plains, or periodic attacks of fever from malaria, provided there is no organic disease of the liver, alimentary canal, lungs, or heart; nor serious affections of the digestive or nervous systems. For such cases, a voyage home is essential to arrest further mischief and to ensure convalescence and this is also required in cases of confirmed anaemia and dyspepsia resulting from malaria which are not much benefited by a change to the hills.

In some cases, removal to the hills from malarious districts of those who have become debilitated by repeated attacks of fever, causes diarrhoea or the 'hill paresis' as it is called in India, where it is common. This is said to result from bad water and bad sanitary arrangements, and suppression of the action of
of the skin and the diminished air pressure acting on the already debilitated Constitution.

Then in India I visited six of the most important hill stations, and propose to give a brief account of them. The others of which I have no personal experience shall only name. Simla, for long one of the principal stations on the Himalayas and before Darjeeling was rendered accessible by rail, the seat of the Governor General and the State of Calcutta during the hungry winter of 1873 here. Lat 31.6 Long 73.12, Elevation above the sea 60952 feet. Barometric Pressure for year 23.41. Mean daily temperature 54.47. Mean daily range 19.4. Absolute mean range 62.8. Rainfall 41.03 inches. A residence at Simla during the hot season is both conservative and preservative of health and is specially desirable to those debilitated by long residence and overwork in the exhausting heat of the plains.

and
and by slight attacks of ague. Residence there is contra indicated for those very liable to bowel complaints, cardiac or liver disease, especially during the months of May, June, July and August when hot and blinding weather prevail and the atmosphere is moist in a stay contra indicated in pulmonal affections, particularly Phtisis.

Mussoorie, Lat. N 30° 09' Long. E 78° 09'.
Elevation 6,887 feet, Rainfall 40.21 inches. Lowest mean daily temperature 42° 1 in January, highest 84° 2 in June. Lowest mean daily range 8.5 in August, highest 16.3 in November. Absolute range varied in August from 10° to 38° 3 in April.

The neighbouring station Landour is 900 feet higher and has a harsher exposure. it is said to be 2 degrees colder than Mussoorie. Rainfall 95.21 inches, in June 9.63 inches fell 39.68 in July, 30.75 in August and 9.67 in September. Nell diarrheea is said to be absent from both these stations, but as at
Simla. Serious organic diseases are aggravated by this climate. The beauty of these cool high stations, with the abundance of Simla of immense rhododendron trees, in the full bloom of spring is very wonderful. The climate is bracing and exhilarating, making exercise, whether on foot or on horseback, very healthful and enjoyable. While the magnificent views from Landour, of the whole chain of the Himalayas, as far as the eye can reach, with its snow-capped peaks—Including Kitchin Kangra, 28,000 feet, - and Mount Everest, the highest of them all—all sharply defined and mapped out against a dark blue sky, and seen through an atmosphere unsurpassed for clearness and purity, glittering with sun and lighted up by brilliant sunshine in a light which one has never imprints itself indelibly on the memory—never to be forgotten Murracci. Lat 33° 40' Long 84° 53' 8" Elevations 4600 by Mean daily temp. 55.7° Mean daily range 15.2° Mean absolute range 63° 7'.
Rainfall 42.26 inches. Mean temperature of January 56°. July of June 91°. A healthy climate on the whole, for those who have no organic diseases, but children are said to be liable to suffer from chest complaints, especially if living in the higher part of the Station, which is exposed to cold north winds.

Chakrata is situated in the beautiful district of Dehra Dun, North West Provinces, overlooking the Jamna. The climate is ordering a healthy and it is coming into repute as a valuable sanatorium for troops. Barometric pressure for the year 1917, mean daily temperature 55°. Lowest monthly mean—January 29.6, highest as in June 90.2. Mean annual range 14°. Absolute range 5°. Rainfall 54.96.

Nainee Tal a favourite health resort in the Ramgarh District. The Local Government of the N.W.P. has its headquarters here in summer. Elevation 6400 ft.
feet. The climate is trying during the monsoons, being damp and relaxing, and during winter, snow and cold winds prevail, causing rheumatic and pulmonary affections. But at other seasons it is delightful. The mean annual temperature is 58°, and the temperature varies most in May (from 98 to 148). Rainfall 87.10 inches.

