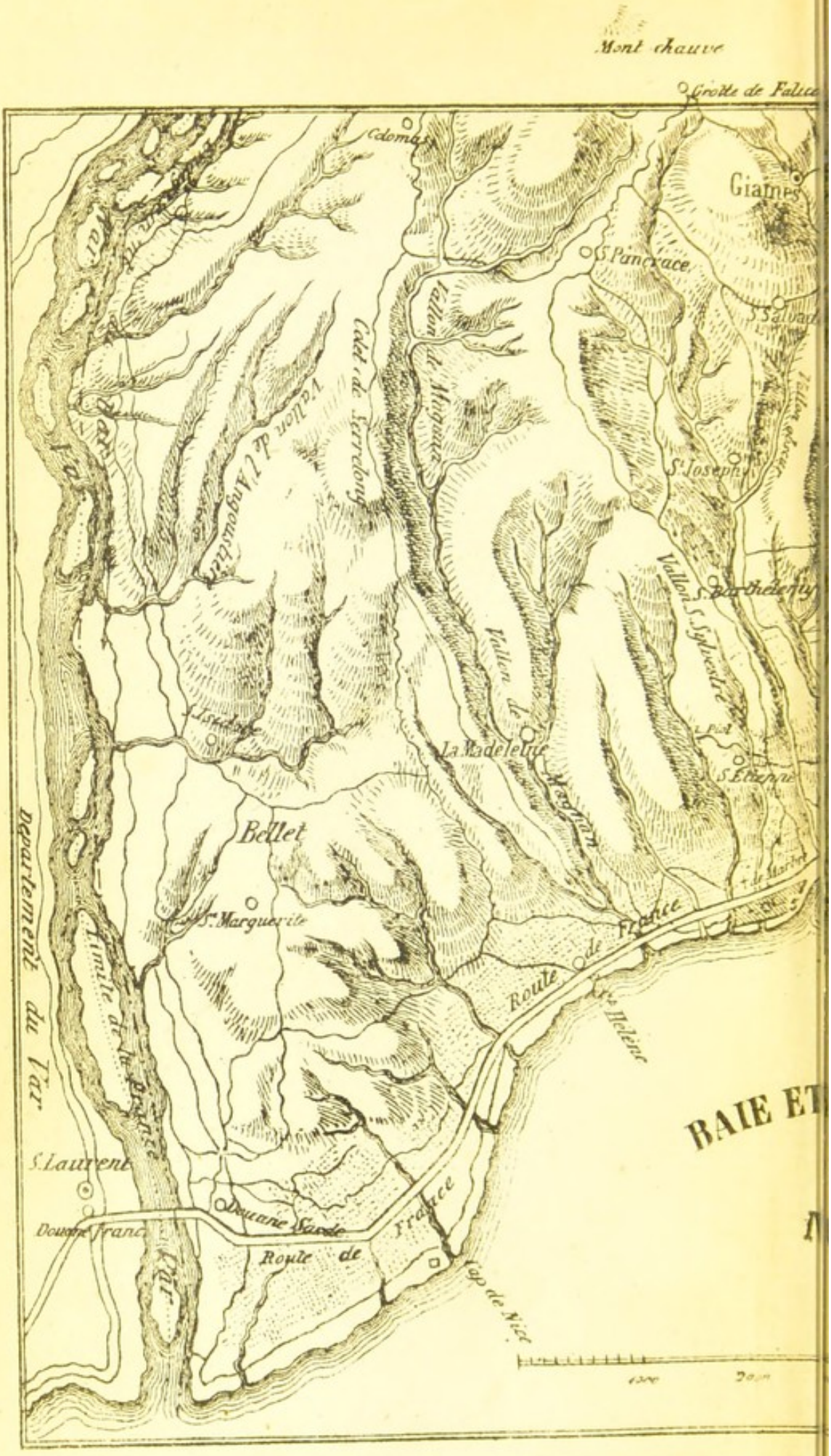
Nice and its climate : with notices of the coast from Marseilles to Genoa / by Edwin Lee ; translated from the French, with additional observations on the influence of climate on pulmonary consumption.

NICE AND ITS CLIMATE

EDWIN LEE



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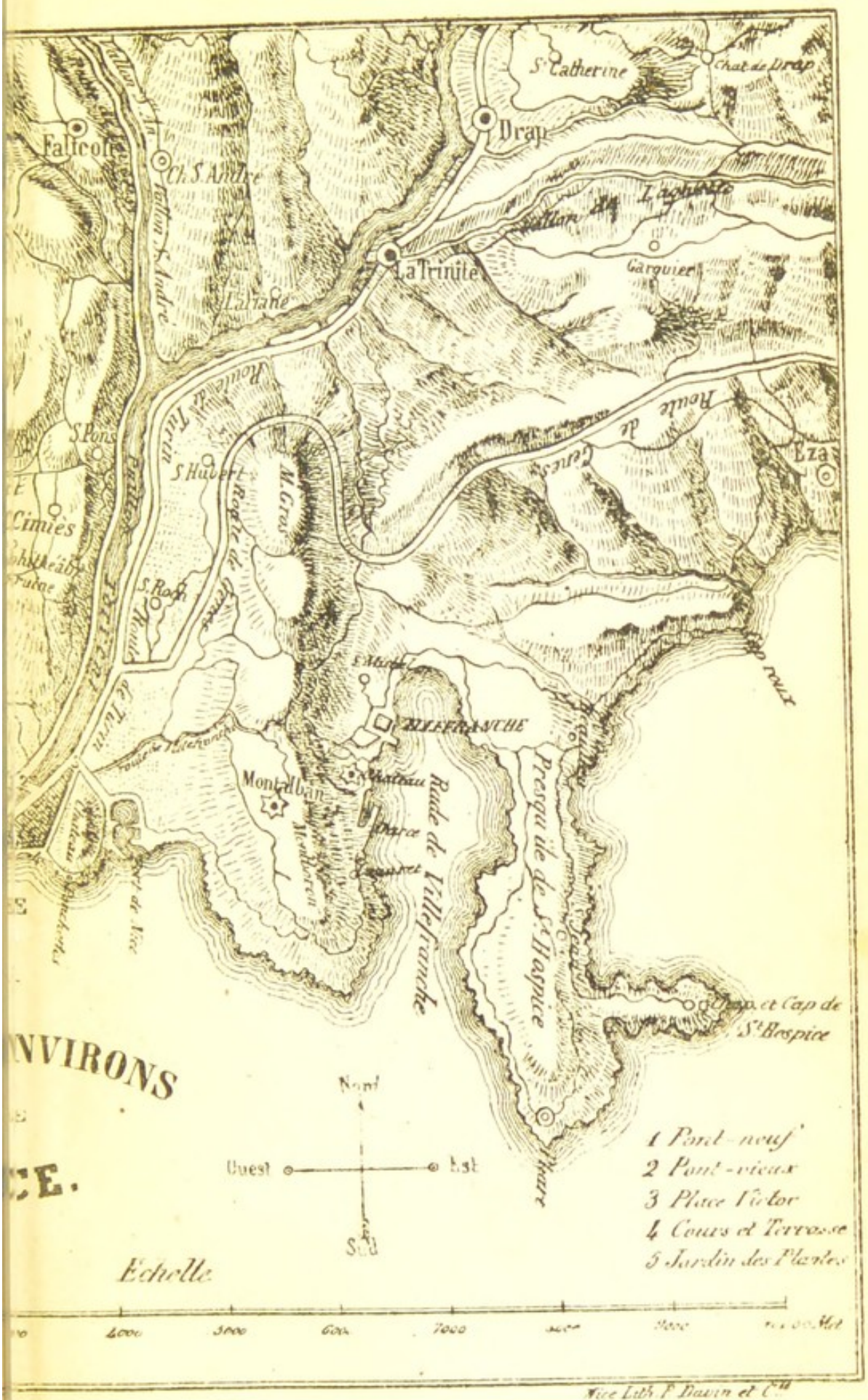

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NICE

AND ITS CLIMATE;

WITH NOTICES OF THE COAST

FROM

MARSEILLES TO GENOA.

BY

EDWIN LEE,

CORRESPONDING AND HONORARY MEMBER OF THE MEDICAL ACADEMIES AND SOCIETIES OF VIENNA, MADRID, TURIN, NAPLES, PARIS, BERLIN, FLORENCE, &c., &c.

(Translated from the French, with Additional Observations on the Influence of Climate on Pulmonary Consumption.)

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PREFACE.

VERY different opinions have been entertained of late years by medical practitioners and invalids respecting the effects of the climate of Nice. Having had opportunities of appreciating its action in various states of disease, during the periods—more or less prolonged—of my sojourn in the course of many years, I have been induced to publish more ample details than are comprised in the necessarily brief notice of Nice in my "Companion to the Continent,"* considering that such a publication may possibly be of service to those members of the profession, and to the numerous class of persons who are interested in the subject of the remedial influence of climate, and who may wish to have an impartial opinion respecting that of Nice.

* With Observations on the Influence of Climate, Travelling, &c. Adams, 59, Fleet Street.

In order to render this little work as complete as I possibly could with respect to the medical topography of the locality, I have quoted the details of meteorological observation, from authors whose attention has been more particularly directed to them, and have instituted comparisons between Nice and some other places of winter resort; by which the differences may be at once perceived, and which may perhaps serve as a guide in the choice of a suitable residence in particular cases.

All places which are resorted to on account of climate, have their respective advantages and disadvantages, and it would be in vain for any one to seek to enjoy the former without experiencing some of the inconveniences of the latter. A locality, for instance, possessing a very mild and equable climate, may be difficult of access, may be deficient in space for walking or riding exercise—in conveniences and in resources for the occupation of time, &c.; and even a climate of this kind, which would be well adapted to some patients, would be very unsuitable to others. Nice is, however, favourably circumstanced in several respects: from its

being near to the great centres of civilization, and easy of access; from the different characters of its climate according to the position selected; from the facility of obtaining all the conveniences of life; as well as from the variety of walks and rides abounding in its environs, where the invalid may enjoy the aspect of a luxuriant vegetation of plants and flowers in a season when in most other places the earth is clad in its winter garb. In this last point of view, this spot has been referred to by one of the most highly-esteemed French poets, in the following lines:—

"Oh, Nice! heureux sejour, montagnes renommées,
De lavande, de thym, de citron parfumées;
Que de fois sous tes plants, d'oliviers toujours verts,
Dout la paleur s'unit au sombre azur des mers,
J'egarai mes regards sur ce theatre immense;
Combien de jouissais," &c.*

It must, however, be remembered, that every medal has its reverse side, and that disappointment is the necessary result of exaggerated expectations consequent upon preconceived

* Delille,—Les Jardins.—(This poem was written at Nice.)

ideas. Every circumstance or event should be considered, not merely as regards the temporary inconveniences that may accompany it, but with reference to the aggregate of advantages which it may present. Thus, at Nice, as elsewhere, the winter seasons vary: some are less favourable than others; it sometimes happens that the autumnal rains do not set in at the usual period, but occur later; and I have repeatedly heard persons abuse the climate because they happened to be at Nice in bad weather, forgetting that, taking the general aggregate of weather throughout the season, they would very likely be worse off in other places than at Nice; and that elsewhere, even if they avoided the inconveniences of which they complain, they would doubtless be exposed to others, perhaps of a more serious nature.

