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ORIGINAL ARTICLES.

THE CLIMATE OF THE EAST COAST OF FLORIDA.

GENERAL HEALTHFULNESS, FREEDOM FROM FOGS, MUD
AND DUST; ATTRACTIONS FOR THE INVALID
AND TOURIST; NATURE'S SANITARIUM
FOR THE CONSUMPTIVE.

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If it be true that the Rocky Mountain region "is a land lifted up by nature into the pure serene for the invigoration of the race," it is equally true that the peninsula of Florida, jutting out into the southern seas, offers to the aged and invalid a most inviting climate for the comfort of advanced years and the prolongation of life. Much has been written and said of Florida. Some who have come to the State and fortunately regained health and otherwise prospered have painted a picture in glowing colors of Florida and her wonderful climate; others, less fortunate, have given the dark side. It is our purpose as medical men and residents of the section, to give the world reliable information regarding this, the American Riviera.

By the east coast of Florida we mean that section of the main land between the St. John's River on the west and the Atlantic Ocean on the east; St. Augustine on the north and Key West on the south, the entire length of which is traversed by the Florida East Coast Railway and Key West and Miami Steamship Company. This territory includes the Counties of St. Johns, Volusia, Brevard, Dade and Monroe. Along this section and within a distance of a few hundred yards to a mile of the ocean, there is a system of waterways making an inland route almost the entire distance of the State. These waterways are lagoons, arms of the sea; they have been given the names of rivers, lakes and bays, and thus we have along the coast, the Halifax and Indian Rivers, Lake Worth and Biscayne Bay. These waters are all a clear blue, are salt and abound with fish, oysters and water fowl in winter. The land, for the most part, is high and dry, the native forest is of oak, hickory, pine and palmetto, but this has given way in many places to orange groves and pineapple fields or to vegetable gardens. The soil is a rich, heavy sand; we have neither dust nor mud; no frozen ground or slush. The prevailing winds are from the east, and the resident population, living for the most part within a few miles of the ocean and directly on these inland waterways, enjoy excellent health. We believe this to be the most healthful section of Florida and the climate is certainly as near perfect as is to be found. Before this section of the State was opened up people got their ideas of Florida

from visiting at Jacksonville, St. Augustine and other places in the northern part of the State, and many of them not seeing in those places the tropical growth they expected to find, have been sometimes disappointed. While the climate of these places is very desirable and their hotel accommodations are excellent, yet they do not present the "land of flowers" appearance that the visitor wishes to see. Let them remember that these places are in the northern part of the State, that one can travel south from Jacksonville 400 miles, a distance greater than from New York city to Richmond, Va., and yet be on the main land of Florida. By reference to a map it will be seen that Florida extends through six degrees of latitude, or from about 29 degrees north to 24½ degrees going south, a distance of over four hundred miles on a due north and south line. Certainly traveling this distance in a semi-tropical country must bring one to a mild and balmy climate, and such is the climate of the lower east coast of Florida. We shall not take up space by giving comparative statistics with other favored sections, but will present a few tables showing the temperature at several Florida points where the United States government has kept observers.

Seven months of the year on the east coast of Florida is our summer, with a temperature ranging from 70 to 95 degrees. At Jupiter, a government station a little more than half way down the coast, the highest temperature of the summer months for eight years past was 95 degrees F. and the lowest 64 degrees F. So far, then, as the summer temperature is concerned this statement will suffice. The spring and autumn in Florida is simply delightful, temperate weather. What is generally understood as the Florida season or winter are the first four months of the year.

Our temperature table below will include three important points about equal distance apart. Jupiter is a little below a line equally dividing the mainland of the State north and south, but is about half way between Jacksonville and Key West, the latter cities being the northern and southern extremes. The figures are taken from tables furnished by the Weather Bureau of the United States Department of Agriculture:

TEMPERATURE TABLE—FAHRENHEIT.

	JANUARY.			FEBRUARY.			MARCH.			APRIL.		
	Maximum.	Minimum.	Mean.	Maximum.	Minimum.	Mean.	Maximum.	Minimum.	Mean.	Maximum.	Minimum.	Mean.
Jacksonville	81	15	55	84	*14	57	88	27	62	92	34	69
Jupiter	83	34	65	87	*27	67	87	33	68	93	55	76
Key West	79	55	67	80	52	66	82	54	68	88	66	75

*These low temperatures are the record of the great freeze of 1895, the lowest temperature recorded in sixty years in the State. The lowest in eight years previous to this was 26 degrees in Jacksonville, 33 degrees in Jupiter.

