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CONSIDERATIONS ON A CHANGE OF CLIMATE, BY NORTHERN INVALIDS, AND THE CLIMATE OF AIKEN, S. C.

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[Communicated for the Boston Medical and Surgical Journal.]

FROM its geographical position and its exposed situation, New England has a climate quite dissimilar from that of any other portion of the world as thickly inhabited, and capable of producing changes in the human constitution, which, although now quickly seen by those who rarely visit us, will be unmistakeable to every one in less than a century hence. To its high stimulating properties, urging individuals on to a labor of both body and mind, quite incompatible with long endurance, may be referred in part that enterprise which is a distinguishing characteristic of its people. These properties, combined with its constant and sudden variations of the temperature and dryness of the atmosphere, must be considered, together, as constituting a very efficient cause for that strong predisposition to pulmonary affections, with which we meet on every side. The very great proportion of deaths by pulmonary consumption is well known to every one, and our medical men have long felt the disadvantages with which they have here to contend, not for its cure, but even the simple palliation of its symptoms. And however unsettled they may have been in past years as to the opinion of the *judiciousness* of a change of climate during winter, they are now nearly unanimous as to its absolute necessity (in most cases at least) for those in whom the disease may be regarded as not passed beyond its second stage.

Although this general fact may be acquiesced in, yet the *special effects* which a change of climate is capable of producing upon this disease, must ever be a matter of great interest to a community like ours. And if such effects are produced, they are capable of being analyzed, and upon this depends the choice of the locality to which one may go. To simply go South, is not enough; for although the temperature may be everywhere uniformly higher, yet in every other respect the climate of the South has dissimilarities much wider than that of the North. There are many ingredients that form, if I may so express myself, the climate most suitable; and the selection of the proper one for consumptives,

and those in that precarious condition of health just preceding consumption, is a matter of no small import, and not easily made.

But let us turn our attention for a moment to the object in view, from such a change.

Although medical men have not yet learned the direct causes of pulmonary consumption, yet it is now well established, that a deprivation of the process of nutrition invariably precedes the first symptoms of its local expression in the lungs; and that course of treatment which has been based upon this view, has been followed by results, which, it can justly be said, are those alone entitled to the name of favorable. A disease essentially referable to an abnormal nutrition demands that change which shall not only remove its causes, but bring about a new relation of things. And when, either from cod-liver oil, various tonics, or more pleasantly, from the external influences of good air, sun-shine and exercise, we shall have produced them, we may rest assured that all possible aid has been rendered nature to repair the injury which, in a weaker hour, she has undergone. Everything, therefore, which contributes to a better state of nutrition, strikes fundamentally at the disease; and in this short remark, may be said to lie all, and the only rational treatment of pulmonary phthisis.

That southern locality, therefore, which, from natural and artificial advantages, allows the utmost freedom of out-door life (of course this includes highly favorable meteorological conditions), combined with corresponding household comforts and good food, may well be regarded as most suitable for individuals thus affected. This leads me to remark that those who go South, and are so situated, either from their own weakness, or external circumstances, that an out-door life cannot be enjoyed, need not expect much benefit; in fact, generally not as much as though they remained at home, for an in-door life can as well be passed in the latter, with the enjoyment of home comforts.

The southern main land extends over so wide a range, that every variety of climate may be found upon it. And as it must always be considered an advantage that those who are sick should go to a place easy of access, and allowing a constant communication with their friends, some locality on the main land is most desirable; and the absence of these advantages should, I think, form a no small objection to leaving for any of the West India islands.

The climate of Aiken, S. C., appears to combine more of the advantages and requisites I have mentioned, than any other with which I am acquainted; and for the benefit of my medical and other friends, and those who may be seeking a residence for their health the ensuing winter, I subjoin the following account prepared from my various notes.

Aiken is one of those villages which are so sparsely scattered over the upland districts of South Carolina. It is situated on the South Carolina Railroad, 120 miles westward of Charleston, and 18 miles east of Augusta, Ga. Its location is about 600 feet above the level of the sea, amidst a wilderness of pines; and could one be elevated above it, he would see a little village, in a sea of evergreen stretching on all sides as far as the eye could reach.

Owing to its having been a place of resort for some years, there have sprung up in it many more of those accommodations and conveniences of life, than are usually met with in other villages of this State. These are still increasing, and there appears to be a prospect that shortly one can there enjoy many of the northern comforts of a home amid a southern climate.

