the benefit of your patient that *every source* of excitement should be removed. Further I am convinced that treatment during the formative stage is *highly desirable* and the use of woorara should be commenced as soon as possible after the disease has become fully developed.

During the formative stage I should use the same treatment as given in the case reported in the *Amer. Journal of Medical Sciences*, vol. 72, p. 80. I think the report of these cases throws some additional light on the doses that may be necessary.

This medicine should be pushed as rapidly as consistent with the safety of the patient, to the point of controlling every symptom in the case, not merely to the point of relaxing their severity. The fatal character of the disease when left to nature, I think fully justifies this action.

Another fact was observed in the first case, although not previously recorded, *i. e.*, that the effects of the drug began to diminish in about two hours.

If some physician, after suitable experiments with this powerful drug, would publish the results showing the toxicological effects, symptoms, mode of death, etc., he would thereby enable the profession to use it more intelligently, and possibly with better results.

ART. XIII.—*Beach Haven, New Jersey. A Remedy for Hay Fever or Autumnal Catarrh.* By SAMUEL ASHHURST, M.D., Surgeon to the Episcopal Hospital, Philadelphia.

OF late years much attention has been given to the so-called hay-fever and its variously entitled congeners, with the relief from suffering which its victims can best obtain by a residence during the time of the attack at some specific locality. The White Mountains of New Hampshire, Fire Island, New York, and other locations have had their claims presented to the profession, and at each of them, during the proper season, will be found many or few sufferers from this complaint. As it is pretty evident that immunity from the influences provocative of the disorder is not confined to one or two places, it becomes important that the merits of all such regions should be known in order that a choice may be made among them, which will be determined by the accessibility or the attractions each one may present to the individual taste.

At the risk of incurring the charge of egotism, it will be perhaps best to give a personal narrative, which may enable the reader to form his own judgment in the case. Having suffered from autumnal catarrh accompanied by intense asthmatic symptoms from very early life, I endured the suffering attendant upon the malady as best I could, either at home, in

Philadelphia, or in central New Jersey, until the fall of 1860. Being then induced to try the effect of the climate of Newport, I found that the severity of the symptoms was moderated at that place. Reflecting upon the peculiar position of Newport, a town situated on a narrow tongue of land, surrounded by the sea on all sides but one, I came to the conclusion that an island residence would be beneficial, and that the benefit would probably be proportioned to the absence of upland vegetation. Upon making inquiry for such a location easily reached from Philadelphia, I found that the island of Long Beach most nearly answered the requirements of the case, and accordingly went there for the first time in August, 1861. The relief experienced at that place was so great that with one exception each recurring season has found me a resident of that narrow strip of sand. The exception referred to was in the year 1867, when I ventured to spend the fall in the interior of New Jersey, in the vain hope that the habit of recurrence might have been broken by the lapse of years. The result of this experiment was so unsatisfactory, the catarrh and asthma making their appearance with unusual vigour, that there has been no inclination left to repeat it.

From 1861 gradually increasing numbers of fellow sufferers, led in the first place, I believe, by my example and experience, have been resorting to different parts of Long Beach, and in all uncomplicated cases with greater or less benefit.

A glance at the map of New Jersey will best explain the situation. Extending between the inlets of Little Egg-Harbour and Barnegat, Long Beach is eighteen miles long, with a varying width of from one-half to three-quarters of a mile, and is distant about six miles from the main land. Beach Haven is about six miles from the lower end of Long Beach, at a point where it is narrowest, it being but half a mile from sea to bay, which last is in this position five miles wide. Owing to the width of the bay, even the rare westerly winds, bringing the influences of the land, are tempered and lose most of their malign powers in their passage across this broad sheet of water, and the sea breeze is less frequently replaced by that from the land, so much dreaded at most watering places. With this condition of things, there is necessarily a low thermometer.

The geological formation resembles that of most of the beaches upon the Jersey coast, sand upon a substratum of meadow, while beyond marine grasses and bayberry bushes there is no natural vegetation. As the land is so narrow, a mere ridge of sand and meadows, the constant ebb and flow of the tides, both upon the ocean and bay fronts, secures very perfect drainage, which circumstance, together with the unimpeded action of the sun's rays, produces a dryness of atmosphere which is remarkable for the sea-shore.

It is not claimed that at Beach Haven no one will suffer from any symptoms of hay-fever, but my own experience, together with that of

others, goes to prove that when the wind comes from any other direction than the west, there will be complete immunity enjoyed, and this condition of things exists during at least five-sixths of the time. When, however, a westerly wind does prevail, the complaint may make a partial appearance, and the symptoms will be found to bear a close proportion to the severity of the form to which the sufferer is subject at home. In all cases, without exception, it is reasonable to expect that the severity of the symptoms will be diminished, and this diminution may be fairly computed at from fifty to ninety per centum, which is believed to be quite equal, if not superior, to the results obtained at any other place.

The natural advantages and attractions in the way of bathing, fishing, and sailing, together with the dry and bracing atmosphere, have been bringing Beach Haven into notice of late years among pleasure seekers and invalids of all classes, so that fair hotel accommodations exist.

From Philadelphia Beach Haven is reached by the Pennsylvania Railroad from Market Street wharf in three hours and a half; from New York the time occupied *via* either the Pennsylvania or New Jersey Southern Railroads is about five hours.

The object of this article is not to unduly exalt Beach Haven above other resorts, but it has been written at the urgent request of some of my fellow-sufferers, and in the hope that thereby some others may find this place, as we have done, a haven of rest.

1423 WALNUT STREET, JAN. 31, 1877.

ART. XIV.—*An Epidemic of Typhoid Fever produced by Sewer Poisoning.* By D. B. SIMMONS, M.D., Surgeon to Ken Hospital, Yokohama, Japan.

SINCE the toxic principle which gives rise to typhoid fever is believed to find its way into the economy, in a majority of cases, through the medium of drinking water, no medical man who finds himself dealing with this disease, especially in an epidemic form, can fail to make the most searching investigations into the water supply of the locality, and especially of that used by those attacked. In the subjoined sketch of an epidemic of typhoid fever, which has just come under our notice, no especial sagacity in discovering its source is claimed, nor do we expect to offer anything new regarding the etiology of the disease. Our principal object in offering it to medical readers is, the very definite nature of the facts, which were elicited in proof of the source of the poison, which in so many cases is difficult and even impossible to substantiate.

As consulting surgeon of the native police force, we were called in to