Almora (Kumaon) 54.94 feet
Highest monthly temperature in May 88°, lowest 36° in January. Rainfall 38.05 inches - very similar to Naini Tal in climatic and hygiene conditions.

Ramnath (6068) also in K
Kumaon district
Lat N 29.38. Long E 79.29. Mean daily temp 60.3. Mean daily range 13.3. Absolute mean range 55.9. Rainfall 56.19 inches. Excellent for those suffering from malaria but not very valuable in diseases of the chest and circulation.

Arjel (6912 feet)
Lat 27.3. Long 88.18.
Mean daily temperature 55°6. Mean daily range 14°3. Mean absolute range 41°4. Rainfall 160.92 inches—"the most exhilarating of all the Himalayan stations" as it is the most beautiful. The views of the snow-covered mountains are magnificent beyond description. It is a favorite health resort of Calcutta people, and the seat of the Government of Bengal during the summers. It is well sheltered, and the equable climate is highly beneficial to weakly children and cases of malaria, but it is not so well adapted for those with organic disease. Still diarrhoea is uncommon.

Pachmarhi (Central Provinces) 1866 ft

(3656.44 ft) Behar are both frequented in the summer and rains by those suffering from overwork heat and malaria but are themselves said to be malarious in the autumn. They are said to be preservative and conservers of health, but are warmer, less bracing and invigorating than the Himalayan health stations already mentioned.

Barometric Pressure

Pachmarhi 26.413. Chikalda 26.486
Mean annual temperature
Mean Annual Temperature
Pachmarhi 70.4 Chikaldha 72.
Highest Monthly Mean (in June)
Pachmarhi 83.1 Chikaldha 87.8
Minimum ditto (in January)
Pachmarhi 52.7 Chikaldha 62.4
Mean daily range for year
Pachmarhi 18° Chikaldha 14°
Absolute Range
Pachmarhi 41.5 Chikaldha 37.
Rainfall
Pachmarhi 80.9 Chikaldha 58.13
 Mostly from June to October.

Mount Abu. Lat N 24° 36 Long 74° 45
Elevation 3415 ft. Mean
Daily Temp. 64°F. Mean daily range 14° 6
Mean absolute range 32.2. Rainfall 41.52
in the Sirohi District, Rajasthan, is also said to be malarious in autumn
but a valuable sanatorium for all
maladies. Other Than those of Thoracic
and Abdominal organs, Intermittent
fever and Bronchial affections are
common during the cold wet months.
Mahableshwar (4500 to 4700 feet)
is situated on the
Summit of the Western Ghauts and is the summer residence of the Govern-
ment of Bombay. Lat N 17° 38 Long 74° 34.

Weather very pleasant from October to February when the mean temperature is 66° till June and most delightful in March, April and May - a favorite resort from Bombay and Poona. Excellent for sufferers from malaria and heat. Mists occur in May when the climate is unfavorable for Rheumatisms and for pulmonary and abdominal complaints.

The Nilgherries, "The Queen of Indian Sanitaries," as it has been called, has four Sanitaries—Ootacamund or "Ooty", Coonoor, Wellington and Kotagiri. Of these, Ootacamund is by far the largest and most important.

Ootacamund, Lat. 11° 25 Long. 78° 46 Elevation 7252 feet
Mean daily temperature 58°—about 1° below that of Nice. Mean daily range 18°. Rainfall 44.8. The atmosphere is cool, dry and bracing in winter and early summer months with considerable fall.
fall of temperature at sunset, but for some time prior to the bursting of the SW Monsoon it is humid, raw, and depressing, with mists & clouds on the surrounding heights.

Monsoon, lat 11° 20' long 73° 35' 50.

Mean annual temp 64°.

Summer temp 70° by day, 60° by night.

Rainfall 5-5 inches. Deserving of note for its scenery and the mildness, warmth & equability of its climate which it owes to its sheltered position.

Wellington is a military station.

