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Original Communications.

HEALTH-RESORTS AT THE SOUTH.

Read before the Massachusetts Medical Society, at its Annual Meeting, June 5th, 1872,

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THE constantly increasing travel of invalids to southern latitudes, every year more and more arrests our attention, and it need hardly be said, in this presence, that this crusade after health is too frequently begun at the wrong time, imperfectly carried out when rightly begun, and, in very many instances, brought to a premature termination. Whether an invalid—and especially a pulmonary invalid—should go from home at all, should be left implicitly to his physician to determine, who, in addition to careful reflections upon the nature and stage of the malady, will do wisely to inform himself as to the “surroundings” awaiting his patient in the proposed place of his temporary sojourn, and also to assure himself of his ability to command comforts and attention when among strangers. It is worse than useless for those who have not means sufficient to be well cared for, to leave their homes—the invalid cannot “rough it.”*

Not every place where people get well from time to time, deserves the name of health-resort. No more—indeed, very often—than the earth-bath about which we were told, not long since, wherein, somewhere “out West,” six victims of scurvy

* The *London Lancet* (May 25th, 1872) has some very apt comments upon what it terms the “expatriation of invalids,” and which both patients and medical men might peruse with advantage. The writer especially refers to “the careless haste with which this dreadful sentence of banishment is too often pronounced;” and also calls attention to the *costliness* of travelling for health, as a matter to be soberly and carefully considered. “It is scarcely too much to say, that for want of this kind of care and forethought on the part of the physician, hundreds of patients die the miserable death of the exile, who feels that his banishment has hurried him to the grave, and broken the hearts and half-ruined the fortunes of the dear friends among whom he would have been only too glad to die in peace.”—(*Loc. cit.*)

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were buried, “up to their necks,” and left over night. The account goes on to state that the trial as to the curative properties of the earth, in this instance, was unsatisfactory—as a pack of “coyotes” came along, in the night, and “ate the six heads off”! Unfortunately, there are marauders more stealthy and seductive than these wild prairie wolves. The well-known fact of the wide prevalence of ailments coming under the designation “nervous” or “general” debility, noticeable so frequently in young ladies, and distinctly traceable to the immense and exhausting labor of following the gay goddess Fashion, during “the season,” at our various watering places and elsewhere—especially just after a hard winter-campaign in the city—furnishes only too ample proof of the assertion. So, too, the fascination of money-making, and the excitements of business-life which are constantly luring or driving men, in our day, into that over-work and utter neglect of recreation which finally breaks down the strongest, should elicit from our profession the most earnest warnings before it is too late—before what a patient lately described as “fatigue in the head,” becomes softening of the brain, insanity, or hopeless imbecility.

But what we have mainly in view has more reference to the resorts for pulmonary and throat complaints, than to the gout- and rheumatism-curing waters of Sharon, the famed Springs of Saratoga, or the “Geysers” of California—the latest wonder of that wonderland—whose “steam,” arising from the sieve-like crust of the earth, envelopes the astonished traveller as with a mantle of mist, and whose healing qualities are believed to be marvellous.

FLORIDA attracts crowds of invalids and tourists to its delicious climate and tropical scenery. Hitherto, the chief drawback to the enjoyment of these has been the insufficient and very inferior accommodations, and the wretched food—poor in quality and infamously cooked. A great improvement, indeed, has taken place within the past two

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or three years, and will doubtless be progressive. Returned travellers, however, this spring, complain not a little of discomforts in the way of crowded conveyances and hotels; and it would appear that suitable food and a knowledge of its proper preparation—especially for valetudinarians—are to be found in only two or three localities. Yet the influx of travellers, and especially the prolonged residence of those escaping from Northern winters and even more dangerous springs, must lead to the increase of good accommodations and of the means and appliances which, while only luxuries to the healthy traveller, are necessities to delicate, susceptible invalids, who cannot live upon climate alone. However balmy the air that steals across the St. John's River, or, more bracing and fresh, tosses the leathery palm-leaves at St. Augustine, the stomach must be catered for, as well as the lungs, and leathery beef-steaks, swimming in the grease in which they have been fried—to fry steaks and chops ought to be made a capital offence by statute—and yet, as is well known, the felonious act is committed in New England as well as farther south—heavy, sour, or saleratus-speckled bread, rancid butter, *et id omne genus*, are not wholesome adjuncts to the superlative qualities of the climate. A patient who has frequently been in Florida, said, recently, that while the air was absolutely medicine to the throat and lungs, and nowhere else could the breath be drawn with such a sensation of comfort and freedom as along the St. John's—and especially at or near Jacksonville—digestion was often seriously disturbed by certain of the causes mentioned. Your strong and healthy tourist, who trudges about Florida, shooting alligators, fishing, rowing, &c., and able to brave heat, fatigue, dirt, doughnuts, pork, and other queer and trying things, cannot appreciate the invalid's annoyances and dangers.