From the foregoing table and also from another

submitted below, it can be shown that no other section of country in temperate latitude presents so equable a climate as the peninsular or southern portion of Florida. A perfect climate is only ideal; it is not a reality. In point of temperature a perfect climate would never fall below 70 degrees or rise above 75 degrees, as such a temperature would be more conducive to human comfort than any other. In no part of the world can such a climate be found. But if we extend this range ten degrees each way and say 60 to 85 degrees, we then have a climate that is obtainable for a considerable portion of the year. We say 60 to 85, because when it falls below 60 it is too cold for comfort, or above 85 it is too warm for comfort. From this it will be seen that the place that has, during the year, the largest number of days the temperature of which falls wholly within these limits, comes the nearest to a perfect climate.

The following table is compiled from the reports of the Signal Service of the United States Army. The headings of the lines and columns sufficiently explain their contents, bearing in mind that the figures indicate the number of days in that place for that month, no part of which the temperature was below 60 degrees nor above 85 degrees:

1879.	Los Angeles, Cal.		San Diego, Cal.		Campo, Cal.		Jacksonville, Fla.		Punta Rassa, Fla.		Galveston, Texas.		New Orleans, La.		Charleston, S. C.		Wilmington, N. C.		Riverside, Cal.		*Island Home, Fla.		Key West, Fla.	
	1879.	1887.	1879.	1887.	1879.	1887.	1879.	1887.	1879.	1887.	1879.	1887.	1879.	1887.	1879.	1887.	1879.	1887.	1879.	1887.	1879.	1887.	1879.	1887.
January	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
February	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
March	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
April	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
May	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
June	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
July	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
August	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
September	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
October	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
November	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
December	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
For the year	32	73	0	128	193	170	147	124	98	14	195	227												

*Near Rock Ledge on the Indian River, table by Rev. J. H. White, observer Weather Bureau.

While the highest average maximum temperature for the months noted varies very little along the entire east coast, it being 86 degrees at Jacksonville, 87 at Jupiter and 81 at Key West, it appears there is a decided difference in the average minimum temperature, it being 25 degrees at Jacksonville, 37 at Jupiter and 57 at Key West (these minimum figures being for the coldest winter on record). Thus, while the summer is very uniform the winter temperature varies about 30 degrees, or from 25 degrees in Jacksonville to 57 degrees at Key West, a distance of about five hundred miles. Going south then from Jacksonville one may expect for every 100 miles traveled an increase of temperature from 4 to 6 degrees, there being a difference of 12 degrees between Jacksonville and Jupiter and 20 degrees between Jupiter and Key West. Key West being entirely surrounded by water, makes the winter climate relatively warmer and summer cooler than on the main land.

For twenty-five years the mean or average temperature for Jacksonville is as follows: November 62 degrees, December 56, January 55, February 57, March 62, April 69.

For eight years past the mean or average temperature for Jupiter is as follows: November 72 degrees, December 67, January 65, February 67, March 68, April 72. These figures showing a general average difference of 10 degrees between Jacksonville and Jupiter, approximately bear out the previous estimate. We, therefore, have in the Jupiter station a good basing point for calculating the temperature along the coast, and it will work very satisfactorily. For instance, one wishes to know about the average temperature for the month of January at Rock Ledge and Miami. We find the average at Jupiter is 65 degrees for January, Rock Ledge is about 100 miles north of Jupiter and would have an average temperature of 61 degrees; Miami is about 100 miles south of Jupiter and would have an average temperature of 69 degrees. For the present we have to figure this way, as many of the resort places are new and have no regular reliable weather reports.