Elevation 6200 ft. near Coonoor. It is more sheltered and milder than the latter.

Nilgiri (6,500 feet) is the best equable of the four Nilgherrie Hill stations. It is influenced by both the North-East & South West Monsoons and has a rainfall of 50 inches.

Changing about from one station to another in the Nilgherries, according to the season, is often very beneficial to invalids. The classes best suited are the subjects of Malaria without serious complications, Indigestion, a fullness of the
portal system, and nervous exhaustion.
Cases of Brain, Cardiac, and Liver Disease, Phthisis, and Dysentery are not much benefited by a residence in the Nilgherries, and are, on the contrary, rather contraindicated.

Newera Ella, the great sanitarium of Ceylon, is situated on an elevated plateau 6,210 feet above the sea level, and 18 miles from Kandy. The mean annual temperature is 59°, in the early mornings in the cold season, the thermometer goes as low as 29°. Few Sanitariums exhibit such striking differences of climate between the dry and wet seasons. In the former, from January to May, the variations in daily temperature, while subject to day to day, are excessive as much as from 29° to 74°, a difference of 45° degrees having been observed. The air is very dry, the relative humidity being only 38° of saturation. The thermometer stands at about 21° to 22° inches. Very great evaporation, an almost constant breeze, and bright sunshine prevail during this period. The soil is exceedingly porous. In the wet season from June to

November
November, the character of the climate is completely reversed. Rain falls in torrents every month. The mean of 3 years 1840-2 being given as so much as 9.71 inches the air is saturated, fogs and clouds prevail and cover the surrounding mountains for days at a time. The average range of temperature is small, varying only from 55° at daybreak to 62° at midday. During the height of the S.W. monsoon the rainfall varies from 50 to 70 inches. Parke from whose practical hygienic p. 356 I have quoted the above statistics says that, except at the changes of the monsoon, the climate notwithstanding the very great differences between the dry and wet seasons is a healthy one, and that according to Mason, dyspepsia, hepatic and nervous affections are much benefited also phthisis to some extent. While typhoid, periodic fever and dysenteric prevalent occasionally and bilious diarhœa has been known.

Sir Joseph Fayrer on the contrary gives a very different account. He says, the climate, especially during the S.W. monsoon is gloomy and
and depressing, and has an evil reputation for Phthisis, Hepatic and Bilious complaints, Rheumatism and diseases of the Heart and Brain, while that in persons permanently located there is protective against Malarial fever.

My own experience gained during three visits within twelve years, would rather tend to confirm Hayter's views as to the climate.

In April 1873 I wrote—"I arrived at Newera Ellia about 11 o'clock in the forenoon. It came on a very heavy shower, so I sat down to write. I had just finished doing so when it cleared up beautifully, so I went to the tops of Pedrotallagalla, which is the highest mountain in Ceylon, and is 8,120 feet above the level of the sea. It was not a great height, as we had not 2,000 feet to go, as Newera Ellia is more than 6,000 feet above the sea, and the ascent is very easy. We were rather unfortunate in weather, we could see nothing but thick mist all the way up. When we got to the tops it cleared away a little and we saw so far, but it soon came down again and though..."
he waited a long time, it was of no use, so he came down too. They say one can see from sea to sea right across the Island on a very clear day.

I had a splendid ride through the Pass (Rambadda). It was a lovely day, nice, and cool and cloudy. In fact I have seen very little of the sun since coming, and have felt quite at home owing to the amount of rain I have seen of late."

In March 1885 I wrote:

"The scenery on the road to Kandy is the finest in the World. The incline on the railway is very sharp, often 1 in 40. You go up and up, and look down on hills covered with tropical vegetation. It is like a bird's eye view—hills and hilltops as far as the eye can reach.