The St. James Hotel, at Jacksonville, is the best in the place, and its table was well provided last year. In the height of the season, invalids will lack suitable attendance unless they take a servant with them. From Magnolia, we have the most favorable reports, describing it as furnishing "a genuine Northern home in that sunny, Southern land." This season, our city and its vicinity have been largely represented at Magnolia, and so much satisfaction have the locality and the provision for the accommodation of guests given, that many propose building cottages

there for winter homes.* The Magnolia establishment commands the accomplished services of Dr. Rogers, formerly at Jacksonville; he is a New England gentleman, long and favorably known in this community.

Hotel accommodation is now pronounced excellent at Palatka. At St. Augustine, the finely-situated hotel at the pier-head was not satisfactory as to its *cuisine* during a short stay we made there in 1870; and we notice similar judgment is passed upon it and the other hotel this year. As they have been liberally patronized, even greatly "crowded," the past season, more successful exertion in the catering department might, not unreasonably, have been looked for. There are two or three very good boarding-houses in the town, where, to our personal knowledge, both good material and excellent cooking are to be had.

The fare on the river boats is not, generally, good. On many of them it is atrocious, and there is great necessity for improvement, before it can be pronounced even safe for invalids to be much upon them. Neither can we compliment very highly the tables of the fine sea-going steamers from New York to the Southern ports. It is true that large numbers of passengers, on account of sea-sickness, in addition to their other troubles, are somewhat indifferent to food and cookery—but

* Plans for several of these have already been drawn by Edward C. Cabot, Esq., of this city, who has been passing the winter in Florida, and four are already erected, at the instance and with the assistance of Mr. J. M. Forbes, by Dr. Rogers, in addition to those connected with the hotel. "The cottages"—writes Mr. Cabot, in reply to a note of inquiry about Magnolia—"contain 12 rooms, and 10 of these have open fire-places. They are provided with earth-closets and water."

"We are glad also to add Mr. Cabot's testimony to that of many others this season, in favor of the excellent management at Magnolia. After recounting his unfortunate experiences and most uncomfortable fare everywhere else in Florida—poor food and cooking and lack of proper attendance at hotels—the latter a crying evil which we have ourselves experienced—he thus speaks of Magnolia, where he stopped, as he then thought, only for "a day," on his way home, "disgusted" and ill. "I staid six weeks, and enjoyed every minute. The accommodations were excellent. Everything, including the grounds, clean and neat; the fare excellent and well cooked. The proprietor and landlord were very attentive and kind, and I soon was perfectly well and began to grow fat. The place is situated on an extensive promontory, formed by two creeks. The land is unusually high for the St. Johns, and the soil is sandy. The place is covered with live oak and magnolia; the river is here about four miles wide. In short, for any one wanting quiet enjoyment of the best climate in the United States, Magnolia is the place."

Green Cove Springs, three-quarters of a mile from Magnolia, boast hot baths—sulphur-water of 80°—said to be "very pleasant," and recommended for rheumatism. From a patient recently there, we learn that the proprietor of the hotel then thought the best, was very kind, but the food and cooking not good. Mr. Cabot mentions three hotels now in operation, one of which is "well kept and comfortable."

many others are not, and a reform in these respects is certainly needed.

A few words may here appropriately be said in reference to modes of transit from the North to the South. So far as sick and feeble persons are concerned, there can be no doubt that the steamship voyage from New York to Savannah or Charleston, is by far the preferable mode. From Savannah, a day's or a night's ride, by rail, brings one to Jacksonville, whence conveyance, by boat, to various points is easy. The entire journey by rail is painful, dangerous and exhausting to invalids. To say nothing of its length, the often unavoidable exposure, by change of cars at unconscionable hours—the poor accommodations, if stops are made, &c., more than counterbalance the annoyances and discomforts of the three days' sea-voyage—admitting those to be enough for average mortals.