From other data at hand we observe further, that along the east coast of Florida the temperature is from 4 to 6 degrees warmer for every 100 miles going south than other portions of the State. This is accounted for in several ways. The waters of the gulf are shallow near the land, whereas on the east side the ocean is deep in near the shore; there, too, the cold waves or winds which come to South Florida come across the gulf from Texas—Texas “northers” as they are called—and although they are tempered in coming across the gulf by the warmed waters, yet they are our cold winds. In fact, these winds from the northwest bring what damaging cold we have on the east side. A greater factor, however, in moderating the cold of these northwest winds and in regulating the climate of the east coast of Florida is that wonderful ocean river, the gulf stream. It sweeps in between the west end of Cuba and Key West and flows close in shore along the southeast coast of Florida, and as its waters are considerably warmer than the ocean proper and our prevailing winds being east, the warmed air thus brought over materially modifies our climate, making the winters warm and the summers cool by winds fresh from the ocean. The regular “norther” which we have occasionally on the east side is a water wind and never brings frost. A glance at the map will show that Jupiter is nearly one hundred miles east of Fernandina, so that all of the due north winds that strike the coast east of Fernandina are water winds, always warmer in winter than those from the land; our cold, icy winds always come across the land and from the great northwest. Such then is a general review of the temperature of the east coast and its modifying influences. There are other things of great importance beside the range of temperature which should shape our judgment as to any climate; chief among these are humidity, fogs and dust.

The average humidity in Jacksonville for twenty-five years is 74, and for the last two years at Jupiter was 80; this is a fair average for the east coast. Now, as to fogs. One of the writers of this paper has lived twelve years on the Indian River, during which time he has not seen twelve foggy days, and here it rarely rains or is cloudy all day. From the weather bureau report from Jupiter station we make the following quotation: “Total number of foggy days, dense fog for over one hour, two in 1894, three in 1895.” This is, indeed, the land of sunshine. We have little or no dust, the soil along the east coast of Florida is a

rich heavy sand; it does not grind up into dust, consequently we do not have dust storms, prevalent in some sections; beside there is little open country and the wind has no chance even if it were dusty. There is but little clay in the soil; it is porous and furnishes an excellent filter for the rain that falls, so we have no mud. One hour after a heavy rain persons can walk in their shoes without getting their feet wet or shoes muddy. Think, then, of a country averaging three-fourths of the days of the year with clear skies, moonlight nights only rivaled in the tropics, no dust, no mud, no frozen ground or slush, no fogs to speak of, no unbearable heat or humidity, and an average winter temperature of from 65 to 85 degrees. These are the climatic conditions of the east coast of Florida.

Now as to the general healthfulness of this section. The Commissioner of Agriculture for the State of Florida has furnished us the following statistic data for the counties of the east coast of Florida, population and death rate according to the census of 1895. Population: St. John's County, 7,708; Volusia, 11,480; Brevard, 4,558; Dade, 3,322; total population, 27,068. Deaths: St. John's, 63; Volusia, 23; Brevard, 9; Dade, 7; total deaths, 102. Death rate less than 4 per 1,000. If there is any error about this statement, as some will no doubt suppose, the State officials are responsible for it. We present this table as an offset to many slanderous reports concerning the general healthfulness of this State and section, also for the purpose of directing attention to what is, so far as we can ascertain, the lowest death rate of any section of the United States. In the so-called sickly sections of the country and in nearly all of our cities throughout the States the death rate is four or five times as great as here.

From an interesting article on the climate of New Mexico, appearing recently in the JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION, we make the following sweeping quotation: "Statistics have proved that the West Indian Islands and the *Gulf States* are unfavorable for most lung diseases and rheumatic fevers, as well as abdominal disorders generally, being hotbeds of malaria." There are undoubtedly sections of the Southern or Gulf States, notably along the Valley of the Mississippi River, that are extremely malarious, but such a wholesale statement as the foregoing must be corrected. Grant that these sections do have malarial troubles, they are not, as a rule, fatal, and it can be shown by statistics that the death rate of the Southern States as a whole is less than any other grand division of the country and the climatic conditions are here more favorable for the prolongation of life.

In defense of Florida we quote as follows from a report by Surgeon-General Lawson, published just the last war: "The climate of Florida is remarkably agreeable, being subject to fewer atmospheric variations and its thermometer ranges much less than in any other part of the United States, except a part of the coast of California. (This report made before the east coast of Florida was settled up.) As respects health, the climate of Florida stands *preëminent*. That the peninsula of Florida is much more salubrious than that of any other State in the Union is clearly established by the medical statistics of the army. Indeed, the statistics in this bureau demonstrate the fact that diseases that result from malaria are of a much milder type in the Peninsula of Florida than in any other State of the Union. These

records show that the ratio of deaths to the cases of remitting fever has been much less than among the troops serving in any other portion of the United States. In the middle division of the United States the proportion is 1 death to 36 cases of remitting fever, in the northern division 1 death to 52 cases, in the southern division 1 to 54, in Texas 1 to 78, in California 1 to 122, in *New Mexico* 1 to 148, while in Florida (a Gulf State) it is but 1 to 287." It would be idle talk to say there was no malaria in Florida, people appreciate truth. Wherever there is heat, moisture and decaying vegetable matter there must be some malaria, but what of it, when it causes no deaths. Beside this, people, and physicians as well, are too often in the South disposed to call every trifling ailment, even biliousness and disorders of digestion, malaria. It frightens outsiders, it means nothing to us.