The work was written in French because it would have been next to impossible to have printed it in English at Nice, where I was staying at the time; and because in that language it could be available to visitors from other nations than Great Britain. Several

persons have, however, expressed to me their wish for a translation; and as the introduction of the original into France or England is attended with considerable difficulty, I am led to publish one, which may serve to convey to the profession in England, and to invalids before setting out for the Continent, a tolerably correct idea of Nice.

A few observations are added upon some causes of consumption not generally sufficiently attended to, and upon the influence of climate upon the production and arrestation of the disease, respecting which considerable difference of opinion likewise prevails among the profession and the public.

13, Curzon Street, May, 1854.

NICE

AND ITS CLIMATE.

CHAPTER I.

Route from Paris, by Lyons, the Rhone, and Marseilles—Hyères and its Climate—Cannes.

The most direct, as well as the easiest route from Paris to Italy, is doubtless that by Lyons and the Rhone, inasmuch as steam communication is now established throughout the whole extent—nine or ten hours being required by rail to reach Chalons, whence there is a choice of conveyance to Lyons—viz., by the railroad, which is just completed along the right bank of the Saone, and by the steamers, which descend the stream in five or six hours. The banks of the river are flat and cultivated; but are very uninteresting to the passing traveller, except in the neighbourhood of Macon, and on

approaching Lyons, where they are hilly, well-wooded, and embellished with numerous country houses and gardens.

Lyons, situate at the point of junction of the Saone with the Rhone, presents the aspect of a capital city; a bustling population encumbering its narrow streets and spacious quays, and its shops being well supplied with necessaries and luxuries of all kinds. The principal square (Bellecour) is, perhaps, the largest in Europe. In its centre is an equestrian statue of Louis XIV. The other chief square (Des Terreaux), connected with the former by a long street, contains the Hotel de Ville—an edifice of massive architecture and great antiquity,—a good museum of natural history, the diligence offices, and two or three large hotels. The most striking public building is, however, the Civil Hospital, the façade of which occupies a considerable extent of the quay along the Rhone. Lyons offers, however, but little resource for the amusement or occupation of visitors who are not attracted thither by business. The climate in winter is cold and rainy; fogs are frequent; and few English travellers remain more than a day or two. From the Terrace de Fourvières, on a hill overlooking the confluence of the two rivers, a pleasing prospect may be enjoyed of the city and a considerable extent of fertile country, bounded on the south by the Dauphiny Alps.

Steamers leave early in the morning, and likewise in the middle of the day, for Valence, arriving in five or six hours. The railroad will, in the course of the present year, be completed from Lyons to Avignon; it has just been opened between Valence and the last-named town, though, as but twelve hours are required for the descent by steamboat from Lyons, many persons will doubtless prefer this mode of travelling, in order to enjoy the scenery, which is interesting, and in some parts resembles that of the Rhine below Mayence, the banks being disposed in terraces for the cultivation of the vine, and picturesque ruins ever and anon crowning the summit or occupying the acclivity of an eminence. Above Valence, and especially between Lyons and Vienne, the country is very fertile. On advancing southwards, however, its character is changed, approximating more to the aridity of Provence, and a marked change is likewise perceptible in the climate. The river is crossed by numerous suspension bridges, the only stone bridge, which is of great antiquity, being at St. Esprit. From the rapidity of the current at this point, accidents were formerly not of unfrequent occurrence; and when the steamers are delayed so much as not to be able to pass the bridge by daylight, they always remain the night at St. Esprit, on account of the difficulty of the navigation, especially when the water is

low. On nearing Avignon, the river winds considerably, and on account of these variations in its direction, persons who remain on deck, and are susceptible to atmospheric transitions should not neglect the means of protecting themselves against the currents of air (frequently alternating with the heat of the sun) to which they are exposed. On ascending the course of the river, most travellers will be disposed to desert the steamboat for the railroad.

A recent writer on climate speaks in the following terms respecting the contrast presented by the lower with the upper part of the Rhone:—"The traveller who descends the river from Lyons to Marseilles, does not at first perceive any change in the aspect of the country. But after having passed Pont St. Esprit, the Rhone is suddenly enclosed between hills, which rise like walls from between the banks. These are the Pillars of Hercules, between the northern and southern climates. When the boat has passed through this gorge, all is changed. Nature presents herself in a new garb to the astonished traveller. Barren, calcareous mountains; buildings presenting the yellow and light appearance of the South; olive-trees, with their grey foliage; dark cypresses, with clearly defined outline against the sky—a landscape of Greece or of Italy. Provence is a portion detached from the rest of France, and cast upon the northern shore of the Mediterranean. Pro-

tected by a mountainous circle against northern winds, and descending by successive gradations towards the sea, it enjoys a higher temperature than the more southern provinces bordering upon the Pyrenees. To the east the Provençal climate becomes insensibly confounded with the still milder climate which is enjoyed by the shores of Liguria, designated by the name of the Riviera of Genoa."

"The mean annual temperature is more elevated in this portion than in any other in France; it attains nearly 15 deg. (centigrade). The summers are hotter, and the winters warmer, than in the Girondin districts. The neighbourhood of the sea tempers the summer heats; the thermometer does not rise so high in proportion as in the north of France; but the heat lasts longer, and the mean of summer is nowhere below twenty-one. The annual quantity of rain is not greater than in other parts of France; but the distribution as respects the seasons is very characteristic. Almost one half falls in autumn, the other half in winter and spring; summer is therefore excessively dry. The autumnal rains being very abundant, the number of rainy days is much less than in any other region. At Marseilles it is 59 in the year; at Montpellier 67; at Nice 52. Storms are not common, but are very violent, and occur mostly in the spring and autumn.

"The climate of Provence is the best in

France, and would be the most agreeable and the most healthy, were it not for the north-west wind (*mistral*) which blows with extreme violence in all the valleys of the Rhone. This wind was unknown in the time of Julius Cæsar, who represents Provence as a country covered with forests. After an inconsiderate destruction of the trees clothing the plains and the hills of the country adjacent to the delta of the Rhone, this impetuous wind was first experienced. The mechanism of its formation is as follows:—When the denuded crests of the mountains, and the pebbly plains, become heated by the sun's rays, the air in contact with them being likewise heated, dilates and rises into the higher regions, like that from a chimney where a strong fire is burning. Then the colder and heavier air, which surrounds the snowy summits of the Alps, precipitates itself as an aerial torrent to fill up the partial void which has been occasioned by the lower stratum of air. Were the country around covered anew with forests, the causes productive of the mistral would be in a great measure removed.

"There is in Provence a privileged district, extending from Hyères to Nice. Situate at the base of the Alps, removed from the course of the mistral, it enjoys a milder climate than that of Rome or Naples. It is there that persons with delicate lungs go to seek the mild atmosphere, the constant temperature, the calm

existence which retards the progress of the most inexorable of diseases, and would sometimes arrest it, did not neglect or a fatal blindness prevent patients from seeking in time a possible cure, or divert their choice to less favourable localities. At Nice the mean temperature of winter is 9·3; which is that of spring at Geneva, and almost that of the month of April at Paris. This temperature rises but little during the months of March and April; thus it may be said, strictly speaking, the seasons at Nice are reduced to three—spring, summer, and autumn.*

Avignon, surrounded by high walls, presents every appearance of great antiquity, and has occupied a prominent place in history on account of many important events of which it has been the theatre. Its most remarkable building is the Palace of the Popes, a vast Gothic edifice in the upper part of the town, seen from a considerable distance, and now serving for barracks. Its striking façade and the council hall, are particularly worthy of attention. The cathedral, at a still higher level, contains but few objects of interest, except the tomb of the *brave Crillon*. From the adjacent promenade the greater part of the city is seen to advantage; as also the course of the river for many miles, and the plains of Languedoc, extending west-

* M. Martius in the "Annuaire Meteorologique de la France" for 1850.

ward till bounded by the Cevannes. Among the ruins of the Church of the Cordeliers, the site of the tomb of Laura, so celebrated by Petrarch's sonnets, is pointed out. With the exception of the fountain of Vauclure, whose "chiare fresche e dolci acque" are likewise immortalized by the poet, the environs of Avignon offer but little of interest. The fountain flows in a most romantic spot at the base of a semicircle of lofty rocks, eighteen miles distant from the town.

The country between Avignon and Marseilles, though at first pleasing, becomes more and more sterile on advancing southwards, this part of Provence being for the most part rocky, and the ground scarcely cultivable. Rognac is the station corresponding to Aix (which will shortly have its branch line), about a two hours' drive. This town, formerly the capital of Provence, now contains nothing worthy of note, except its principal street, which is wide and handsome. The environs are, however, enlivened by numerous villas scattered about the olive-coloured hills. The thermal waters in the neighbourhood are now but little employed.

When the railroad is finished to Aix, most travellers proceeding by land to Nice, will take this route instead of going to Marseilles; by which three or four hours will be gained. As yet, however, there is a deficiency in con-

veyances as compared with Marseilles, whence, independently of the diligence, there is steam communication twice a week, from twelve to fourteen hours being required for the transit, which is made at night. The journey by land takes at least twenty-five hours by Brignoles, le Luc, Draguignan, and Frejus, though travellers posting, or in voiturier, may shorten the distance by avoiding Draguignan.

Marseilles is second in importance only to Paris; its population exceeds 200,000 souls. It is traversed through great part of its length by the Cours, a spacious street, with central promenade bordered by rows of trees, which constitutes the chief point of assemblage for the inhabitants, and is terminated at one extremity by the triumphal arch erected by Napoleon. From the centre of the Cours, another wide street (the Canebière) leads to the port, which is filled with vessels from various countries. The Allées de Meihlan, a triangular Place, planted with trees, at the upper part of the city, is likewise one of the most usual points of meeting to discuss affairs and the news of the day. A new promenade (the Prado) extends from the town a considerable distance along the shore, which, however, does not possess the sandy beach which is so great an attraction to the seaside in other parts, for—

"There shrinks no ebb in that tideless sea,
Which, changeless, rolls eternally;
So that wildest of waves in their angriest mood
Scarce break on the bounds of the land for a rood."