What class of invalids should go to Florida? Consumptives, undoubtedly—with due discrimination of cases—not those whose days are numbered. Then, many with bronchial affections. More especially are the cases of comparatively dry, irritative cough, and uncomfortable throats, benefitted by the soft air along the St. John's River. Many go to St. Augustine—but as our experience compels us to say, with far less advantage—sometimes with positive harm. The immediate proximity of the sea is the difficulty. However delightful it may be to feel the crisp, fresh breeze coming in from the sparkling, sunlit ocean, over which one gazes with such delight, from the shores down to whose margin the quaint old town has crept, and lazily dreams away its tropical existence—there is danger. We have observed marked aggravation of symptoms in bronchitic patients who had come from Jacksonville, or farther, to St. Augustine. A few days, only, sufficed to show the necessity for immediate return—a favorable result justifying the action. There are many other affections, however, which the more bracing air of St. Augustine would suit far better than the mild, relaxing climate of the interior of Florida. Persons suffering from that nervous or general debility previously alluded to—loss of tone and vigor—or from the so-called “breaking down” from overwork; and doubtless from a variety of other ailments—would do well by sojourning for a time in this oldest town of the States—sauntering among orange-groves, or through gardens fragrant with full-blown roses in March—floating out upon the bright waters, to the signal disturbance of

the shoals of pelicans and other sea-fowl which so picturesquely fill the coves and inlets. The climatic change and contrast obtainable in so few days run from the North, is very striking, and seems like magic. Leaving snow-drifts and bitter, howling winds in Boston, the last of February or first of March, Jacksonville is easily reached in about four days from New York—and you are, as it were, in our mid-summer, breathing a soft, delicious air and surrounded by a wealth of bloom.

Florida is liable to sudden and marked changes of temperature in winter, and sometimes during March. Invalids should be forewarned of this; and the fact constitutes a strong objection to visiting the country too early in the cold season. Some writers have lauded the western or Gulf side of the State as favorable for the establishment of *sanitaria*. Disturnell, in his work on the “Influence of Climate in North and South America”—quoting apparently from Dr. Perrine—cites Key West, and Miami, on Key Biscayne Bay, as “most desirable points for establishing such facilities.” Key West is so far to the south that the “Northerners,”* so powerfully felt high up on the Gulf Coast, are doubtless much modified before reaching it—although we have known them sufficiently decided in the city of Havana. When we reach a point so far to the north on the Gulf Coast as Pensacola, therefore, we are not surprised at the following opinion adverse to the establishment of *sanitaria* there, or in the immediate neighborhood, from J. Winthrop Taylor, M.D., U. S. N., for many years stationed at Pensacola. “There,” he writes, “during the winters, cold northerly winds prevail, accompanied with heavy rains. These, in my opinion, are insuperable objections against establishing *sanitaria* in that locality.”

Somewhat unexpectedly, we find writers pronouncing the winters “more severe upon the Gulf Coast than upon the Atlantic.” (Disturnell, *op. cit.*) Observers, however, have thought the climate more *equable* on the Gulf side; and, if this be so, it would certainly be a great advantage. At present, so far as we are aware, there are no adequate accommodations for invalids there.

Dr. George Hayward, of this city, during a short visit to the South, some years ago, was much struck by the advantages offered

* “A fierce, chilly wind, peculiar to the Gulf of Mexico.” (Disturnell *loc. cit.*) It visits Texas and is well known even farther to the south, prevailing at about weekly intervals, from November to March.

as a winter residence for invalids, so far as climate was concerned, by a place in the southeastern part of Alabama. At our request, he has furnished the following short account of its features:—

"It is about 20 miles from Pensacola, Florida, situated on the Perdido River, which divides Florida from Alabama. The soil is dry and marly, well suited for raising vegetables, but not strong enough to grow cotton. Pine trees abounded, and the winds from the Gulf of Mexico, distant a mile or two, came through them loaded with a balsamic fragrance that made it a pleasure to breathe. The drives in the neighborhood were pleasant, wild game abundant, and, from what I could learn from those residing there, the changes in temperature were much less severe than on the Atlantic coast, the weather being, for the most part, like our finest October weather, excepting that once during the winter, ice formed as thick as window-glass, which was considered very remarkable.

"The climate of this region on the Perdido river was regarded, during the Spanish occupation of Florida, as very favorable to diseases of the lungs; and, as it is very accessible, by water, from Mobile, it may yet be selected as the site of one of the *sanitaria* which will doubtless some time be established in this portion of the South."

On account of the extreme and sudden changes of temperature thus occurring, many persons now remain, by choice, at the North through most of February, and with more benefit, also, than they ever experienced in Florida, up to that time—but, when the season of melting snow and raw East winds sets in, they escape to the South, without delay.*

Savannah, Ga., is a very pretty city, and charming to the voyager from the chilly North, as he comes up from his vessel into its balmy atmosphere, and looks out from the windows of his hotel upon the "Square," so pleasantly dressed in the fresh green of Spring; or drives through its shaded and unpaved streets, along which, with their characteristic "lope," the fine Southern horses so noiselessly bear their skilful riders; or wanders through the cathedral-like aisles of Bonaventure Cemetery, where the long gray mosses droop from the trees, and sway, rustling and sigh-

ing in the wind, like banners hung above the dead.