The east coast of Florida is fortunate in having little or no malarial troubles. For the most part the land is high and dry, the soil is sandy and water does not stand upon it. The people for the most part live along the banks of the rivers within a few miles of the ocean. There is almost a constant prevailing east wind fresh from the ocean, and the miasmatic vapors that form about the low lands and marshes west of us are blown away, so that our air is very pure.

A prominent physician of the Indian River country states "that in twelve years he has not seen a case of scarlet fever, diphtheria or true croup, has had only three cases of pneumonia, all sequelæ of la grippe and all recovered; has never had a death from simple malarial fever; that rheumatism is rare amongst those who are properly fed, and that most asthmatics do well and nearly all consumptives are benefited in this section."

Another prominent physician, in an article on the health of Brevard County (this county being 100 miles long, making one-fourth of the east coast), makes this statement: "For the last four years I have not used over four ounces of quinin or its kindred compounds in my practice annually. There is but little tendency for the remitting and continued fevers to pass into that state known as typhoid."

From the same writer (Dr. Geo. W. Holmes) I quote further: "The Indian River furnishes an unsurpassed asylum for the invalid from the chilly blasts of old winter. It is equaled by few sections of the world in its freedom from damp and foggy mornings. Its sandy soil swallows up whatever rainfall the passing showers may bring, leaving the surface free from redundant water, so that there is absolutely no mud for the pedestrian to chill his feet with.

"The invalid seeking recuperation from the ravages of that invincible destroyer of our race in northern latitudes, pulmonary disease, will meet in many of the resident population practical demonstration of its beneficent influence. The writer of this article came to this section in January, 1875, from central Ohio, suffering from pulmonary consumption. Improvement was definite the first winter, and a continued residence has resulted in confirmed good health, continuing to the present year, 1896."

Statements could be multiplied at great length setting forth the advantages of this favored section, but we think enough has been said to warrant physicians throughout the country in advising their patients who have incipient phthisis or are otherwise in feeble health to come to this section of Florida. Not only

may they be safely advised to come here for the winter months, but to make for themselves permanent homes.

The east coast is comparatively speaking a new section of the State. In other years, when a trip to Florida was the popular thing, the east coast was quite inaccessible. A journey from Jacksonville or St. Augustine to Rock Ledge or Lake Worth required many days and great inconvenience; this now is all changed. About five years ago Mr. Henry M. Flagler, a New York millionaire (and member of the Standard Oil Company) undertook what was and is a stupendous project—that of building and operating a railroad from St. Augustine south to the Keys, the present terminus being at Miami, 366 miles south of Jacksonville. Mr. Flagler has also constructed along this line of railroad at different points the most expensive and elegant hotels in the South, perhaps in the world. It is then no longer a question of expedition or comfort in travel or entertainment after reaching this section. There is much in this section to attract the tourist and invalid. There is no rough mountain scenery, the land in no place rising more than 100 feet above the sea level; but for broad expanse of water view, for evergreen tropical vegetation, for fine fishing and hunting, for balmy air in which the invalid can remain out of doors nearly all the time, we have a country unequaled. A few years ago the forest of palms and hard woods stood in its primeval glory. Now it is broken in many places, and here and there thrifty little towns dot the coast, where once stood the Seminole tent. The attractions of these little towns are varied, all now offering the comforts of life.

Going south from Jacksonville is St. Augustine, the first east coast town, noted for its antiquity and its magnificent hotels. It is said that the Ponce de Leon Hotel in St. Augustine is the finest structure of its kind on earth, and its service is unsurpassed. Going yet further south the next places of importance are Ormond, Daytona and New Smyrna, on the Halifax River and ocean front; these places are noted for their fine sea beaches, admirable for bathing, which, with beautiful shelled streets, make it very attractive for the bicyclists and for driving outfits.