On account of its high elevation, the atmosphere is light and dry, there being none of that oppressive heaviness or dampness belonging to places of much less elevation, though of the same latitude. Moreover, it is filled with the effluvia of the pine, which certainly does not detract from its balmy and soothing character. Persons who, from pulmonary oppression, have been obliged to flee from the heavy, bracing air of our Atlantic cities, find, even after a single day's experience, with how much greater ease they breathe, and that they are already losing the compressed feeling about the chest, and that a corresponding buoyancy of spirits ensues.

I regard the air decidedly anti-inflammatory in its tendency; this was evident to me in the sudden disappearance of light bronchial affections, and in the early subsidence of pulmonary congestion in consumptives—so that they really breathed with more lung, and expectoration became freer and easier. This was almost the invariable experience of my friends. But the best evidence of this tendency of the air, is the lightness and transient nature of inflammatory diseases with the constantly-resident inhabitants. This I had frequent occasion to observe in a professional way; and it was noticeable in the eruptive diseases of children, as well as in the general affections of adults.

The general effect of such an atmosphere is to increase the animal spirits—give a mental elasticity, and strengthen the digestive power—and, in a word, one is constantly forgetting his lungs, while he is as constantly reminded of his stomach.

The soil is of that light, sandy character belonging to pine-barren lands, and is so porous that heavy rains are quickly absorbed, and with a few hours' sun after, both soil and atmosphere appear as dry as before. This is a point of no small importance, for it gives the climate an evenness, as to dryness and general character, such as I have never before met with in places having the same amount of rain.

When I speak of the temperature, many may be disappointed that it is not generally higher; but at a latitude of about $33^{\circ} 25'$ on this continent, one cannot expect that the temperature will be like that of the "land of the sun," or one unbroken by vicissitude.

The part of the year passed here by northern invalids, is from December to the middle of May or June 1st, and my account of the weather is of that time. I will not burden this account by giving an entire table, but give the *average* of each month, as follows:—

	6 A. M.	12 M.	6 P. M.
December	40 deg.	50 deg.	45 deg.
January	40 "	52 "	49 "
February	50 "	61 "	57 "
March	44 "	62 "	56 "
April	54 "	69 "	64 "
May	57 "	74 "	69 "

(The temperature of May is probably a little higher than here represented, as it was in this case taken from half the month.)

During the latter part of December there was a very slight snow, just enough to show the inhabitants what the article is. During February there was, for a single morning, a mere skimming of ice on outdoor standing water, but otherwise I did not notice any occurrence of these two prominent consequences of a northern winter.

Some may think that the above table represents a temperature much lower than they should wish to experience: in fact, they think a southern climate, having nearly constantly 65° or 75° , is most preferable. In this I think there is a mistake, for the effect that southern climate may have upon northerners, must not be estimated thermometrically in all cases. It appears that between the two climates there are, according to feeling, at least 10° difference—that is to say, a temperature of 55° in South Carolina, or any other southern State, appears equally as warm, and will allow the same clothes, as 65° in New England; and those who have lived in both latitudes are well aware of great difference of oppression from heat, at the same thermometrical range.

I well remember of sitting almost daily in an open piazza, reading, with the thermometer at 57° , having on ordinary clothes—whereas I am well aware, I could not do the same, with impunity, in New England with the heat of 67° .

It may be urged that the liabilities of change at Aiken form quite an objection to its climate. There are, I well know, changes there of quite a number of degrees during the day, but I am not aware that these changes are sudden or severely felt. The situation of the place very thoroughly protects it. Embosomed in pines, and 120 miles from the sea-coast, the north-east and easterly storms that rake our coast in winter and spring have spent their force long before they reach this place. The few storms there felt are of inland origin. Then, again, if northerners go to a latitude where the climatic changes are few, they must necessarily subject themselves to a temperature so high that it is depressing, and very few New England people can improve under, or even bear it. Such are many of those Florida climates, and especially that of Key West, where the temperature is from 80° to 85° constantly, with scarce a variation day or night. It quickly depresses one from New England, the appetite flags, the strength fails, and one feels but little inclination to be out doors. Moreover, the nightly heat impairs the sleep, or makes it unrefreshing. Even at St. Augustine, many northerners whom I know, have found the heat, even in February, so depressing that they have retreated further north.

I cannot, therefore, argue very strongly in favor of Florida climates. It is, on the other hand, my opinion, that those New England consumptives, who ought to leave their home comforts and go south—in other words, those who have the lung and strength left, to pass their time out of doors, will do best to go to a climate that is a trifle bracing—in fact, one that shall have so much of the north about it, as to preserve the tone of the stomach, and the vital forces.

There is such abundant evidence, as I have before said, that the re-

lief or cure of consumption depends so much upon excellent feeding, and a subsequent good digestion and assimilation, that I must urge this point all the more strongly.