A pulmonary invalid is not likely to linger long in Savannah; at least such is the opinion we have formed from observation and inquiry. There is a great deal of humidity in the air, the situation of the town is mainly flat, and its surroundings, with some exceptions, uninteresting. Yet there are, doubtless, certain cases which would do well there—and many Southern localities can only be fairly tested by a personal trial of their climate.

AIKEN, S. C., long known as possessing a favorable climate for many pulmonary ailments, is most easily reached by rail from Charleston. *Easily* is here a relative term, however—for, as on most of the Southern railways, the rate of progression is snail-like, and the extremely frequent pauses seem unnecessary. The roads are, generally speaking, in very good condition—the traces of war-disturbance having been mostly done away—but a little more energy and foresight in their management are certainly demanded. When the transportation of invalids is in question, the matter sometimes becomes very serious. The distance from Charleston to Aiken is about 120 miles; our last trip over the road was by night-train, starting at 7 o'clock. The run—or rather the creep—was made in about twelve hours, an average of ten miles to the hour! The usual average on Southern railways is, perhaps, some five miles better—on some, however, not more than twelve or thirteen miles an hour. How we did stop, and sit still, on that night-ride! Now, to take in water—after having just left a station, where, seemingly, it might as well have been supplied; then, for the conductor to leave some parcels at a "way-side inn," or something resembling one—and to have a little chat, sociably, with the occupants; then, apparently, with no purpose whatever, unless to use up time—out in the moonlit pine woods, with occasionally a "light-wood" fire burning near the track, and a darkey or two sidling about! Very picturesque, doubtless, but how about the weary, worn-out, sick man, or woman, watching the hours, and longing for the journey's end?

The village of Aiken is hardly prepossessing, and straggles about a good deal over its flat, sandy plain, with here and there—especially in its outskirts—some neat homesteads, showing careful hands beginning to make improvements. Most of what may be termed *spruce* about it, however, must be referred to the neighboring woods. Ho-

* We cannot take leave of Florida, and especially of Jacksonville, without referring those in need of a physician to Dr. Mitchell, of the latter place. He is a man of large experience, kind heart and honorable motives; and his incessant occupation shows how well his services are appreciated.

tel-accommodation is good, and private board and lodging, of fair quality, may be obtained. There are two hotels—the Aiken Hotel in the centre of the town, and the Highland Park Hotel. The latter is new, and is finely situated, at one end of the main street, commanding a wide and pleasing view over a densely wooded valley, beyond which some well-shaped hills break the monotony of the desolate “pine-barrens.”

In this connection, it gives us pleasure to refer to the establishment of Dr. W. H. Geddings—“The Pines.” Dr. Geddings is a son of the late Dr. Geddings, of Charleston, S. C., and is well known at the North as a thoroughly educated and most competent practitioner. He refers, in his printed circular, to some of the best physicians of Boston, New York, Philadelphia, Baltimore and Richmond.

In all frequented *sanitaria*, it is a trying sight—even for the healthy, passing traveller—to witness such a collection of sufferers in various stages of disease—in fact, it is one of the great drawbacks of health-resorts at the South. Yet it is wonderful how soon one becomes accustomed to this inevitable presentation of the ills to which “flesh is heir”—so that grim jokes, even, fly about at the expense of the invalid corps, such as the *quasi* word of command, “time for the consumptives to take exercise,” or, “hour for the march of the skeleton brigade”! and these somewhat forced gaieties not infrequently come from members of the “forlorn hope.”

In this genuine pine-barren district the atmosphere is very dry and pure, and, like that of nearly all the surrounding country, admirably suited to many cases of serious lung-disease. A sufficiently careful discrimination of the kinds of cases is, however, hardly ever made; and it is to be hoped that some one of the excellent resident physicians of the region will set forth from the teachings of their large experience some hints for guidance in this direction. And we cannot too strongly insist upon the wisdom and importance, for the benefit and comfort of invalids about going South, of a prior correspondence between their medical advisers at home and those about to have the care of them, as to the advisability of their going, and the fitness, or otherwise, of any particular climate or locality in their cases. Too often, persons with pulmonary trouble rush southward without any proper advice, in a purposeless way, nearly certain to end in disappointment and aggravation of their illness.

Our own impression with regard to the climate of Aiken and its vicinity is that many consumptive cases, where cough is accompanied by profuse expectoration, would be benefitted by the dry, somewhat bracing air. The contrary would be likely to prove true of cases of irritative bronchitis, with dry cough, or with but little cough, and only slight secretion from the bronchial mucous membrane. Rather injurious effects of the climate in these cases, came under our observation—the throat becoming drier and more irritable, and the transpiration from the skin nearly suppressed; whereas, in Florida, with but little, if any, difference of temperature, perspiration was very free—and the softer, more humid atmosphere soothed the irritated lining of the air-passages.