The promenade Buonaparte, at the opposite extremity of the town, terminates in a public garden at the foot of a steep rocky hill, on which stands the fort Notre Dame de la Garde, with its church rich in votive offerings from sailors and their relatives desirous of propitiating the Madonna previous to undertaking a voyage, or from those who have escaped "accidents by flood and field," or who have recovered from illness by means of her supposed intercession. From this elevated point a fine view may be obtained of the city, the port and lazaretto, the Chateau d'If, the broad expanse of the Mediterranean, and a mountainous, rugged line of coast on the one hand, and on the other of a semicircle of lofty hills, the lower acclivities of which are clothed with verdure, and dotted with the numerous villas of the merchants, who rarely reside in the town.

Marseilles presents but little inducement for travellers to remain more than a day or two. Scarcely any foreigners who are not engaged in commerce reside there. As in other parts of Provence, the heat in summer retains persons within doors during great part of the day; the roads, enclosed between high walls,

are dried up for want of rain, and when any wind arises, the dust is raised in stifling clouds. The aspect of the surrounding country is generally dreary and monotonous. The winters are cold, and high winds, especially the *mistral*, are extremely prevalent in January, February, and March. In spring, the sun's heat, and the occasional force of the wind, give rise to great and sudden variations of temperature, very dangerous to invalids, and attended with risk even to those in health. The rains occur at periods which are not regularly defined, in autumn and early spring, the summer being frequently dry. A considerable quantity falls at once, frequently during several successive days, leaving a long interval of fine weather. The average annual amount throughout Provence is much smaller than in most other parts of Europe. The most agreeable periods for sojourning in this part of France, are the months of April and May, to the middle of June, and from the beginning of September to the middle or end of November.

Travellers proceeding to Hyères take the road to Toulon, which is about eight hours distant from Marseilles; the road being hilly, and passing through a rocky gorge in the mountains. Hyères is an hour and a half's drive from Toulon. The high-road to Draguignan is quitted about half-way; on ap-

proaching Hyères through olive plantations and vineyards, the attention will be attracted by the extensive ruins of its ancient castle and walls, on the summit and acclivities of the hill, at the base of which the town lies, and by which it is sheltered from the north. The entrance is pleasing; the first prominent object which presents itself is the large hotel and terrace of the Iles d'Or, close to the road. The principal part of the town inhabited by visitors, constitutes a long street, being, in fact, a continuation of the road to St. Tropez. The diverging streets are narrow and badly paved. The terrace on the roadside, where grow five magnificent palm-trees, is the central point of reunion for persons who are unable to take much walking exercise, and commands a delightful view of the plain, with its varied vegetation of olive and orange-trees, palms, cypresses, &c., extending to the sea, which is distant about four or five miles. The small islands (whence Hyères derives its name), about two leagues from the shore, add to the beauty of the scene. Opposite the terrace is a small library and reading-room, but indifferently provided with books and papers. A little further on are the two other principal hotels, de l'Europe and des Ambassadeurs, which have likewise terraces and gardens open to the public. At the further end of the street is a Place, in which stands the ancient church.

Hyères possesses no building of any architectural pretension, nor is there any place of general resort. Communications with Toulon are frequent; but the town itself presents no resource for occupation or amusement. The sheltered space for outdoor exercise is moreover extremely limited; the roads in the neighbourhood are suffered to remain in a neglected state, so that carriage exercise to any extent is scarcely practicable for invalids. The lodgings and general accommodation are inferior to those of more frequented places. The resident population amounts to about 10,000 souls. In the environs there are some villas, which are let to visitors. Notwithstanding the deficiency of resources, the society is frequently agreeable in winter; there being a more close association of visitors, most of whom come for the same purpose, than at larger towns, where the foreign population is of a mixed character.

As respects climate, Hyères has long enjoyed the reputation of being one of the best localities in the south of France for the winter abode of invalids suffering from pulmonary disease. The air is pure, without having the extreme dryness of Marseilles. The greater part of the town is tolerably sheltered from the north and east winds: it is open to the south, receiving the influence of the sun and sea-breezes. But on the other hand, it is exposed to the *mistral* when this wind prevails, on account of the

absence of protecting hills on the north-west. Foderé expressed himself with respect to Hyères many years ago, in the following terms:—" Hyères appears to be rather warmer in winter, and less exposed to sudden changes of temperature than Nice. As in all climates where the heat favours cutaneous transpiration, the inhabitants of Hyères are subject neither to gout, rheumatism, nor asthma, and strangers who pass the winter there are almost sure to experience, as well as on the shores of the Maritime Alps, a great alleviation of their sufferings. The absence of rain and of fogs, and the exercise which may be taken daily at this season amidst a luxuriant vegetation, certainly render this place of sojourn very recommendable. On the other hand, the proximity of marshes, of ponds, the dirtiness of the streets, and the absence of a sufficient quantity of drinkable water, present serious inconveniences, notwithstanding the salubrity of the season."*

These inconveniences do not exist to the same extent at the present day.

The only account which has been published respecting Hyères of late years, is that of M. Honoraty, which is quoted by M. Carrière in his work on the climate of Italy. The writer admits that the town is exposed to the north-

* Voyage aux Alpes Maritimes.

west winds, and says, moreover, that it is not sufficiently sheltered on the east side. The orange and lemon trees are smaller than at Nice; autumnal rains and fogs are not unfrequent. There is a long succession of fine weather in winter; the temperature is not liable to such great variations, and there is less difference between sunny and shady spots than at Nice. The mornings and evenings are cold. The north wind blows 120 days in the year; the east 65; the west 40; the north-west and south-east each 20. The predominating winds in spring are the east, the south-east, and the north-east. The east brings humidity. This is the spring wind on the shores of France, as the west is the spring wind on the western shores of Italy. In summer the winds blowing from the sea (and south, south-east, and south-west) temper the heat of this season. In autumn, the south-east, west, and north-east are the prevailing winds. In winter, the north and north-east are cold and piercing: the south-east and the south modify the northern influences. The mistral is at times strongly felt. There are more rainy days in the year at Nice than at Hyères, where the annual average is about forty.

Hyères not being placed on the shore, it may well happen that its temperature may be a little higher in winter and less liable to variations than that of Nice, which is close to the sea,

but as will be presently seen in several localities in the environs of Nice, the temperature is warm and sufficiently equable as is proved by the abundance of fruit-trees and indigenous plants which do not bear cold. The comparative deficiency of promenades and of resources, and the inferior nature of the accommodation, will induce the great majority of persons who seek to re-establish their health by means of climate, to prefer Nice to Hyères. Those, however, who, seeking a quiet winter abode, are disposed to pass this season at Hyères, would do better on the approach of spring to reside in the neighbourhood of the Hotel de l'Europe, or des Ambassadeurs, than at the entrance of the town, which is more exposed to the north-west. Many invalids who might be likely to derive advantage from a two or three months sojourn at Hyères, would be afterwards more benefited by a change to another place than by remaining the whole of the winter. Hyères is however unfavourably circumstanced as respects a removal in winter; a journey of several days by land through an exposed part of the country, could scarcely be taken without considerable risk by an invalid, and in general a return to Marseilles to take the steamers would be the preferable plan; though this would likewise be attended with risk.

The road from Toulon to the frontier joins that from Marseilles at Luc. Passing through

Frejus, the scene of Napoleon's debarkation on arriving from Egypt and from Elba, and which possesses the remains of a Roman amphitheatre, the traveller commences the ascent of the Estrelles, forming part of the chain of the Maritime Alps, where grow abundantly the cork-tree, the arbatus, and other perennial plants. A new road, less picturesque than the old one, has been lately constructed on a lower level, so that the passage is now effected in much less time than formerly After changing horses, the descent is made to the plain at the extremity of which lies Cannes, occupying a delightful position on the shore of a small bay. The Mont Chevalier, crowned by the ruins of a fort, constitutes the boundary of the town on the west; it is tolerably protected from the north by the Estrelles, but is comparatively exposed to the east. The small island, St. Marguerite, long occupied by Arab prisoners from Algiers, is about two leagues distant from the shore. The population amounts to between four and five thousand souls; many of whom are engaged in the fishing trade. There is a small port, and communication by steam takes place weekly between Cannes and Marseilles.

There have been hitherto but few houses capable of accommodating visitors. Several, however, have been built within the last two years, and Cannes will doubtless be more resorted to by invalids and others who are

desirous of avoiding the noise and bustle of most places of winter resort. There is a small permanent English society. Lord B——, who has lately built a new chateau, passes every year a portion of the winter at Cannes, and Mr. W——, who has greatly enlarged and embellished the house and grounds formerly belonging to Sir H. Taylor, and who has greatly contributed to the improvement of the place, is a constant resident. The climate in winter is warmer than in most parts of the neighbourhood, but the spring winds are occasionally severely felt. There are several pleasant rides and walks in the environs, especially in the direction of Grasse, celebrated for its fruits and perfumery. Being on the high-road, there is constant communication with Nice, which is about four hours distant.

Antibes is a strongly fortified small town, with narrow streets which most persons escape from as speedily as possible. At St. Laurent du Var, after the visa of passports, the long wooden bridge across the bed of the river (mostly dry) is traversed ; the traveller finds himself on the Piedmontese soil, and after undergoing the slight ordeal of the custom-house, arrives in the course of half-an-hour at Nice.

CHAPTER II.

Sketch of Nice.