At Talawatelle, the present terminus of the railway (it is now 1886) probably opened to within 5 miles of Rawuwa Ella, we get coach to Rawuwa Ella, the coolest part of the Island, where there is sometimes ice. We drive in the Virgin forest—trees with foliage of all shades to rich dark purple, and the trunks..."
gray and heavy. The next morning we ascended Pregarattagalla, the highest mountain in Ceylon. We were up by 6 a.m. to see the sun rise, but saw only clouds—the same experience as I had in 1873. The way to the top lies through jungle which is very dense, and in which cheetahs are occasionally found. Our path to the top was lit by glow worms and fireflies. Near the top are many trees of rhododendrons, also in the jungle are large bearberry trees besides. From Nuwara Eliya we drove down to Gampola by the Ramboda pass. Magnificent scenery—rugged hills, large waterfalls—splendid foliage—many parrots and parroquets. Coming down, the trees change, high up fine foliage and on a low level, palms and bananas abound. This is the hot season in Ceylon. We find it very pleasant, nice and warm to be.

Some time after a third visit to Nuwara Eliya and attempt to see the sun rise from the top of Pedro were more successful and we were rewarded by an indescribably grand view.
Amid most magnificent weather, but my experience during 3 visits seemed to coincide with that of residents generally that the climate of Newera Ellia for the greater part of the year is cloudy, foggy, moist, uncertain, gloomy and depressing. We were informed of the interesting fact that residents occasionally go from Newera Ellia to the hot, moist, marine climate of Colombo to change, as well as vice versa.

As contrasting the arid heat of a marine climate in the tropics with that of a dry inland one, I may recall the testimony of one who was in a good position to speak from personal experience, Ziy Arabi Pasha, on whom, as well as on Toulba Pasha, we called at Colombo, and who in the course of an interview of more than half an hour duration complained of the exhausting and incrusting climate of Ceylon to one accustomed to the dry, tonic, exhilarating climate of Egypt.

Java—The climate of this beautiful island is, at Batavia, same that similar to that of Ceylon at Colombo.
Columbus and Ballo, but more unhealthy. The mean annual temperature is 98.3. Remittent fever, Dysentery, and Cholera are the principal diseases, and prevail largely at Batavia from the amount of standing water, andrank decaying vegetation. But the elevated situation as well as the surpassing loveliness of Buitenzorg and of Tjindanglaia and also of Bandong, all in the Bresanger, would seem to indicate them as health resorts for the Batavians and people from Singapore, which is fairly healthy, though an exhausting damp heat is always present, owing to it being near the Equator. It is called "the paradise for children." Because they have to walk there. Before leaving the tropics, I may mention some of the direct effects which are exerted by a tropical climate on the constitution of Europeans:

1st. The temperature of the body is slightly increased being raised to 99.5.

2nd. The number of respirations per minute is lessened from 18 to 16 times.

3rd. The pulse is rather more rapid especially in new arrivals.

4th. The digestive powers are weakened.
The action of the skin is much increased.

The amount of urine passed in 24 hours is less in quantity, than in Europe, but is richer in uric acid, and poorer in uric acid and chloride of sodium.

The effect on the nervous system is depressing and exhausting, and less work, both mental and physical, can be accomplished.

There is an excessive secretion of the sudorific glands with an increase of chlorides.

And, lastly, the following golden rules for health may be given:

1st. Keep your body at an equable temperature.

2nd. Protect your head and spine from the sun.

3rd. Avoid chills.

4th. Always sleep in a bedquito or curtain.

5th. Never go out till the sun is up.

6th. Be careful in bathing in cold water.

7th. Be moderate in all things—eating, drinking, sleeping, exercise, passion.

Following again my own route, from Java we come to China, visiting particularly Hong Kong, Canton and Shanghai.
Shanghai - The coast of China between 20° and 40° N is a most unhealthy region. Dysentery, intermittent and Remittent Fevers often complicated with Leucy, and Worms are very common.

The mean annual temperature of Hong Kong is 78°. The humidity is considerable, about 80 to 90% of saturation is the average. The North East Monsoon blows from November till April. It is cold and dry and healthy to all who have not suffered from Malaria. In June it induces the paroxysms of the disease. The South West Monsoon blows from May to October, the rainfall which varies from 20 to 100 inches takes place with it. The average mortality of Europeans in China from 1861 to 1840 was 50.84 per thousand. From 1840 to 1880 it was only 10.14 per 1000, again showing the advantage of Sanitary Science in the Tropics.