Since the above was written, a valuable article by Manning Simons, M. D., of Charleston, S. C., and published in the *American Journal of the Medical Sciences* for January, 1872, has attracted our attention. It is entitled “Climate in its Relations to the Production, Progress, Amelioration and Cure of Consumption,” and will repay the careful perusal of all interested in so important a topic. It is with much satisfaction we find our impressions of the various southern climates confirmed by so accomplished an observer as Dr. Simons, whose evidence derives great additional force from the fact of his familiarity with their merits and demerits by residence. Speaking of advanced cases of consumption, he remarks as follows: “As to the application of climate to the already developed disease advanced to its later stages, when cavities have formed, or extensive consolidation exists, we may throw our information into the general statement that a locality possessing a warm, dry, moderately stimulating atmosphere, free from excessive variations, is, to the largest number of cases of this character, most suitable.” And, subsequently, in this connection, he says: “In Aiken, S. C., is found a locality possessed of a climate characterized by dryness, moderate range of temperature, comparatively free from extremes of variation, a mean temperature of 61–69°, a tonic property of atmosphere, and a position 120 miles from the sea, with an elevation of 600 feet above the sea-level—properties rendering it eminently suitable to this class of cases.” A degree of parallelism between the climate of Aiken and the so highly lauded climates of the South of France is alluded to by Dr. Simons in the article referred to; and “the great advantage the invalid derives from being

able to spend so much time, day after day, in the open air, in consequence of the equable temperature, clear sunshine, and dryness of the air.

Another point of great importance, and to which we have already referred particularly, when writing of the climate of St. Augustine, is the effect of a *sea-coast* air on those suffering from pulmonary disease. Here, again, we are glad to find that our conclusions, independently made, are most decidedly ratified by the observations and experience of Dr. Simons—who also cites many high authorities to the same effect. We quote, again, from the paper mentioned. "That the pure air of the open sea acts in a very favorable manner we have excellent authority, but it is not so clear that the air on sea-shores is, as a rule, sanitary in its effect." We think it is very "clear" that, in most instances, in the class of affections alluded to, it is very far from "sanitary," often, indeed, injurious, or even perilous. Very strong opinions on this vital matter are enunciated by Dr. Simons—thus: "Experience has amply proved that a mixture of land and sea air, such as exists on all our maritime situations, is unfavorable to delicate lungs, and especially where there is phthisis, or even a disposition to it." He cites several writers, and refers also to certain apparently opposing facts to the above conclusions—the remark, for instance, of Walshe, that while "islands and coast-districts are said to be favorable to the development of phthisis, yet observe that the natives of the Azores, Madeira, Iceland, the Faroe Islands, Marstrand and on the coast of Sweden, spots climatically various as their sites, suffer very slightly from the disease;" and, adds Dr. S., "according to Dr. J. E. Morgan, the disease is rare on the northwest coast of Scotland." *Per contra*, "Fuller states that along the shores of the Mediterranean, in Malta and Madeira, to which localities consumptive individuals are commonly consigned, the ratio of mortality among the natives, from phthisis, equals, and even exceeds, that which obtains in England." [Simons, *loc. cit.**

Notwithstanding, therefore, a certain amount of conflicting testimony, we believe the preponderance of evidence to be in favor of inland, high-lying districts, over

* Dr. Simons likewise refers to the mentioning, by Drs. Coffin and Geddings, "In their brochure on the climate of Aiken, S. C.," "that the same fact obtains also on the coast of Africa, and that whilst on the coast of Egypt the disease is quite common, it diminishes as we advance inland, disappearing almost entirely in Upper Egypt."—(*Loc. cit.*)

sea-coast localities, even in warm climates, not only for serious pulmonary difficulties, but also for what are deemed comparatively slighter ailments—an opinion decidedly expressed, in nearly the same terms, by the writer to whom we have so freely referred. The opinion is, of course, not new; and it is especially fitting, in such connection, to mention the late researches of a distinguished Fellow of this Society,* affording convincing proof of the preference of phthisis for low-lying lands and wet soil. The main point, however, is the choice to be made, by invalids at the South, between seaside and inland, with the same, or nearly the same, temperature.

Our own observations of the climate and peculiarities of the region around Aiken were mostly made at and in the neighborhood of "Montmorenci Park"—formerly known as Montmorenci Springs—about four miles from Aiken, and a most admirable site for a *sanitarium*.† From Montmorenci House, one looks down upon a valley suited to almost any crop, devoted, in part, along its farther slopes, to vineyards, and begirt with the almost ubiquitous pine woods. The grape cultivated is mostly the "Scuppernong," from which a very good wine and passable brandy are made. The soil is of reddish clay and sand. In the centre of the valley, corn and sweet potatoes are grown. As we gazed over this fair expanse in March—our so rude and boisterous month at home—the thermometer registered 78° to 80° (*Fahrenheit*) at about 9 o'clock, A.M., in the shaded piazza. This was rather higher than the ordinary

* Henry I. Bowditch, M.D.