SITUATE on the shore of an extensive bay, and fronting the south, Nice appears to great advantage when seen from a distance. Its white houses and clear blue sky form a pleasing contrast with the olive-coloured hills and dusky mountains by which it is enclosed on the land side, while on the south are the blue waters of the Mediterranean, dotted with small coasting vessels, with their broad lateen sails glittering in the sun. The long suburb of the Croix de Marbre, consisting of houses for the accommodation of visitors on either side of the road, first presents itself. Many of these houses have an orange garden extending to the sea. Driving along the quay, the traveller either locates himself in one of the principal hotels situate in this quarter, or pro-

ceeds to cross the bed of the (occasional) torrent Paglion, by the Pont Neuf, whence a boulevard planted with trees, and extending along the bank of the stream, leads to the principal square (Place Victor), the houses of which are built upon arcades, and are mostly occupied by the resident population. From this square a street leads to the Turin road, two other streets lead in the direction of the port, which is separated from the town by a rocky hill, whose base is beaten by the waves, and whose summit was formerly occupied by an extensive castle, of which the ruins still remain. A road cut out of the rock, and winding round it, forms the only direct means of communication. On the western side is the quarter of the Ponchettes, the houses of which being almost close to the hill, are let to those visitors who seek for a situation more exposed to the sun's rays. Half-way up the hill is a modern round white tower, one of the most prominent objects attracting the attention of the new comer. The old town, with its narrow tortuous streets, occupies the space between the hill and the bank of the Paglion; its chief street is, however, of tolerable width, and terminates in the spacious Place St. Dominique. The Rue de Pont Neuf leads from the Place Carlo Alberto, to that of the Government, where is situated the palace. On a parallel line with this is that of St. Francois de

Paul, containing the church of the same name, the theatre, and the public library; continuous with this street is the Cours, a promenade planted with trees, and extending to the Ponchettes, which is the usual resort of the townspeople. On the side of the Cours, next the sea, are cafés and shops of an inferior description, the flat roofs of which form a terrace extending from the Ponchettes to the Boulevard du Midi, whence is enjoyed a fine prospect of the sea and the semicircle of the bay.

From the top of the hill a delightful prospect presents itself of Nice, with its terraces, suburbs, orange gardens, villas, and olive-clad hills, its beautiful bay, and the lofty mountains by which it is sheltered from the north; while immediately beneath lie the houses of the old town thickly clustered together. The convents of Cimiez and St. Pons, placed on eminences overlooking the Paglion, will more particularly attract attention, as will also the Mont Alban on the east, surmounted by its fort, extending to the sea, under the name of Mont Boron, and forming the eastern boundary of the port; and Mont Gros to the north-east, along whose acclivity is seen winding the Genoa road. To the north is the Mont Chauve (the highest), and beyond are seen the summits of the higher Alps. From this position may be likewise clearly defined the extent of the bay, bounded by the promontories of Antibes and Ville-

franche. Within this larger bay there is, however, a smaller one comprised between the points of Mont Baron and the tongue of land beyond the Var. The sea within this circle is usually calm as a lake, while external to it, the agitation of the waves, and the rolling of the vessels, may often be clearly perceived. A great portion of the ground on the castle hill has been planted with evergreen trees and shrubs, and forms an agreeable promenade. A gradual ascent, practicable for carriages, leads up the hill from the port, and from the Place Victor.

Besides the above-mentioned promenades, a walk and drive extend for upwards of a mile along the shore, parallel with the Croix de Marbre (*promenade des Anglais*); a spacious triangular Place has also recently been planted, and added to the promenade, under the name of the Jardin des Plantes.

The two oldest established hotels are the Etrangers (Rue du Pont Neuf), and the York (Place St. Dominique); from these the diligences daily leave for Marseilles (two, morning and evening), for Genoa (two, requiring twenty-six hours for the journey), a courier-diligence for Turin by the Col di Tende (thirty-seven hours), and a diligence to Turin by Oneglia and Ceva, which is a longer route, but the mountains are avoided.

The hotels, however, in which the majority

of visitors lodge when remaining in Nice for any length of time, are on the Quai du Pont Neuf—viz., Chauvain, De France, Des Empereurs, Victoria, Pension Anglaise. There are likewise the Londres at the Ponchettes, the Europe in the Croix de Marbre, the hotels du Nord and du Midi on the boulevards of this name. Most of these have a table d'hote.

The price of board and lodgings is not high as compared with some other principal towns of Italy. Many individuals and families prefer making an arrangement for boarding in the hotels to taking an apartment, which are only let for the whole of the winter; the proprietors being well aware that if let only for two or three months, they would most likely be vacant for the remainder of the season. The town is now lighted with gas, and several improvements have been effected of late, though more are still called for, especially the better cleaning of the streets after rain, preventing the accumulation of stagnant water, the formation of roads for communicating more freely with various places in the neighbourhood, &c.

There are at Nice no remarkable public buildings. The cathedral in the old town, St. Francois de Paul and the other churches contain nothing worthy of observation in an artistical point of view. The town library is well supplied with ancient and modern works, in French and Italian, on theology,

science, and history. It is open daily to the public for reading; but books are not allowed to be taken out.

The theatre is a neat building, tolerably well *monté* as to its internal disposition and *corps dramatique*. French dramas and vaudevilles are played alternately with Italian operas.

The Philharmonic *Cercle* is held on the ground floor of a spacious palace in the Rue du Pont Neuf. There are three reading-rooms, supplied with some of the principal English and French papers; rooms for conversation, cards, chess, &c.; a ball and concert-room, and a large garden. A good circulating library of modern works forms part of the establishment. Strangers introduced by a member may avail themselves gratuitously of the *Cercle* for ten days, after which they may subscribe for three or six months.

Visconti's establishment is one of the best of its kind in Europe. It comprises spacious conversation and reading-rooms, supplied with several of the principal papers and periodicals, a circulating library, and department for the sale of books and articles of taste, and a handsome garden with terrace overlooking the Cours. On stated days the proprietor engages the services of a military band to play in the garden.

Giraud's library, on the Quai du Pont Neuf,

is likewise well supplied with books and papers. Delbechi's, opposite the Hotel des Etrangers, has no reading-room, and is principally for the sale of books, pictures, &c. A casino was likewise last year established in the Croix de Marbre, with conversation, reading, and play-rooms. It was intended to introduce games of hazard, as at some of the German baths; but the sanction of Government could not be obtained; which is, perhaps, a fortunate circumstance for Nice, as the existence of a gaming establishment could scarcely fail to be detrimental to the town, by inducing the better class of families to select another winter abode.

The port, constructed about a century ago, is protected by two moles of stone from the quarry of the adjacent rock. Its access is somewhat difficult in bad weather; it is, however, commodious—eighteen feet deep—so that tolerably large vessels can enter. The principal commerce is with other ports on the French and Italian coast, from Marseilles to Leghorn; but vessels from distant countries, as England or Holland, not unfrequently arrive to take a cargo of fruit or other produce of the country. Steamboats ply between Nice, Marseilles, and Genoa, once a week, at least. The sea voyage to Genoa occupies about ten hours. Sailing and rowing boats are always ready for excursions. Till lately, the port of Nice was free; foreign

articles of consumption and use being allowed to enter without paying duty. The freedom was, however, taken away last year, on which account many objects of necessity and luxury are dearer than formerly.

Nice contains a strong garrison, and a population of about 35,000 souls; consisting, in great part, of Government *employés*, shopkeepers, and others pursuing industrial avocations; proprietors of lodging-houses, fishermen, and those connected with the shipping. The province is under the control of an Intendant. A Syndic regulates all ordinary matters referring to the town. The absence of the former military governor is a loss to strangers resorting to Nice, inasmuch as the receptions and *soirées* held in the palace constituted a means of introduction and association which no longer exists. Comparatively few of the Piedmontese nobility and rentiers reside at Nice. Those who do very rarely visit or associate with each other, except at the Cercle; nor do they, with the exception of one or two of the bankers, open their houses to strangers, though not generally disinclined to avail themselves of invitations from them.

Thus, each season some time elapses before the winter sojourners become acquainted with each other. There is, however, generally a good deal of evening society—balls, musical parties, &c.—among the visitors; and public

concerts or other entertainments frequently occur. In fact, Nice is no longer what it was formerly—almost exclusively a winter abode for invalids;—but is generally resorted to by visitors for the purpose of passing the winter agreeably, or for other objects than the restoration of health; and as respects the abundance of delightful walks and rides among the gardens, the valleys, and hills of the environs, no place of winter resort is more highly favoured; and pic-nic parties to Beaulieu or some other beautiful spot, are frequently made up in the months of December and January.

Almost all the gardens of the villas near Nice are open to foot-passengers. Several of them contain a great variety of fruit-trees, and indigenous plants and flowers, which are seldom seen elsewhere than at Nice, realizing, in some measure, the description of Ariosto's enchanted garden:

"Vaghi boschetti di soavi allori,
D'ulivi e d'amenissimi mirtelli,
Cedri ed arancie qu'avean frutti e fiori,
Conteste in varie forme, e tutte belle."

Before arriving, however, paths or roads enclosed between high walls must frequently be traversed, which, after rain, are often in a bad state. For distant excursions among the stony paths of the hills or valleys, the latter being often in the dried bed of a mountain

torrent, saddle-horses, or asses which are tractable and well-conditioned, are most serviceable, and indeed are the only means by which invalids can explore the country; for, with the exception of the roads to St. Pons, on the bank of the Paglion, and to St. Barthelemi, at the foot of the hills, the only ones available for carriages are the high road to Turin, on the opposite bank of the Paglion; that leading to the Var, which is comparatively uninteresting; and the Genoa and Villefranche roads, where, however, the ascent of the hills begins immediately on leaving the town. One of the greatest *desiderata* for Nice is the formation of carriage roads to the interior, as also beyond Villefranche, to the peninsula of L'Ospizio, which would constitute a delightful and sheltered drive for persons in weak health, who, along the Paglion and Var roads, are greatly exposed to the alternate influences of sun and wind; and it not unfrequently happens that such persons suffer materially from these causes; as, when driving in an open carriage (up the Paglion, for instance), they are often inconvenienced by the sun, whereas, on returning, they are chilled by the wind blowing up the valley.

Nice is the country of flowers; in winter, not only is there a great variety in the gardens, but several of a rare kind grow wild in the country. A local writer, to whom I am indebted for several meteorological and other

details, remarks on this point: "The territory of Nice presents a rich harvest to botanists. Some localities abound so greatly in rare plants that they may be considered as so many natural gardens. On the surrounding hills, the air is impregnated with the perfume of aromatic plants, which are pressed beneath the feet at each step. It is well known that in countries exposed to the sun's influence, where the sky is generally clear, the odour of plants is more decided than in those which are differently circumstanced. The colour of plants is likewise a means of estimating the goodness of the climate. Several flowers, naturally white, assume, in well-sheltered and warm countries, a more or less dark hue; this phenomenon is observable at Nice."*

Among the flowers most frequently met with may be specified the rose; sometimes forming hedges in the gardens, at other times arranged in parterres, or overhanging the walls.