Many parts of Japan are well suited for Sanatoria for the treaty ports of China. The climate is very healthy and the beauty of the country is beyond all description.
Description. The natives are very friendly, especially to the English.

So far as is known, most of New Guinea, Australia and Tasmania are exceedingly healthy. New Zealand as well as all the islands of the Polynesian Archipelago are remarkably free from those fatal maladies which infect the shores of Asia and Africa.

The climate of Australia presents great variety. The mean temperature in spring is 72° in autumn 66°, in winter 55°.

In Sydney, the thermometer is seldom below 60°, but at Paramatta it falls to 29° in winter.

At Adelaide it ranges from 48° in July to 105° in January, and at Melbourne from 57° in June to 93° in January. The air is remarkably elastic. Sometimes hot winds blow, they raise the thermometer in the shade to 117° or 120°; they often destroy the harvest, but do not appear to affect the health of man.

The diseases of Australia resemble those of Britain, but they are of a milder type. Outbreaks of the Rhubarb...
Respiratory organs the Brain and Nerves, the Uterus, the Cannal, and Rheumatism, are the chief.

Remittent fever is occasionally met with in South Australia, Victoria, and Victoria, but not in Sydney. The only part of Australia in which Remittent fever has been found is at Port Essington on the northern coast, and it is to be noticed that this coast is in the sub-tropical zone.

In Tasmania the mean temperature is about 40°. Sometimes when the hot wind blows from the North or Northwest it may rise to 110°. The minimum temperature is 31°; it occurs in July.

In Cape Colony and Natal the climate is almost everywhere good. The mean annual temperature is 64°, and it is not very variable. Fevers are of rare occurrence, and the country cannot be said to have...
have any peculiar diseases. Though of phthisis, diarrhoea & rheumatism are sometimes severe and prevalent. The Cape is entirely free from malaria.

From their geographical position, most of the countries of South America of Central America, of the West Indies, and of the Southern States of North America, while they differ materially from each other in some important points, possess, in the main, climates of a tropical or semi-tropical character. The Cordilleran and Peruvian Andes present a great variety of Health Resorts, at various elevations. Those of the former are frequented by phthisical patients from Brazil, and the suitability of many places on the mountains of the Argentine Republic for sanitariums for Pulmonary invalids has been pointed out by Screamer (B. Yes) He especially praises the climate of the mountainous districts of Cordova, where, according to him, "the sky is pure azure, and the atmosphere bright & clear, and so very transparent that it enables you to see objects at a distance"
Distance, making them appear close at hand, although it would require a journey of several days to reach them." (I have been the same from London on the Himalayas.) "The lightness of the atmosphere produces an exhilarating effect and an increase of energy and activity."

The easy access to them and short distance from the river Plate, a voyage of 34 days from England, and the great beauty of the surrounding scenery combine to make a journey and residence there most attainable and enjoyable.

Of the Peruvian Andes, Weber writes most favorably of the Valley of the Janja at an elevation of from 2000 to 1000 feet, quoting Archibald Smith's words: "The two principal health resorts for consumptive patients from Lima are the towns of Janja and Anancayo."

At Anancayo 12° S. Lat. and 75° 12' W. Long, the annual range of temperature in the shade may be taken as ranging from 8° to 9° to 14° Reaum. While at the cooler town of Janja with from 10,000 to 15,000 inhabitants, the range during one whole year has been observed...
not to breed from 8° to 12° Ream., or from 50° to 54° or 60° Lake, with a sky always clear and sunny, and an atmosphere pure and bracing, which invites to outdoor exercise and enjoyment. In no other climate have we witnessed such good results in our patients as in the Peruvian Andes; but the distance from home is great and some invalids find it difficult to accustom themselves to Spanish, or rather Peruvian Spanish, habits of life. Santa de de Bogota in New Granada, I write both about 10,000 feet above seal level, La Paz 12,200 feet, Cusco 11,250 feet, Mexico and Puebla are also mentioned as good health resorts.