† The property belongs to Capt. Ruxton, a genial, intelligent English gentleman, who is untiring in his efforts to improve the land and incite the neighboring inhabitants to advances in agriculture. The large and convenient house upon the premises stands in a very commanding situation, upon a rocky eminence, overlooking a beautiful valley, and, at a little distance from its cultivated area, is a back-ground of thickly growing pines. An unfulfilling spring of very pure water rises, with considerable force, from almost the highest portion of the hill upon which the buildings stand—and hence, we conclude, the former name of the place. At our visit, comfort reigned within and around the pleasant, hospitable mansion, and nowhere at the South have we seen so much pains taken to make visitors contented and happy. It is a pity that so fine a situation could not be permanently improved for sanitary purposes, but we learn that the owner has decided no longer to lease it with such intent. Dr. P. A. Jewett, who, with his excellent wife, had charge of the establishment, a year ago, intended, on leaving it, to take quarters in some desirable neighboring locality. Dr. J. is well acquainted with the peculiarities of the climate, is competent to advise, well qualified as a surgeon, served with credit in the army during the late war, is generous, kind and studious to please and benefit those who come under his care. To Mrs. Jewett's personal care and exertions, the guests owed the real home-comforts—culinary and other—so important to invalids.

range for the time of year and hour of the day—and higher than we subsequently noted it, but not by many degrees. Flowering shrubs were in bloom, and everything imaged the lovely June days of New England. In the pine woods, the beautiful, wild *fleur-de-lis* was pushing its bright petals, here and there, through the thickly-strewn pine leaves, and the jessamine swung its light bells, in profusion, all around.

At Montmorenci, everything was done to tempt invalids into the open air, and to do away, or counteract, by pleasant occupation and amusement, those depressing influences which so constantly obtrude themselves where invalids congregate. We saw many who, in spite of their ailments, took a lively interest in the tournaments, barbecues, and sports devised for the negroes. Much better this than sitting moping within doors or lazily rocking upon a piazza. To see the genuine *abandon* of a double-shuffle or break-down, by two ebony individuals, or a butting-match between two juvenile "nigs"—like two goats—one of the scamps being nearly nude, and of whom it was remarked, by the owner of the place, with a ludicrous solemnity of expression, that "no clothing could be kept on him"—served to arouse the flagging spirits of many who otherwise would doubtless have been drooping and brooding over their ailments. Then there were leaping-matches, by athletic, handsome fellows, and a torch-light procession afterwards, winding through the forest like a luminous serpent, while from its ranks arose, by turns, plantation songs and the more plaintive religious melodies so peculiar to the African race. We can conceive of no more desirable additions to superlative climate and well-cooked food than such laughter-provoking and pleasing performances. The negro is proverbially musical, and one of the waiters at Montmorenci, John Page by name, over six feet in height, and admirable in his vocation, was the leader of a sable choir which often serenaded us with their droll or pathetic melodies. John also added poetry to his other accomplishments—as witness the following short effusion, intended to assert the superiority of Montmorenci over Aiken, as a sanitary locality, and in general:—

"Aiken is a growing place,
Few days—few days;
But Montmorenci takes the praise,
And I'm going away!

"Oh the Shanghai chicken he grew so tall—
Few days—few days;
He grew so tall you couldn't hear him crow,—
Few days ago!

"I've got a house out yonder—
Few days—few days;
I've got a house out yonder—
And I'm going home!"

More attention at *Sanitaria* to the development of the amusing and entertaining elements which can so advantageously be brought out, is highly desirable, and would in great measure tend to prevent that natural disposition, among those similarly affected, "to compare notes as to the symptoms and progress of their disease, thereby producing depression of spirits which cannot be dispelled even by the hopefulness which is a peculiar characteristic of consumptives." [Simons.] A private family, or an establishment similar to the one we have described at Montmorenci, certainly has great advantages over the crowded hotel; but of course there are not, and never will be, enough such to supersede the necessity of the latter.

After poetry, a few figures, lest we grow too romantic. Dr. Jewett has kindly furnished the following information in regard to the temperature and climate of Aiken and its neighborhood. The observations were made by him at Montmorenci.

From the 9th to the 31st of *December*, 1870, the average temperature was 45° of Fahrenheit's scale. Difference between dry and wet bulb, 4°. Bright sunshine during 13 entire days. Cloudy and bright, alternately, 3 days. Cloudy, all day, 7 days. Rainy 4 days. Snow fell on one day only.