Nice possesses several establishments for the purposes of instruction, and of charitable relief to the sick poor—viz., a tolerably sized hospital for the reception of patients affected with acute and chronic diseases, to which is attached a school of medical instruction;—the anatomical department of which is superintended by M. Scoffier, one of the most talented practitioners

* Roubaudi,—Nice et ses Environs.

of Nice;—a *hospice de charité* for old people and orphans of both sexes; another hospice (de la Providence) for orphan girls. In these institutions, the boys are taught trades which may enable them to gain a livelihood. The girls are occupied in knitting, sewing, &c. There likewise exists a public school, in which are taught modern languages, mathematics, history, and geography. Visitors experience no difficulty in finding for their children competent masters in languages, music, drawing, &c. The formation of a *Dépôt de Mendicité* has been for some time in contemplation at Nice, and is greatly required; one of the greatest annoyances to which strangers are subjected being the number of beggars, many of whom come into the town in winter from the adjacent districts.

There are in the town three or four tolerable establishments where baths may be taken of sea or soft water. Except in winter months, several persons bathe in the open sea; for which purpose bathing-machines on wheels have been lately constructed.

Nice exports annually a considerable quantity of oil (supplied by its olives), oranges, lemons, preserved fruits, liqueurs, and perfumery. There are several manufactories of tables, desks, and other smaller articles of inlaid wood-work, which are in great request among the visitors.

The Nissards are for the most part rather below the middle stature; their manners are generally mild and courteous. They are much less excitable than the natives of Italy. The women of the lower class do not possess the

"Dono infelice di bellezza,"

being generally after early youth coarse-featured from constant exposure to the sun, to which they are subjected while engaged in out-door avocations—many being employed in cultivating the ground, or other hard manual labour. A native writer, comparing the inhabitants of the town with those of the country, remarks,—"The inhabitants of the town and coast present the peculiar type of the Marseillese, whilst in the interior of the province, the mountaineers retain the rough and wild aspect of the aborigines. In the former locality the men are generally remarkable for great muscular agility, dark hair, and eyes full of vivacity. The women, without being handsome in the strict sense of the term, are generally well made. Among them are seen models of grace and amiability. On leaving the shore and advancing into the interior of the province, the differences of character produced by the altered temperature are soon perceived, and on approaching nearer the northern chain of the Alps, the influence exercised by the sharpness of the air, the wild nature of the localities, hard

work, and the privation of several of the necessaries of life, becomes more evident. The mountaineers are short or stunted in growth, more robust, it is true, but less regularly constituted than the inhabitants of the plain; their eyes express a melancholy which is natural to them.

"The conformation of the women is even worse than that of the men. The laborious life to which they are subjected from childhood, their state of conjugal dependence, and almost of servitude, the injuries of the air which they have to support, wrinkle their skin, hollow their cheeks, and whiten their hair at a comparatively early period, and accelerate the approach of old age. What has been said of their physical configuration is likewise applicable to their moral qualities.

"Sharpness of the intellectual faculties, vivacity and quickness of memory, are the principal characteristics of the inhabitants of the southern cantons, and especially of those of the town of Nice; nature shows herself sparing of these gifts towards the populations of the northern regions. The influence of a sombre and cloudy sky imparts more strongly the taste and necessity of a laborious life, whereas a blue sky, and the splendour of the sun's rays, together with the animating aspect of a fertile country, predispose to indolence.

"The more one approaches to Nice, the more

one perceives that the manners of the inhabitants are affected by the mildness of the climate; their language is that of the ancient Troubadours, and there is found in the idiom of Nice a mixture of words and expressions of which the roots—by turns, Celtic, Greek, Roman, Arabian, Spanish, Genoese, Piedmontese—recall to mind the part which each of these nations has taken in the historical events of the country.

"The Nissards are distinguished by urbanity, hospitable manners, goodness of heart, a love of order and peace. For a confirmation of this opinion I appeal to the testimony of strangers who come to reside in the country. It is especially by means of the archives of justice that the moral character of the population may be estimated. In those of Nice will be found none of those great crimes which elsewhere afflict humanity. When the penalty of death is pronounced, it is almost always against malefactors born beyond the territory, or the least civilized inhabitants of the province. These latter still retain the traces of their primitive condition; excessively illiterate, their manners are rude, their tastes coarse, their passions violent, their hatred implacable, yet do they not deserve the accusation of ferocity which some historians have brought against them."*

* Chorographie du Comté de Nice par le Barron Durante. Turin, 1848.

Let us now hear what M. Roubaudi says of his countrymen: "On account of its position, Nice presents a mixture of Italian and French manners. The customs of the inhabitants likewise participate with those of the two countries of which this town is the frontier. But the distinctive character of the Nissard is vivacity and inconstancy: endowed with great address and activity, they do not persevere in their enterprises. Most of them are of a conciliating and gay disposition; they are very intelligent, but they have in general more wit than knowledge; their imagination is ardent, fertile in expedients, especially when they are abroad: careless, idle—the Italian *dolce far niente* seems to be as pleasant to them as to the Neapolitans. Though naturally of mild manners, they are nevertheless impressionable—very susceptible of anger. On hearing the torrents of abuse, and the vociferations emitted by those of the lower order under circumstances of aggravation, one would imagine that a fatal result must follow such violent quarrels; but in general nothing serious happens; they are speedily appeased, and seldom retain resentment against their adversaries."

The favourite amusements of the people of Nice are the theatre, shooting game, and dancing; the lower classes play mostly at bowls, at cards, and at the *morra*, as in southern Italy. Strangers will generally find trades-

people dilatory and procrastinating. It is necessary to have a written specific agreement when engaging apartments, or entering into any other contract:—should any difference arise, the course of justice will be found tardy, and often unsatisfactory. Objects of value should be kept under lock and key, and a receipt taken for all payments. Those who engage houses or lodgings by the year, absenting themselves for three or four months in the summer, may obtain them at a comparatively low rate. The necessaries of life are abundant, and reasonable in price; butchers' meat, without being succulent, as in the north, has, however, a tolerably good flavour; fish and poultry are likewise plentiful, as are most fruits and vegetables. The water in some parts of the town, and in the Croix de Marbre, is of bad quality: the purest is from the fountains of the port, of Limpia, Surgentin, and Riquiers, which is carried in casks to the houses.

Nice produces several kinds of ordinary wine. "The wines of Nice," says M. Roubaudi, "when they have acquired age, generally contain a good deal of alcohol, but little tartar and colouring matter. They stimulate powerfully the stomach, and affect the head, without allaying thirst. They are consequently more used as dessert wines than for ordinary drinking. The most generous kinds are those which come from the quarters of Bellet, St.

Isidore, and especially from all the vineyards on the western acclivities of the hills to the west of Nice. The extent of soil which produces the best quality of Bellet wine is very limited, and each year there is consumed at Nice, and exported, a thousand times more Bellet wine than could be produced from the soil."

The white wine of Contes is better adapted to persons of delicate habits. Most of the foreign wines come from Provence and Languedoc by way of Cette and Marseilles. They are often spoilt by the heat in summer. Attempts are then made to modify and disguise the alteration, to destroy the acidity by the admixture of substances not always harmless. The business of vinous fabrications is carried on at Nice, as elsewhere in the south of France. Fish and vegetables constitute, for the most part, the regimen of the lower class of inhabitants, who, except on Sunday, seldom eat meat. Although an instance of drunkenness is occasionally seen in the streets, they are generally sober. A tolerably large proportion of the inhabitants of the province attain an advanced age. An author who has written upon this part of the coast, remarks, that "generally the salubrious air, the habitual sobriety, and the good-humour which is inspired by the agreeable nature of the localities and customs, together with bodily exercise, greatly tend to preserve

health and to prolong life. Diseases are rare as compared with other countries, and the majority of persons become old without having experienced any but what are of short duration. It is computed, that on an average in France, one person in each 480 inhabitants attains the age of from eighty to ninety; whereas, in Liguria, the proportion of octogenarians is about five to a thousand.*

The diseases most frequently observed at Nice are cutaneous affections of various kinds, intermittent fevers, especially in the neighbourhood of the Var, gastric and enteritic irritations, epilepsy, hysteria, asthma, bronchitis, scrofula, and pulmonary consumption.

The two last-mentioned diseases are rare among the superior classes, and the frequency of consumption among the lower orders has diminished of late years. Scrofula is most frequently met with among the badly-fed and clothed children living in the country, and in the narrow streets of the old town. Insanity, urinary calculi, gout, and rheumatism, chlorosis, and sterility, are of rare occurrence at Nice. "There is," said Foderé, "no instance of stone in the bladder in the Maritime Alps, to my knowledge, and no native surgeon remembers to have seen an operation for this disease per-

* Bertolotti, Viaggio nella Liguria Marittima.

formed in the country. Gout and rheumatism are of very rare occurrence, and the climate is very favourable to the cure and alleviation of arthritic pains."

This author gives an unfavourable idea of the state of medicine in his time; bleeding, purgation, and abstinence being almost the only remedies employed to combat all diseases. Nice is, however, now well supplied with good practitioners. Doctors Travis and Gurney have practised for several years among their countrymen.

The bulk of the population is of the Roman Catholic persuasion; there are, however, a good many Piedmontese, French, Swiss, and other continental Protestants, and service is performed in French on Sundays by a Swiss pastor. The government has become much more tolerant as respects religious and political matters since 1848. The English chapel, in the Croix de Marbre, having been lately enlarged, is sufficiently commodious. The Rev. Mr. C—— has officiated for some years, and is frequently assisted in his duties by clergymen sojourning at Nice. Divine service is performed on Wednesdays, as well as on the Sabbath. A library (kept up by donations of books and money) is attached to the chapel for the use of the congregation. The cemetery is agreeably planted with willows, cypresses, and

other evergreens. The number of burials among the English each season rarely exceeds three or four; which, considering that several of the visitors who die at Nice are persons advanced in life, is but a small proportion to the amount of the population.

CHAPTER III.

Environs of Nice.

It is not my intention to give any detailed description of the environs of Nice, which alone would suffice to make a tolerably-sized volume, my object being in this place merely to indicate some of the principal point of attraction, in order that persons at a distance, who contemplate sojourning at Nice, may be enabled to form a general idea of the nature of the country.

There are few towns of which the environs are so interesting as those of Nice in points of scenery and luxuriance of vegetation. Whatever direction be taken by the visitor—whether it be northward along the banks of the Paglion, or following the course of the valleys leading to the mountains; eastward along the Genoa road, on the acclivity of Mount Gros, whence a delightful view of the plain is presented to

the eye; or that leading to Villefranche, and L'Ospizio; or westward, in order to explore the valley of Magnan, the country around St. Helena, and the intervening hills,—he can scarcely fail to derive gratification from the variety of picturesque spots and points of view to which many of the paths lead. Among the localities near the town which are most advantageously circumstanced, as regards the prospect to be obtained from them, may be mentioned Cimiez, the ruin on Mont Boron, the Piol, the villas Venançon (occupying a striking position overlooking the Paglion), Benico, and D'Arçon; and the military hospital, formerly a convent of Jesuits.