It will do well for people of the lower midland States, who are born and bred in a corresponding climate, to go farther South; but this is not true for those of the far north, as far as my observation goes.

To sum up the matter. The advantages of Aiken, as a place for northern invalids in winter, consists in the following points:—its ease of access and its proximity to a metropolis; its sheltered location; its light, balmy air, and dry soil; and its suitable and comparatively even temperature; and, finally, its complete inland climate.

I know of no other place having all these advantages in so great or even proportion. There may be, and are, places having some of these qualifications in a much greater degree, but they lack some of the others.

It may be asked how the climate of Aiken compares with that of several southern seaport cities and towns, that have for many years been favorite places of resort.

On this point I may differ with many, for I have but little faith in seaports for consumptives. Unless you go quite far South, the climate is neither one thing or the other; it is not an island climate, neither is it a land climate; but you have a mixture of each, a combination of land and sea-air, so that, strictly speaking, you have not the benefit of either.

You may have a dry, westerly wind in the morning, and it will feel grateful, but the afternoon brings its cool, damp sea-breeze, which, however pleasant to the well person, is very seriously felt by the invalid, and he oscillates between these extremes, until his constitution is seriously affected. An invalid can bear much less change on the coast than in the interior.

Some of our New England physicians send their consumptive patients to Charleston, S. C.; but, as far as I am aware, the Charleston physicians think it the last place for a consumptive to remain in. Although the objections are less urgent, yet Savannah, Ga., comes in the same category.

As for St. Augustine, Fla., the case appears a little different, for it seems to have less of the combination of the two climates, but more that of the land. Its climatic changes are not great, but this is pretty much due to its high temperature, and its peculiar location as to water and other currents; still it has some of the objections of Charleston and Savannah, besides those of distance, and a comparative want of ease of access.

By the way of conclusion, I will say, that although the advantages of a change of climate, to those who have some lung and strength to work upon, cannot be estimated too highly—yet there are constantly occurring to the medical man, cases in which the expediency of the change requires the finest judgment to properly decide, for it embraces other than medical considerations. Although, in advanced cases, there may, from such a change, be every reasonable prospect of the alleviation of the severer symptoms that wait upon the fatal termination of the disease, yet its advice must be considered as nearly always quite injudicious. Life may sometimes be a little prolonged, but it is so at the ex-

pense of its sweetness. The abandonment of home and friends, and the going away with a chance of dying among strangers, is even more than a serious matter; and I have seen instances, when painful memories, not only to the friends, but to medical adviser, might well have been spared. And if there is ever a time when one needs all the comforts of home, and the consolations of near friends, surely it is during the helplessness of the last days of pulmonary consumption.

Boston, October, 1851.

REMEDY FOR TAPE-WORM.

To the Editor of the Boston Medical and Surgical Journal.

DEAR SIR,—On reading an article on pumpkin seeds, in a late number of the Boston Medical and Surgical Journal, I recommended it to an intimate friend, who had, two months before, discharged about 4 yds. of that detested parasite, a tape-worm, and who was sure there was “more of the same sort left.” He, in 3 days afterwards, showed me the bottle, since left at your office, containing what was formerly discharged, together with the tapering part of that which was removed (in all about 4 yards) by the remedy.

His statements, which may be implicitly relied on, are, that for want of West Indian or other pumpkin seeds, he took undried acorn or marrow-squash seeds, and proceeded, *secundum artem*, following the orgeat, in about one hour and a half, with about six drachms of castor oil taken in two spoonfuls of Holland gin. He drank very little water twice, drank and ate nothing else till noon, when the only effect of his faith and practice was manifested “in one liquid discharge containing the squirming worm; at one end about $\frac{1}{8}$ of an inch broad, and tapering down to nothing.”

If this remedy should continue to prove as efficacious as in this and former instances, it is to be hoped a specific has been found for one more of “the ills that flesh is heir to,” which remedy should never be lost sight of.

F. W. CRAGIN.

Boston, Oct. 28th, 1851.

ANALOGIES BETWEEN ALCOHOLIC INTOXICATION AND ANÆSTHESIA BY INHALATION OF ETHER.

BY E. SANFORD.

[Communicated for the Boston Medical and Surgical Journal.]

THE first effect of alcohol thrown into the stomach, in a not immoderate quantity, is to increase the force and frequency of the heart's contractions, and produce a full and strong pulse. The organic functions are exalted, and the appetite and digestion increased. The perspiration is augmented, and especially the secretion of the kidneys, in accordance with the general physiological law, that whenever a drug determines towards a specific gland, it is for the purpose of separating this substance from the