January, 1871.—Average temperature, 55°. Difference between dry and wet bulb, 6°. Bright sunshine, 14 days. Sunshine and clouds, 10 days. Cloudy all day, 7 days. Rain fell on 4 days. No snow.

February, 1871.—Average temperature, 57½°. Difference between dry and wet bulb, 5°. Bright sunshine, 12 days. Sunshine and clouds, 6 days. Cloudy all day, 10 days. Rain on 7 days. No snow.

March, 1871.—Average temperature, 65°. Difference between dry and wet bulb, 7½°. Bright sunshine, 17 days. Sunshine and clouds, 5 days. Cloudy all day, 9 days. Rain on 6 days.

"For four months"—writes the Doctor, subsequently—"there were 22 days on which it rained, not all day, but in showers; and 113 days on which no rain fell." During *April*, 1871, the range of the mercury was noted thrice daily. At 8 o'clock, A.M., the average for the month was 67½°; at 1 o'clock, P.M., a fraction over 73°; at 6 o'clock, P.M., 72¾°. There were occasional showers through the month, but no entirely rainy day. Dr. Jewett adds—"It has been a *dry* month for April. I cannot

give the difference between dry and wet bulb. We have had dew occasionally during the last ten days of the month."

The extreme evenness of the range of temperature will be remarked, and also the continued pleasant weather and uniform dryness of the air. In a recent letter, Dr. Jewett says—"The time for invalids to be benefitted is from the middle of January to June—and, in some seasons, July. From November to the middle of January, the weather is very variable and sometimes very cold. The cases most benefitted are those of pulmonary hæmorrhage—not too far advanced—and bronchial cases of the humid type. Cases of tuberculous disease are no better off here than in any other warm climate. Those who have suffered from protracted fever and ague are always benefitted by a residence here." So far as regards the pulmonary cases, we had reached the same conclusion—as noted in another part of this paper.

In reviewing this somewhat desultory sketch, it may safely be said, that while a perfect and unexceptionable health-resort can hardly be found within the region which has most occupied our attention, certain portions of Florida, on the whole, give us the nearest approach to such a locality. Of late, among the sanitary island-resorts, Nassau, New Providence—Latitude, 25°5' N., Longitude, 77°20'—has been a favorite. Personally, we have no experience of its merits, but, from frequent conversations with those who have, we conclude that it has a warm, delightful, but still rather a humid climate, which, therefore—as might be expected—while it answers admirably the requirements of certain cases, has been decidedly adverse, or at least neutral, in its effects upon others. Quite lately, we were told of an instance where troublesome cough was unrelieved, or even grew worse at Nassau, but immediate improvement occurred on the patient's arrival in Cuba. As yet, moreover, the commissary and culinary departments are not up to the standard desirable for visitors and essential for invalids. But this defect will doubtless be gradually remedied.

Dr. George C. Shattuck, of this city, who has been twice at Nassau, and is thoroughly acquainted with its climate and advantages for invalids, has just given us the following valuable information. The climate he considers to be delightful; and peculiarly suited to phthisical patients from November until the middle of February—just the period, as we have already mentioned, when variableness of temperature in Florida ren-

ders it undesirable and even unsafe for invalids to go there. With this view, therefore, the proper course for patients would be to go first to Nassau, remaining during the period indicated; thence by steamer, running fortnightly, to Havana, where a day or two will suffice; thence to Cedar Keys, Florida, and thence to the best localities. Dr. Shattuck also called our attention to the important fact that the harbor at Nassau is constantly *flushed*—no stagnation occurring in bights or pools, &c. This arises from its peculiar conformation, which allows the tide thoroughly to wash, in a straight course, through its whole extent, backwards and forwards—certainly a highly valuable hygienic provision. This is not the case in many other harbors—for instance, the very beautiful one of Havana.

The steamers running from Havana to Cedar Keys—so a friend informs us—are small and not comfortable, with one exception; and the existence of a "bar" at Cedar Keys is sometimes a cause of detention; yet, *faute de mieux*, these deficiencies may be endured, in the hope of better things, by and by. As the same friend suggests, a line of large, safe, and thoroughly seagoing steamers from Havana to Savannah would obviate every difficulty, and doubtless would be well patronized. Previous to the late war, there was such a line.