Having crossed the Atlantic 3 times, and having travelled many hundred miles in the United States and Canada in addition to going right across the American Continent, and having resided for some months at different seasons and parts of the world, I have had opportunities of experiencing the various climates of that vast region. The climate of
of both countries, is on the whole, very healthy. Most of the Northern States and especially of Canada, is excessive being marked by extremes of temperature, the winter being exceedingly cold and the summer being correspondingly hot, being greatly affected by the distance from the Equator, and the position with respect to both mountain ranges. The climate of the Pacific Slope both in the Dominions and in the United States is much milder than further East.

Phthisis is not uncommon in some parts, and for this, the Rocky Mountains in Colorado possess several excellent Sanitariums. Of these, the principal are Denver about 5000 ft. above the Sea, Colorado Springs 5445 ft., and Manitou Springs 6315 ft. in Colorado.

Manitou is said to be the best of these for invalids, and to it Weber refers in the following terms: (p. 1043)

"It is 38° 5′ N. Lat. and 105° 5′ W. Long. The mean temperature for winter is about 24° F., for spring 45°, summer 68°, autumn 48°. The number of clear days is great and the relative dryness of the air is remarkable.

The
The average is usually given between 45° and 50°; there are only between 100 to 40 rainy days, and amongst them about 100 with snow, which however does not remain so long on the ground as at Davos, and the melting of the snow does not seem to have the same disagreeable effects as in the Swiss Alps. If wind is by no means absent, but Münstertal is to some degree sheltered.

The temperature varies considerably in the different seasons, the sun and shade, by day and night. We have therefore a somewhat changeable climate, with great dryness of atmosphere and soil, and many clear days. Autumn and the first part of the winter are the best times; spring is changeable and windy; summer rather hot so that the majority of invalids go up to higher localities and camp out in tents.

The relative merits of Denver, Colorado Springs and Münstertal are also discussed by Geo. W. D. 1887. Linn’s Dictionary of Elevations gives the following altitudes of some states:

Wyoming
Wyoming 4,100 ft. Colorado 6,500 ft.
Arizona 6,000 ft. Idaho 5,800 ft.
Utah 5,500 ft. Nevada 5,700 ft.
New Mexico 5,300 ft. Montana 4,800 ft.
California 2,500 ft.
Minnesota 1,100 ft. has often been
brought under favourable notice for
the cure and prevention of Phthisis.
In this State is an arrangement
by which dry cold external air is
introduced directly into patients
rooms from outside by means of
pipes.
California has a fine dry warm
healthy climate, well
suited for Europeans and highly
favourable for plant growth, especi
ally cereals, flowers and fruit.
which are attain a perfection I
have never seen elsewhere.
I must not omit to mention the
magnificent scenery of the country,
especially of the Yosemite Valley,
with the gigantic Wellingtonia
trees in the neighbourhood, both
dwell worth a visit. In the
Yosemite Valley are several beauti
ful waterfalls, the largest of which
the Bridal Veil, is 3,600 feet high
which is six times the height of Niagara.
Space will not admit of adding to what has already been said about Health Resorts at Home—except to refer again to one which is well known in England, and one in Ireland which deserves to be so.

The following is quoted from the prospectus of the Monte Dore of Bournemouth recently opened:

Bournemouth is one of the most beautiful if not the most beautiful seaside resort in England. As there is always a chance between the sheltered and fine sheltered spots, visitors will find it a most agreeable place of residence at all seasons of the year.

The houses are built in the midst of pine plantations. The perfume of which is perceptible in every direction. Owing to the nature of the soil, the ground immediately becomes dry after rain, and it is then that the scent given off by the pines is most fragrant and delightful. The sands are unexcelled in England, and afford excellent sea-bathing. There are beautiful walks along the tops of the high cliffs and running landwards among the pine plantations and heaths. There is a good Pier with shelter from all
All winds, and public gardens unique in beauty, extending up from the sea for nearly two miles. The surrounding country is very picturesque, and lovely drives through heath, fir and pine woods can be taken in every direction.

During the summer months there is a regular service of steamers to places of interest on the coast, so that good bracing sea trips at moderate rates are always within reach.

Two visits to Bournemouth enable one to confirm the above account of the place.