Still further south, down on "the Indian River," we come to Rock Ledge, "the beautiful." No place in Florida presents more natural beauty than Rock Ledge. The shelled drive along the rocky front bordering the Indian River, overhung with moss-draped oaks and the evergreen palmetto, is something enchanting. Here too is the home of the famous Indian River orange. Rock Ledge has three excellent hotels and a number of boarding places suited to all classes of people. One hundred miles below Rock Ledge and we come to Lake Worth, in the midst of semi-tropical scenes and pineapple plantations. On the peninsula between Lake Worth and the ocean Mr. Flagler has erected the Royal Poniciama Hotel at Palm Beach, with accommodations (including "the Inn") for 1,000 people. Everything has been done here to make glad the heart of the visitor.

Yet further south nearly a hundred miles, down on Biscayne Bay, we come to Miami, and for the present "here we rest."

Miami presents a strictly tropical appearance. Its cocoanut trees, with profusion of vines and beautiful flowers, make a scene that can not perhaps be observed anywhere else in the United States. At this place Mr. Flagler is having erected another beautiful hotel,

the Royal Palm, which will be ready for guests the coming season. So much, then, for the country and its advantages.

In closing, we wish to present some views for the benefit of the consumptive. In the present state of our knowledge there is no specific cure for pulmonary tuberculosis; neither is there any climate or section where all can be cured. Patients have been sent in all directions. They have been advised to climb into "the blue serene" of the mountains where the air is light and pure, and where respiration could be carried on with less difficulty than at the sea shore; they have been sent to the wide plains to breathe the dry air (and likewise the dust); they have been sent to the far north where the air is so cold that the bacilli might be frozen out; they have been sent to the tropics where no pneumonia would aggravate. Alas! no place suits every case; some are doomed to disappointment. Now, we offer you the east coast of Florida as nature's sanitarium. In a paper read before the last meeting of the Florida State Medical Association, Dr. George Troup Maxwell stated that forty years ago pulmonary consumption was almost unknown in Florida, the disease now existing having been brought into the State by outsiders. To this statement we can add the testimony of many physicians now in the peninsula of Florida that, except in cases of heredity or clear infection, consumption is almost unknown among the resident population. This should give great encouragement for sending patients with pulmonary and catarrhal affections to this section. (Our health officials might profit also by this lesson, for in extending our hospitality we are inviting a foe.) Physicians in advising a change of climate must consider more than range, or variations of temperature. Sick people are sensitive, especially so are consumptives; although as a rule they are the most hopeful class of invalids, they are much affected by scene and environment.

Little benefit could be derived in a uniform temperature of 80 degrees, if there was nothing in sight to delight the eye or gratify the palate.

What the consumptive requires is a climate so mild that the tuberculous process is not aggravated by respiring chilled air. Congested conditions of the lungs and bronchial tubes deprive him of a certain amount of oxygen absolutely necessary for life and comfort.

They should be out of doors amongst the trees and flowers, breathing in nature's remedies. They should have the sunshine, which here they can have three-fourths of all the days of the year.

They should have fresh fruit, fish and vegetables, which here abound, the orange, pineapple, grape fruit and saw-palmetto berry growing here in their greatest perfection. They should have good beef, eggs, bread and milk, which can now be had anywhere along the east coast. Neither air, sunshine or drugs alone will cure a consumptive; they must be fed until we shall have discovered a remedy that will destroy and rid the system of tubercle bacilli without destroying life.

A country showing such a low death rate as ours must be healthful, and a healthful country is better suited to invalids than those sections where much sickness prevails. It will be difficult to find a climate better suited to the invalid class than that of the east coast of Florida. Here in midwinter he may bask in the sunshine or hie himself (or herself) to the shade of the beautiful evergreen trees. At night he is

soothed to slumber by the murmuring of the mighty deep. From his window he may look out upon a broad expanse of blue water, salt and pure; upon waving palms and beautiful fragrant flowers. At the table he may have the most nourishing food, the most luscious and healthful fruits.

Here there is no dust, no frozen ground, mud or slush; but few damp mornings, and the invalid's life is full of variety, and a pleasant existence rather than a weary fight for life.

Being ourselves thoroughly convinced that no section of our great country offers so mild and equable a climate, so low a death rate or so many advantages and conditions favorable for the prolongation of human life, we take pleasure in presenting these facts, and will gladly give further information if desired.

INFANT MORTALITY DURING LABOR, AND ITS PREVENTION.