Cimiez is the place most frequently visited, and is calculated to excite interest, not only on account of the beauty of its position, but also from its historical associations, having been the capital of the Maritime Alps under the Romans when Nice was not in existence. It had its senate, public baths, aqueducts, and an amphitheatre, of which part of the ruins is still in tolerable preservation. The carriage road makes a considerable detour; the direct road is stony, and is only available for pedestrians or riders. There are, however, agreeable paths leading to Cimiez through the olive-woods and gardens. The only edifice actually existing is a convent occupied by about thirty monks. Two magnificent evergreen oaks on the Place

fronting the church will especially attract attention. The terrace of the garden (to which ladies are not admitted) commands a view of a considerable extent of the valley of the Paglion, of Nice, its port and rocky hill, with the sea in the distance.

On the south and west sides of the hill are several villas with gardens attached, which are well sheltered from cold winds, and are usually let to visitors. The largest and best-placed of these is the villa Nicholas. Lady Montague was so delighted with the climate, and the richness of vegetation in winter, that she recorded her impression of Cimiez in the following verses :—

"Here Summer reigns with one eternal smile;
Succeeding harvests bless the happy soil;
Fair, fertile fields, to which indulgent Heaven
Has every charm of every season given;
No killing colds deform the beauteous year;
The springing flowers no coming winter fear;
But as the parent rose decays and dies,
The infant buds with brighter colours rise,
And with fresh sweets the mother's scent supplies."

A stony path leads from Cimiez to St. Pons —an abbey with church and portico—which likewise occupies a prominent position on the right bank of the Paglion. According to tradition, this establishment was founded by the Count de Brie, the governor and benefactor of

Nice under Charlemagne; who, on retiring from active life, took monastic vows, and was its first abbot. A good road on the river's bank, passing the Place d'Armes and St. Pons, is continued from Nice beyond St. André, whence it gradually ascends, winding between lofty, precipitous rocks, and resembling some parts of the Alpine passes, to St. Levens. The chateau and grotto of St. André occupy extremely picturesque positions at the entrance of the pass, and the neighbourhood abounds in beautifully secluded spots, sheltered by evergreen trees and shrubs, to which excursions are frequently made from Nice.

A few leagues further on in this direction are the sulphureous waters of Barthemont, the efficacy of which has been verified in severely cutaneous diseases and abdominal affections. There are three springs—St. Julien, St. Jean Baptiste, and St. Michael: the two former are warm (24-cent.). They are, however, but little frequented, on account of the deficiency of good roads, and of a suitable establishment.

One of the most interesting excursions in the neighbourhood of Nice is that to the summit of Mont Chauve (Monte Calvo), three hours distant from Nice, on foot or horseback. The prospect is extensive and varied. M. Roubaudi's description, though in a somewhat flowery style, may serve to convey a tolerably accurate idea of the objects which it comprises.

"A delightful spectacle strikes the eye of the traveller as soon as he has attained the heights of Gairaut; the higher he ascends, the more he is astonished at the contrasts and wild scenes presented to his gaze by the aspect of a great part of Provence, with its long crests of mountains, intersected by towering peaks. When he has arrived at the summit, the view is expanded to the east, west, and especially to the north, over a jumble of mountains still more wild and majestic, whose summits, tipped with snow, or darkened by thick woods, form a magical framework to the picture. Towards the south lies the smiling plain of Nice, with its gardens and vineyards, bounded by the surrounding hills, the sides of which are furrowed by numerous ravines, appearing in the distance to be confounded with the plains, or to undulate like the waves of a troubled sea. Nice, with its chateau, the promontory, and lighthouse of Antibes; the peninsula of L'Ospizio, St. Tropez, &c., situate on the shore, seem from this elevation to arise from the bosom of the waters, whilst the meanderings of the torrent Paglion and of the Var, add to the charm and the freshness of the picture."

At the base of the mountain, and at some distance from the village of Falicon, is a grotto of considerable extent, containing several columns, one of which, in the centre, seems to support the roof. Behind these columns are

other small caverns, upon which have been conferred pompous names of saloons, Turkish cabinets, &c., which can only be seen by the light of torches. Further on is another grotto still more curious than that of Falicon, near the ancient and now deserted village of Chateauneuf, perched on the summit of a bleak mountain. The access is, however, by a steep and stony path; so that, unless for persons in good health, the excursion would scarcely be advisable. The lighting-up of this grotto produces a good effect. Several fossil bones have been found here.

A great part of the road to Mont Chauve may be traversed in a carriage by making a circuit through the quarter of St. Bartholomew, where there is a convent of Capuchins. Persons on foot have a choice of agreeable paths leading from the Croix de Marbre to the convent, through gardens and olive plantations. By taking that through St. Pierre, the pedestrian passes close to the Piol, a country house with extensive gardens, occupying an elevated plateau, and formerly belonging to the order of the knights of Malta.

"A large basin," says the local guide, "formerly adorned with marble statues, collects the waters which descend from the surrounding hills. An elevated piece of ground, covered with ilex and laurel-trees, presents a cool and shady retreat during the heat of the day; and is

at the same time the finest point of view of the town and environs of Nice. In the centre of this elevation, a terrace, sustained by a grotto, forms the perspective of the principal alley, and covers a fountain. Most of the alleys, formerly bordered by magnificent orange-trees, are now planted over with vines."

A short distance from St. Bartholomew is the *Vallon Obscur*, a narrow passage between precipitous rocks, covered with brushwood, so as to exclude the sun's rays, and giving issue to a torrent, the bed of which is half-filled with large stones and earth detached from the sides of the hills.

In this direction may likewise be visited the three fountains—viz., *Du Temple*, the *Fontaine Sainte*, and that of Mouraille. The former rises at the extremity of a valley enclosed between mountains clothed with olive, cypress, and fir-trees, beneath a raised vault of Roman construction: it derives its name from a temple which existed on the spot, and to which it was consecrated. Its limpid waters, conducted by canals as far as Nice, serve *en passant* to turn mills, and are likewise partly diverted from their course for the irrigation of the gardens.

The valley of Magnan, to the west of Nice, is an agreeable part of the environs. Its torrent is half as wide as the Paglion, and its overflowings frequently inundate the surrounding grounds. A tolerable road exists beyond the

village of the Madeleine, as far as Aspremont. "Several parts of this gorge," says M. Roubaudi, "present the most delightful points of view; serpentining waters, tufted trees, mixed with laurels and other evergreen shrubs; villages, mills, and isolated houses, form pictures as beautiful as natural."

The church of the Madeleine, surrounded by myrtles and cypresses, and standing on an elevation, is likewise an attractive object.

"All these torrents or valleys," adds Roubaudi, "present from their source to their outlets very picturesque points of view, especially that of Magnan, which; like the torrent of the *Vallon Obscur* takes its rise from dark and tortuous ravines. Their beds, almost always dry, present to naturalists at all seasons a rich harvest of rare plants and insects; to painters or poets, landscapes as agreeable as varied; to philosophers, secluded spots which invite to meditation: but when the abundant rains come on, they are then quickly swollen; stones detached from the hill-sides are forcibly carried along, and collecting at particular points produce inevitable inundations which devastate the surrounding country."

Between the Magnan and the quarter of St. Helena, there are many paths among the hills, leading to villas, or olive plantations, from some of which fine views may be obtained. Westward of St. Helena, the basin of Nice

joins the plain which extends to the Var, and presents comparatively little to excite interest.

The excursion, however, which offers the greatest variety is that to Villefranche and Beaulieu. The road cut between the Mont Gros and the Mont Alban, is in many parts rough and stony—on which account, parties not unfrequently prefer going in boats round the point of Mont Boron. The little town is built in an amphitheatrical form on the western shore of the spacious natural harbour or roadstead, which is enclosed on all sides but one by high olive-covered hills, and which affords a secure shelter to ships in stormy weather. An agreeable path round the bay leads to the peninsula L'Ospizio ; or the *trajet* may be made by water to a landing place opposite the port, whence a delightful path, bordered by myrtle and carob-trees, terminates at the extremity of the peninsula, the form of which has been compared to that of a gigantic crocodile. One of the points, on which is the lighthouse, faces Villefranche ; the other forms the extremity of the bay St. Jean, where at a stated season the tunny fishery is carried on. The ruined tower and chapel of L'Ospizio derive their name from the traditional account of a hermit, who, about the middle of the sixth century, lived and died on this spot in the odour of sanctity. From this point may be enjoyed an extensive view of the coast as far as Ventimiglia.

Beaulieu is situated at the opposite extremity of the peninsula, at the foot of precipitous rocky mountains, which powerfully reflecting the sun's rays, maintain an extreme richness of vegetation. The olive-trees near Beaulieu are larger than elsewhere, and lemon-trees grow in abundance. There existed here formerly an abbey, which was destroyed by the Lombards.

Villefranche possesses a much warmer climate than Nice; the harvests are earlier, and lemon-trees grow in the open fields. Being so much enclosed by hills, it is comparatively little subject to atmospherical variations. Besides the house on the hill, there are only one or two other houses where accommodation could be obtained.

CHAPTER IV.

Climate of Nice.

As soon as the traveller from France has passed the chain of the Estrelles, he will immediately perceive the marked difference in the aspect of the country. "On leaving barren Provence, and crossing the frontier of Italy," says an author who enjoys a high medical and scientific reputation, "one is struck with the beauty and richness of this world of plants, so great is the difference. The olive and orange-trees have a much better appearance. Nice owes its advantage to its triple circle of mountains; those nearest the town vary in altitude from 600 to 2,500 feet. The more distant ones are upwards of 3,000 feet high. On account of this disposition of the mountains, the earth warmed by the sun gives rise to a considerable radiation of caloric, hence,

in the coldest months, the free and agitated air is warmed up to 8 or 10 degrees."*

M. de Saussure likewise formerly remarked in his "Voyage aux Alpes Maritimes," "High mountains protect Nice from northern winds; lower hills enclosing the little circle in which the town and gardens are comprised, concentrate within it the sun's rays, and cause a perpetual spring to reign, consequently delicate persons, who fear the winter's cold, prefer with reason this abode to any other towns of the coast on this side the Alps."