"The Mont Dore Building"

Which was opened in October 1883 is charmingly situated in about four acres of ground, and immediately adjoins the well-known National Sanatorium, the site of which was selected by a committee of eminent medical men as the most suitable for that purpose. Erected on high ground, "The Mont Dore" with its magnificent façade in the Italian style of architecture possesses a most imposing appearance, and commands many beautiful views of forest, gardens and the sea. The Baths form a kind of annex at one end of the building, and the outer walls of these have been erected with a view to the construction of additional bedroom accommodation.
The grounds, which are wooded with pines, comprised ample and well kept tennis lawns are picturesque, laid out and afford sheltered walks in various directions.

In fine, this establishment, with its very beautiful surroundings which Bourne
mouth affords, the mild sea-breeze, and pine-scented air, is admirably
situated, not only for carrying out thoroughly and effectively the "Mont Dore
Cure", but as a residence for all
persons in search of health and rest-
ful recreation. The building is ad-
mitted to be one of the finest on the
South Coast. It has been fitted up
on approved principles with the view
of securing for Visitors, and especially
invalids, every comfort and luxury.

It contains, in addition to a number of
private sitting rooms, Drawing Room,
Reading Room, and Smoking Rooms
with all modern appliances, including
passenger lift, and a handsome recreation
Room suitable for concerts and Private
Entertainments.

The Mont Dore Cure

The system known under the above name
has been followed for many years past with
great success at Mont Dore in the
Cevennes, which was visited by 2000
people.
people last year the season being from June to September only. The water coming from the natural springs there is used, not only for the regular course of days of drinking and bathing under medical supervision, but also for inhaling in the Vaporariums and in the Pulverisation rooms.

The baths and appliances of the Mont Dore of Bournemouth have been constructed on strictly the same principles, but with the advantages of more recent improvements, the whole having been erected in accordance with the plans of Dr. Heywood Tidy, who visited Lutterworth on behalf of the Company when the plans of the baths were being prepared.

Not only has this establishment the same baths and appliances as those which have proved so successful elsewhere, but Mont Dore water for drinking, inhaling and pulverisation, is imported direct from the natural Mont Dore springs.

Dr. Edmund, the principal physician at Mont Dore in the Lutterworth, released from his duties there by the season closing in September, has undertaken the medical supervision of the Mont Dore at Bournemouth, so that in every respect the Mont Dore Cure can be carried on as efficiently in the establishment as in the
and the beautiful climate surrounding it. Bournemouth, with its mild sea air, and perfumed with the fragrance of the fir woods, will greatly aid in the treatment, and enable it to be pursued throughout the whole year.

The Monte Dore cure, as is well known, is specially useful in the treatment of rheumatic gout, scrofulous tuberculous diseases, and other morbid constitutional states, also in asthma consumption, bronchitis bronchopneumonia, pulmonary tuberculosis and other affections of the throat, chest and mucous membranes, as well as in some of the most obstinate uterine affections, and other chronic ailments under ordinary circumstances and except where otherwise ordered, the usual course for the Monte Dore cure occupies about two weeks.

In addition, the great variety of medicinal baths makes this establishment one of very wide application and utility and the highest medical authorities encourage the belief that the Monte Dore of Bournemouth will be generally full throughout the whole year. In addition to the Monte Dore baths, there are first-class Turkish baths, which have been described...
described as "better ventilated than any
This side of Stonehenge." (The tour 14 Oct 1888)
also Sea Water Baths supplied with sea
water, pumped up into the building
direct from the Sea: and a series of
Medicated Baths suited to all
requirements."