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The time was when women brought forth her offspring with pain and suffering, without the presence of midwife or physician; but from the beginning the process has been accompanied by dangers to the mothers and more or less mortality among the children. Although we lack full statistics it can safely be asserted that among the uncivilized peoples (those wholly uninfluenced by civilization) the rate of infant mortality is far less, during labor, than it is at the same time among the civilized peoples. This may seem at first a broad statement, but by comparing the two classes of peoples we can easily find sufficient causes to warrant the assertion.

Man, in the first stages of his existence, was semi, or wholly, barbarous. From that state of being he has gradually grown through the successive stages of civilization to the highest type of human possibility at the present time, a refined and civilized being. He left his footprints all along the way and today they may be found scattered throughout the world in the various civilized, half civilized and savage peoples that mark the different stages of his progress.

In order to get a better understanding of the existing circumstances let us examine the two extreme stages of his existence in respect to his life and characteristics in each stage, and judge of their influence on the mortality of the children of each class. Take, for instance, the wholly uncivilized races, those completely isolated from the influences of the civilized world; with them, like with the lower animals, it is a pure case of the survival of the fittest. Stout, robust, healthy people, living a life of activity and open air exercise, every muscle in their bodies is well developed; every organ is in a perfect state of healthy activity. Where anything is definitely known about them, history and science teach us that they are a perfectly healthy and happy people where civilization has not cast its baleful shadow upon them. Every man, woman and child is in a direct line of healthy ancestors. Each and every one is of good blood, is well developed and has an enduring constitution. They all dress in accordance to the demands of the climate in which they live. In warm climates, where most of them live, they are not encumbered with clothing to any great extent. In cold climates, where warm clothing is necessary, they wear thick fur clothing, but wear it loose; for experience has taught them

that thick clothing, loosely worn, will keep them much warmer than the same clothing worn with a tight fit. Hence, no matter in what latitude they may live, we find them wearing no restraining bands or no tight laced corsets; nothing, in fact, to retard their normal growth or to check the natural development of any part or organ of the body.

With pregnant women this is an important factor; but there is another, and perhaps greater, difference between these women and their civilized sisters. Child-bearing with them is a pleasure as well as a duty, for they have nothing to fear from the dangers of it, as compared to the civilized woman. Although the uncivilized sister is a hard-working woman and does all the work of the place, even up to the time of her confinement, she seldom has a miscarriage. Her good health and free and unrestrained development are guards against it. She neither fears the dangers of childbirth nor dreads the ordeal of pain. Her fine physique and her healthy ancestry reduce these to a minimum. Her children live and thrive and in time reproduce their kind, and people their country with types of robust, strong and healthy people, who multiply upon the face of the earth as God commanded.

Between the uncivilized and the ultra-civilized there is a class that have felt the influence of civilization without themselves being civilized thereby and are, in every such instance, losers by the contact. The American Indian is a good example of this class. Over them has civilization cast its shadow and upon them left its blight. Among them came the civilized Christian with the Bible in one hand, a flask of brandy in the other, the germs of tuberculosis in his system and a Hunterian chancre under his prepuce. He left behind him a degenerating race of miserable débauchés, suffering from the ravages of consumption and rotting with syphilis, whose path through the world is best marked by their graves.

Let us now consider a people upon whom the effect of civilization has been to improve them intellectually, to enfeeble them physically and, in far too many instances, to render them morally depraved, namely, ourselves.

Ease, luxury, indolence, licentiousness and intemperance, the creations of that corrupt offspring of civilization, fashion, are the sins for which our healths and the healths of our children have to suffer. For nearly, if not quite, fourteen centuries we have been inheriting and transmitting the vitiating effects of these vices, so that what wonder is it that today we are degenerated physically from what our earliest ancestors were, and what wonder is it that some of us are morally depraved? What wonder is it that we are a race of tuberculous syphilitics?

Our women are in a worse condition, if possible, than the men. How little are they prepared to bear children. Like their husbands, they are the offspring of a physically enfeebled race. Civilization has raised them mentally above the plane of their barbarian ancestors; but, being naturally of a frailer constitution than the men, the physical retrogradation that they have undergone, side by side with the male portion of the race, leaves them today but a faint outline as compared with the sturdy robust persons of their female progenitors.

They marry, like their mothers before them, for purely social and financial reasons; and seeing about them the fatal effects of reproduction, they shun that duty accordingly. Themselves the progeny of a