Notwithstanding this flattering picture, it must not be supposed that, though in great measure protected from northern influences, Nice is exempt from cold winds. Atmospherical variations are occasionally severely experienced. "Heaven forbid," says M. Roubaudi, "that we should seek to conceal any of the inconveniences of the country; the inconstancy of the winds is extreme; they frequently change several times a day. It also frequently happens that several winds blow strongly at the same time; an aerial tempest ensues, and then this fine climate changes from hot to cold, and *vice versa*. These unforeseen changes sometimes occasion, especially in spring, such an unexpected return of cold weather, that if there is no winter at Nice, it

* Professor Wagner of Göttingen. Notices on the climate appended to Förster's Guide to Italy.

may be also said that there is no spring; in fact the winter is so mild, and the spring comes on so quickly, that unless the course of these seasons be interverted by these stormy winds, the transition from winter to summer is scarcely perceived."

In order that the peculiarities of the climate may be correctly estimated, I will quote some meteorological details from the most recent authorities, which, however, do not materially differ from those furnished by their predecessors.

The mean annual temperature of Florence, Rome, and Nice, according to the statistics of Mahlmann, is about the same, viz., 15·6 (centigrade thermometer); the mean of winter at Nice is 9·3, that of Rome being 8·1, of Florence, 6·8; whence it follows that Nice possesses the highest temperature at this season.* The temperature is gradually modified, and the monthly oscillations for the six months, from September to February inclusively, may be estimated as follows:—The mean of the first of these months being 21·6, that of the others successively is 16·8, 12·6, 9·2, 8·1; nevertheless, as has been already stated, the occasional variations of temperature are tolerably great.

From an observation of thirteen years, Roubaudi states that the thermometer of Reaumur

* Naples has a winter mean of 9·9; and a summer mean of 23·9; much the same as Nice.

descends only two or three times a year below the freezing point. The minimum of temperature in winter has never been lower than two degrees under zero, and this extreme degree of cold only lasted a very short time. Towards the middle of the day the thermometer never descends lower than five degrees above the freezing point, and the highest degree of temperature does not exceed 16 (R.) In spring, the minimum of temperature is 5 deg., and the maximum 25 deg. In summer, the thermometer rarely rises higher than 24 or 25, and the minimum of this season has never been lower than 18 deg. In autumn, the highest point to which the mercury reaches is 21 deg.; the lowest to which it descends is one above zero; but the temperature of the four seasons does not attain every year such extremes as the above-mentioned. Generally the scale of thermometrical variation is from 4 to 11 in winter, 10 to 17 in spring, 16 to 21 in summer, 8 to 15 in autumn. The mean temperature may be estimated as, winter 7·7, spring 14·4, summer 18·6, autumn 10·3, and that of the whole year as 12·7 (Reaumur). In winter there is a difference of from 12 to 24 degrees between the temperature of places exposed to the south and the north; between those in the shade and in the sun, and especially between sheltered spots and those which are freely exposed to the air or in the shade.

The mean winter temperature according to Roubaudi, accords with that which had been previously given by M. Michel (in the work of Richelini on Nice)—viz., 7·4; that of Rome being 6·2. M. Schouw, on the other hand, as also M. Becquerel, who are quoted by M. Carrière in his work on the climate of Italy—state that the thermometer does not descend so low at Rome as at Nice, and give as the minimum of the last-named town 3 deg.; that of Rome being 5·9, and of Pisa 6·3.

From a general experience of several years respecting the climates of these two places, I should say that the winter temperature as indicated by the thermometer, is higher at Nice than at Rome, on account of the exposition of Nice to the sun's rays during great part of the day, and of the reflected caloric from the belt of mountains; as also on account of its being upon the northern shore of the Mediterranean, and consequently affected by the south winds blowing across the sea; which circumstances more than suffice to counterbalance the more southern position of Rome; but that in most parts along the shore, the cold and atmospherical variations would be at times more severely felt on account of the winds, than they would at Rome, where the atmosphere is comparatively little agitated by wind. The cold experienced at Nice in winter is perhaps sharper in the mornings and evenings, compared

with the rest of the day, than at Rome ; and persons are more sensible to the impression of cold than they would be in other countries where the winter is not so warm.

January is the coldest month, and snow occasionally falls on the surrounding hills. The dew falls abundantly, and sometimes presents an appearance of hoar-frost at an early hour in the morning. Nevertheless, towards the close of this month, the almonds and some other trees blossom, and some kind of flowers are met with in the fields and among the hills.

February is generally cold and dry ; about the middle the air is further cooled by winds from the distant snow-covered mountains, which retard the blossoming of the fruit-trees. On the hills and in the valleys, violets, hyacinths, &c., are added to the flowers of the preceding month, and the fields are generally verdant.

"At Nice," adds Roubaudi, "the extremes of heat and cold are unknown. On the other hand, the extremes of dryness and humidity are commonly experienced. The maximum of humidity is 90 ; the minimum 15 ; the mean 58. The greatest oscillations usually occur between the months of January and April, and from September to December. The smallest oscillations are in May, June, July, August."

The air of Nice, though relatively dry in winter and spring, nevertheless contains at times a considerable proportion of humidity, on

account of the predominance of southern winds during the day. The richness of vegetation also maintains in it a certain amount of humidity, which the rays of the sun speedily dissipate. The nights are for the most part dry, from the north winds predominating. The north, north-west, and north-east winds produce the greatest degree of dryness and cold. "It is true," observes Roubaudi, "that the east wind sometimes blows upon Nice saturated with humidity, but this occurs when the south wind which has preceded it, striking against the Apennines is impelled towards the west by the north and east winds, which, blowing simultaneously, oppose its passage. The same circumstance happens with respect to the north-east, and east-north-east winds, which, though usually dry, are sometimes humid. The south, south-east, and south-west winds in their passage across the Mediterranean become more or less saturated with aqueous vapours. Whenever these winds are dry and cold, it is always because the north-west wind has previously blown. The course of this wind is very impetuous; ingulfing itself in the valley of the Rhone, it sometimes arrives at Nice from the direction of south-west, or of west-south-west, according as it meets with winds blowing from the Pyrenees, which impart to it an easterly direction.

"The north winds blowing in winter over

the snow-covered Alps, produce a sharp, cold air in the morning, especially in spring; but they are seldom experienced in their full force, on account of the high ranges of mountains which shelter the plain. Their violence is experienced at sea, and waves may be often seen at some distance off, when the sea near the shore is calm as a lake. Sometimes, however, when the north wind rises impetuously, and in concert with the west or the east, it *grounds* itself, according to the popular expression, and becoming ingulfed in the gorges of the torrent Paglion, and the valley of Torrettas, it blows furiously upon the plain of Nice, and the quarters bordering on the Paglion are more especially subjected to the effects of its violence.

"The south-east is a fine weather wind. It causes the thermometer to rise in winter, and tempers the heat and dryness in summer. The proximity of the sea conduces likewise to warm the air in winter. It is well known that lands lying near the sea do not in general experience such severe winters as those of the same latitude which are situate in the interior. The temperature of the sea being in winter higher than that of the earth, the winds which blow on the shores cause them to share the mean temperature of the sea. It is seen that delicate or tropical plants suffer less in situations near the sea, than in those of the interior, even

though they may be more exposed to the sun in the latter, as is evidenced by the fig, laurel, and myrtle trees, which cannot exist in the central portion of France, whereas they grow naturally and flourish at Brest."

The most frequent winds at Nice, are the south-east, the north, the east, and north-east; the rarest are the west, the north-north-west, the west-south-west, the south-south-east, and the south-south-west.

A writer on the climate of Italy remarks with respect to the apparent contradictory effects which ensue during the predominance of certain winds in northern Italy—"It is difficult not to confound the reflected with the direct winds; those of the inferior with those of the superior regions. The former manifestly proceed from the latter, and from the combination of the two the reflected winds are generally derived. It is on account of the reflection or repercussion of winds opposed to the chain of the Alps, which is effected on all points of this curved and sinuous chain towards northern Italy, that it has been thought that the north and its two collateral winds prevailed on more than twice the number of days than the five others together. It is likewise in this manner that may be explained the apparent contradiction, and manifest opposition to the theory of the formation of aqueous meteors—viz., that the high and dry winds of the north traversing

arid and mountainous regions before arriving in Italy, usually bring with them thick clouds and heavy rains, whereas the low and humid winds of the south surcharged with vapours in their passage over the sea, its shores, and over aquatic plains, are less suited to bring rain; but it is remarkable that these winds of the southern hemisphere which do not immediately bring rain are almost always its precursors in the regions of Lombardy; whence it must be inferred that the most stormy and rainy winds, which are the north-east and north-west (*greco e maestro*) are but the south and south-west (*sirocco e lebeché*) repercuted or reflected. The same may be said of the *ponente* and the *levante*, both of which are winds reflected by the chain of the Alps, as also by that of the Apennines."*

A recent author remarks, that "Nice, like the lakes, possesses a particular ventilation which belongs to the day, and one which belongs regularly to the night; the former is from the north; the latter from the south becomes weaker in proportion as its antagonist becomes more manifest. During the day, however, the southern or eastern winds predominate. In winter the north-west shares the preponderance with the north-east, the west, and the north. In autumn it blows more frequently than the two other predominating winds, the

* Dr. Thouvenet sur le Climat de l'Italie.

north and the east; in spring the south-south-east and the west-north-west—which resembles the mistral, as respects its force and low temperature—predominate; in summer, the south-east. The east is an autumnal wind, and announces in some measure, by its qualities, its relation with the sirocco wind.

"The south winds are mild, humid, and do not greatly agitate the atmosphere, with the exception of the south-west (*lebeché*) which produces the same effects at Nice as in the rest of the Italian peninsula."*

"These rare winds," says Roubaudi, "are as noxious to men as to plants. They are especially felt by delicate and nervous persons—particularly women, and by hypochondriacal patients—they relax the fibres, produce a tendency to sleep, depress the spirits, and repel good humour. The south-east generally brings back fine weather. It is well known that great barometrical depressions are generally occasioned by the winds, particularly by the south-east and north-west. The north winds keep the barometer below the average altitude.

"The greatest quantity of rain which falls in the year may be estimated at about 43 cubic inches, the smallest at 16, the mean quantity at 26. The maximum and minimum of rain which falls in the four seasons, is usually in

* Carrière sur le Climat de l'Italie.

the following proportions: in winter, from 4 to 7 inches; in spring, from 4 to 8 inches; in summer, from 2 to 7; and in autumn from 6 to 10. It is by no means a rare occurrence to see fall at different periods of the year, especially at the equinox, great and continued rains, producing five cubic inches of water in less than twenty-four hours. This rain is sometimes so heavy and rapid that half-an-inch falls in ten minutes. The largest quantity of rainy days in the year is 75; the smallest 47; the mean 60.