A word of caution, in conclusion, to invalid sojourners at the South. Do not hurry back because it begins to grow very warm—*hot*, perhaps—by the middle or last of April. Change your quarters slowly. If in May the Floridian temperature becomes excessive, inducing languor and prostration, a move, of course, had better be made. The gravest error you can commit, however, is *suddenly* to exchange the soft, tropical air for the sharp, moist, terribly penetrating, northerly and easterly winds of New England. And remember, especially, that Boston has been not inappropriately styled "The Paradise of east winds"! May is not the month to return in, if your home is at or near Trimountain. Nor is New York city much if any better. Only last season we were cognizant of grievous harm done to one poor invalid, a young man who thus imprudently exchanged climates, by steamer, from Savannah, arriving in New York harbor during the first week in May and in the midst of a north-easterly rain-storm, varied by snowsqualls. All the benefit derived by him at the South was at once swept away. These rash performances are constant; avoid them, therefore, and come *gradually* north-

wards; you will never regret the *festina lente* plan of movement. Although, in a former part of this paper, we strongly advocated the sea-voyage over the land-trip, yet a *returning* invalid runs too much risk to go at once, early in the season, so far as New York. To Baltimore from Charleston might answer. Otherwise the rail is the only alternative, and a divided journey. Stop, perhaps, at Richmond, Va., then at Washington or Baltimore, and linger awhile in the Quaker City. If you reach New York, and especially Boston, by the middle of June, you will find it, generally, early enough. In some seasons, the first of June will *do*—not usually. Of course, if you remain *late* at the South, it will be safe to run directly North by steamer. Not a bad rule, otherwise, for your “fitting,” is that which keeps you in view of the earliest fruit of summer—*follow the strawberries*.
231 Beacon Street, June, 1872.

A CASE OF PERITONITIS WITH SINGULAR COMPLICATIONS.

By L. H. LUCE, M.D., Falmouth, Mass.

On the evening of September 21st, 1871, I was summoned hastily to attend a patient who was represented to be suffering severe pain. On arriving, I found a young man, aged 25, of a nervous temperament, lying in bed with limbs strongly flexed, and suffering acute pain over the abdomen. It appeared that, while hard at work, he had been suddenly seized with pain and chills of so severe a nature as to oblige him to discontinue his work and to go to bed. His pulse was 120, small and quick. The recti abdominis muscles of both sides were tense and rigid; there were frequent but ineffectual attempts at vomiting, great tenderness on pressure, especially over the lower portion of abdomen; countenance anxious and expressive of great suffering; tongue coated and red.

From the suddenness of the attack, and from the fact that the patient had been engaged in work requiring great exertion, I thought it was a case of strangulated hernia that I had to deal with. On asking the patient if he was ruptured, he answered in the affirmative. An examination of the inguinal and femoral rings, also of umbilicus and linea alba, did not reveal any symptoms of strangulation. While examining the inguinal ring of the left side, I noticed an absence of the testicle. Carrying the fore-finger up into the tendinous aperture,

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the testicle could be readily detected both from its form and from its extreme sensitiveness. Questioning the patient in regard to this anomaly, I elicited from him the statement that, five years previously, while engaged in work, his testicle had disappeared after a violent straining effort. This condition of affairs only increased my fears that it was a case of concealed strangulated hernia; the pain and tenderness being much greater in this region, also tended to make the diagnosis more obscure. Morphia was given, fomentations of hops as warm as could be borne were applied across the abdomen, and the patient made comparatively comfortable.

Sept. 22d.—I had passed several hours of ease, with which exception patient has been in pain, though less intense: pain is compared to gimlets boring into abdomen. Slight nausea with retching. Pulse 120, small. Muscles rigid, excessively tender on pressure. Patient dreads to be moved; has frequent calls to pass water; micturition accomplished with intense pain.

Gave morphia $\frac{1}{4}$ gr.; also the following:

R. Verat. viridis, 3j;

Liq. ammon. acetatis, 3ij.

A teaspoonful every three hours. Ordered ice p. r. n. Fomentations of hops continued.

Sept. 23d.—I had passed a restless night; is delirious, the delirium of a violent character; attempted to get out of bed, and to leave the room in spite of attendant; made attempts to seize the watch while counting the pulse. Urine voided with pain. Expresses himself as feeling well, and is determined to do as pleases him best. Gave a solution containing ten grains of bromide of potassium to two drachms of water every three hours. Omit morphia. Tincturæ opii deodorat. 25 gtt., if pain should become violent.

Sept. 24th.—Patient easier; pain in abdomen less, but tenderness continues. Pulse less frequent. Passes urine with less pain.

Sept. 25th.—Much the same as yesterday; complains of feeling weak. Tenderness much less. Pulse 80. Beef-tea and wine.

From this date, the patient began to improve slowly under nourishing food, tonics, &c. The 29th, he first had a dejection of a dark and fœtid character and in large quantity. Patient made a good recovery, and is at this date engaged in active outdoor pursuits.

This case appears to the writer to present many points of interest. The absence of the testicle, the presence of hernia, the peculiar and inexplicable manner in which