A residence of some weeks in the
autumn of 1887 at
Blennerhassett convinced me that it
is much more deserving
of note, than it usually gets.
The climate is exceptionally mild,
the air soft and baling, a gentle
breeze from west at the first sleep,
least comfortable home-like and
very moderate. Heales Hotel, who
had Phthisis, who was staying
there for the winter in preference to
Nice, gave me the average of the
temperature for a month from
10th October to 10th November, taken
three times a day. At 11 am it
was 50° at 4 pm 55° and at 10 pm, 48°. During those weeks
of my stay in November there was
only one day that rain fell through
out, and one other very wet after-
noon. - All the rest of the time the
weather
Weather was magnificent. Brilliant sunshine and a perfectly cloudless clear deep blue sky. The beauty of the scenery combining as it does magnificent sea & mountain views the amount of arbutes, ivy, and other evergreens that with in the beautiful country walks. The marked respectfulness & hearing and pleasant greetings of the pleasant the Escolos Hotel standing close to the water's edge, and very convenient for bathing and boating on the bay fringed with islands, covered with vegetation to the water's edge, and whose image is reflected on the beautiful clear calm water. The sea and rock fishing and shooting the fine combination of mountain and sea air. The keen appetite resulting therfore and making one to appreciate and enjoy the first rate cuisine, prepared under the careful superintendence of the kindhearted & excellent proprietress of the Hotel. These all combine to make a stay at Blengarriff very pleasant and commend it as a desirable resort, worthy of consideration.
and tried, by those who for pleasure or health need to leave home, and who may not be able to take their family or friends abroad with them, or be willing to be separated from them. Some make their residence there all the year round, and it is well suited for a stay at any time of the year and for both a summer and a winter resort. I can entirely corroborate all that is said in favour of Glenariff, in the annexed paper containing copies of testimonials as to its climate and suitable ness as a Health Resort, from several medical men, and others, and can thoroughly recommend it.

The Climate of Queenstown is very similar and has been exhaustively treated by Dr. Scott in his work "The Medical Topography of Queenstown," published by Bradford & Co. in Cork in 1849, to which I would direct attention. In their climate the following places are valuable, especially in Phthisis and may be styled the Health
Health Resorts of the Future

Sequarville (Ireland)
Mascio (Riviera)
Ajaccio (Corsica)
Mogador (Morocco)
Balearic Islands
Miket
Cashmere
Sandwich Islands
Society Islands
Andes
Cordilleras
Rocky Mountains
India
Japan
Glengarriff-on-Sea Health Resort.

"KILLARNEY is somehow associated with excursion parties, ascents, drives, ponies, echoes, buglers, and a dash of excitement. GLENGARRIFF seems to woo you to a kind of lotus-eater's rest. The Eccles Hotel, which lies in the hollow of the basin, seems to have been got up as if to harmonize with this idea. It has all the conveniences of a first class Hotel, and, besides those, the attractions of a luxurious country house. It is a place where one would almost welcome a wet day to enjoy its wealth of Irish scenery. The bays and slopes of the north of..."
Glengarriff-on-Sea Health Resort

"It was a most pleasant spot for a walk, with the sea on one side and the mountains on the other. The air was pure and invigorating, and the scenery was beautiful."

From "Glendower" by Charles Lever.

Glengarriff-on-Sea Health Resort

"It is a delightful place to spend a few days, with the sea on one side and the mountains on the other. The air is fresh and invigorating, and the scenery is beautiful."

From "The Irish Guide" by J.O. Levey.

Glengarriff-on-Sea Health Resort

"It is a lovely spot, with the sea on one side and the mountains on the other. The air is pure and invigorating, and the scenery is beautiful."

From "From Youghal to Glengarriff" by R.W. Henry.

Glengarriff-on-Sea Health Resort

"It is a place of great beauty, with the sea on one side and the mountains on the other. The air is fresh and invigorating, and the scenery is beautiful."

From "The Irish Times" by R. Levey.

Glengarriff-on-Sea Health Resort

"It is a pleasant place to spend a few days, with the sea on one side and the mountains on the other. The air is pure and invigorating, and the scenery is beautiful."

From "The Cork Examiner" by R. Levey.

Glengarriff-on-Sea Health Resort

"It is a delightful place to spend a few days, with the sea on one side and the mountains on the other. The air is pure and invigorating, and the scenery is beautiful."

From "The Cork Herald" by R. Levey.

Glengarriff-on-Sea Health Resort

"It is a lovely spot, with the sea on one side and the mountains on the other. The air is fresh and invigorating, and the scenery is beautiful."

From "The Cork Examiner" by R. Levey.