"When a conflict of winds arises, especially when the north is opposed to the south, the clouds pressed against each other become accumulated on the summits of the neighbouring mountains, and fall in torrents of rain: the torrents Paglion, Magnan, St. Barthelemi, &c., are swollen in an hour or two, and inundate the country."*

The sources of atmospherical electricity are very abundant at Nice, on account of the amount of vegetation, and the almost continual evaporation. Storms and hail are rare, and the atmosphere, unless in stormy weather, is generally without atmospheric tension, even at a considerable elevation from the ground.

Dr. Copland remarks, with respect to the production of electricity in the atmosphere—"It

* "Nice et ses Environs."

would seem as if the solar beams were decomposed by the soil, and by its products, and whilst furnishing heat and light to objects upon the surface of the earth, served to supply, or to replace the locomotive electricity which is constantly circulating through and actuating, not only the crust of the earth, but also the animal and vegetable creations which cover it, passing thence at last into the atmosphere. Observation has clearly shown that electric phenomena are most energetic, and of most frequent occurrence in countries and in seasons in which the solar influence is the greatest; and that while dryness of the atmosphere causes its accumulation in objects placed on the surface of the globe, a moist state of the air favours its passage thence, and its expansive increase in the clouds, giving rise to various meteorological phenomena. In a dry atmosphere (particularly in inland districts), thunder and lightning, the more violent electric changes in this fluid, do not take place; whilst vegetables and animals, as well as other bodies placed upon the earth's surface, are more than usually charged with electricity; whereas, in a warm and moist atmosphere, especially in maritime and insular situations within the tropics, these phenomena are very frequent, and the electricity is rapidly carried off from the earth."*

* Dictionary of Medicine.—Article, Climate.

From the effects of the climate on persons in health, and particularly on those subject to nervous affections, it may be inferred that the air of Nice is generally a good deal charged with electricity; excitations of all kinds are badly borne in comparison with their toleration in most other places. A French physician, who remained some time at Nice, and who wrote a *brochure* on the climate (Dr. Naudot), expresses the same opinion. "The constant evaporation of water from the surface of the earth," he observes, "is the cause which gives rise to the enormous amount of electricity in the atmosphere. The waters of the rivers, of the torrents, and the sea, holding in solution more or less saline matter, give rise in evaporating to a chemical action by which the positive electricity is disengaged in the air, while the negative electricity remains on the earth. The topographical and meteorological condition of the basin at Nice demonstrate that the electric fluid is largely diffused throughout the atmosphere."

This author likewise adverts to the phenomenon of winds blowing from the direction of the south during the day, and from the north at night—a species of aerial tide which experiences more or less marked perturbations from the general or accidental winds.

"This meteorological phenomenon," he adds, "is caused by the alternate condensation and

dilatation of the air. Each calcareous part of the basin of Nice being successively warmed by the heat of the sun's rays, attracts the dose of caloric which the air has received from the sea; the rarified aerial fluid undergoing, like light, the law of reflection, is reflected upon the town at divers angles. In the morning, the dilated air from the sea, meeting the eastern shore of the gulf, warmed by the first rays of the sun, is projected upon Nice, with the appearance of an eastern breeze. In the middle of the day, the calorific power of the solar rays raising to a high degree the temperature of the bottom of the basin, and of the mountains opposite the sea, produces a directly south wind. Towards the close of day, the sun, rarifying the strata of air nearest the hills, which extend from the Var to Cimiez, brings currents from the south-west. In the evening the atmospheric fluid of the superior regions, condensed by the sun's absence, ebbs gradually towards the sea, in the form of a northern breeze, until the time when the sun, in its daily course, brings back the breezes from the south."

"The periodical return of cold and of heat takes place regularly, and without sudden transitions. The mean of thermometrical variations is 1—2. The mean winter temperature is 50 (Fahrenheit): the cold is dispelled by the first rays of the sun: the mean tempe-

rature of January is 49. The vernal equinox is marked by rains, and by winds from the north-west, which blow strongly, but which constantly subside towards sunset. Storms are of rare occurrence, being attracted towards the high mountains. Notwithstanding the power of the sun's rays, summer at Nice is less hot than at several towns situate in more northern latitudes. The maximum of heat seldom rises higher than 31-2 (centigrade), which is lower by seven degrees than the summers in Paris, London, and St. Petersburg, where the thermometer rises as high as 34 and 35 (95 Fahrenheit)."

These details, supplied by an impartial observer, accord with those quoted from other authors; and, from their combined consideration, a tolerably fair estimate of the peculiarities of the climate may be formed. One of the local physicians expresses himself in a pamphlet as opposed to the generally received opinions, that the air is dry and exciting, observing that the quantity of rain which falls annually at Nice (24 inches) is greater than at London (21), or Paris (20); and he adds, "the basin of Nice is only a lake, covered by a stratum of earth two or three yards in thickness; at this depth, water is always found, as is proved by the hydraulic machines established in almost all parts for watering the ground. The great

springs, Du Rey, Du Temple, Gairaut, Font Chaude, likewise pour their waters into the plain of Nice, and irrigate it in all directions. From these causes, some parts of the environs of Nice are considered humid—as Riquiers, at the base of Mont Alban; the middle of that of L'Empierat; and the plain behind the suburb of St. Jean Baptiste.

"Remark, also, that the mild temperature of the atmosphere of Nice in winter is owing to the preponderance of the south winds during the day, which are always humid at Nice.* Evaporation of the water from the sea takes place at Nice as elsewhere, and its vapours fall more or less immediately upon the ground, after having moistened the atmosphere. The great quantity of dew which falls daily, and which is experienced at twilight to a degree which softens the hats and clothes of those who walk out at night, sufficiently proves that at Nice

* "Maritime places in warm climates, and the more southerly of temperate countries," says Dr. Copland, "whilst they experience in the daytime, during the greater part of the year, regular sea breezes, arising from the current of air replacing that which has been rarified by the heated influence of the earth, are also subject to land winds during the night, owing to the less rapid evaporation and greater heat of the surface of the ocean at this time; the rapid radiation of heat from the soil soon reducing the temperature of its surface below that of the ocean in the same latitude."

the air is rather saturated than deprived of humidity."*

On the other hand, Dr. Farr, who resided during several seasons at Nice, and wrote a work on the climate, considers, with most persons who have given their attention to the subject, that the air of Nice is of a dry and exciting nature; and remarks that this is the great objection to Nice, though that if some diseases are aggravated by these qualities, in others of an opposite nature they produce a good effect.

"To what cause," he asks, "are we to ascribe this dry and irritating nature of the air? From observations made with Watkins's pluviometer, during several years, we may see that there falls at Nice every year more rain than in London; thus it cannot be that this quality is owing to the want of rain. The dew, likewise, falls very heavily at Nice, especially in spring and autumn; and even sometimes in winter, after a warm day, the dew will be very perceptible. The quarters where it is most abundant are the Var, Riquiers, and La Ruffier. It is true that the evaporation produced by the sun's rays is very great, and the moisture soon disappears. The intervals between the rains are often very long—sometimes a month passes without half-an-inch of water falling—and this cause, added to the particular nature of the soil, may account, in

* Conseils aux Malades, par le Dr. Camous.

great measure, for the state of dryness of the air."

We may hence reasonably infer, that even though the ground at some little depth below the surface be sufficiently moist to entertain a great richness of vegetation, yet, as the basin of Nice is much exposed to the direct influence of the sun, and the refraction of its rays, and as long intervals of dry weather occur between the rains, these causes suffice to explain the general state of dryness of the air.

"The number of clear and sunshiny days," further remarks Dr. Farr, "is, in winter, 40; in spring, 44; in autumn, 40; in summer, 56. It has been remarked, that in dry climates sudden electric discharges seldom occur; or, in other terms, that there are but few violent storms, whilst animals, as well as vegetables and other bodies on the earth's surface, are more than commonly charged with electricity. In a humid atmosphere, on the contrary, the electric fluid is carried off from the body, whence it happens that rheumatism and other complaints of this kind are common. In a dry climate there is an accumulation—almost a superabundance—of electricity, which produces irritation of the mucous surfaces, headaches, a state of tension, &c."

M. Carrière, however, expresses a somewhat contrary opinion on this point: "Dry heat," he observes, "accumulates the electric fluid in

the higher regions of the atmosphere; a moist state of the air attracts it, on the contrary, to the surface of the earth, and neutralizes it on the bosom of the common reservoir. The sensations experienced mark these differences: thus, during wet or damp weather, a kind of uneasiness is felt, persons suffer in their nervous system, especially convalescents and invalids. In warm and dry constitutions there will be more equilibrium of the powers, and more accordance in the aggregate of their actions; for they will not be troubled with the flying pains and problematical indispositions, which disappear only on a change of weather. Heat favours the development and accumulation of electricity; but it would appear that cold acts with more power than the opposite cause."

From the preceding considerations we are justified in inferring that the air of Nice is generally dry, and tolerably charged with electricity; not so much perhaps as Naples, but more so than Hyères, Rome, or Pisa—these two last-mentioned towns being under opposite conditions to Nice as respects climate. The general temperature during the day—from eleven to four o'clock—is very equable, more so, according to Sir James Clark, than any other place frequented by invalids, except Madeira. This assertion does not imply a contradiction with what has been said respecting

the atmospherical variations caused by the occasional force of the winds, and those which take place between the middle of the day—the morning and evenings, or those which are found to exist between places exposed to the sun and others in the shade, which, as we have seen, amount to several degrees.

In its general character the climate of Nice does not appear to have very materially varied since the epoch of the Roman occupation. Nice was then as now resorted to for the restoration of health. Meteorological observations which have been made, at different periods for upwards of a century, do not, moreover, indicate any notable changes. This invariability is, doubtless, owing to the permanent influence exerted upon Nice by the great extent of the sea, the air of which is impelled towards the land by the predominating winds from this quarter, and is maintained within the basin, beyond which it cannot pass on account of the semicircle of mountains by which it is enclosed. Maritime climates, as is well-known, are generally milder than continental or inland ones. This mildness—which, as we have seen, depends upon the hygrometrical state of the air, and the uniformity of the sea's temperature—is, says M. Carrière, in a direct ratio to the sinuosity of the coasts, or, in other words, to their absolute development. "The more the shore presents this character, so much

the more do the extremes of temperature meet; the warmer the weather is in winter, the cooler it is in summer.. There are in Europe two regions favoured in this respect. 1. England and its dependent islands. 2. Italy from Tuscany to Calabria. The former owes to these conditions a winter mean, which, even at 62 degrees of latitude (that of the Feroe Islands), has never descended below zero. The latter owes to the same influences, at all events in great measure, its elevated mean winter temperature."

The same may justly be said with respect to the coast from the Estrelles to beyond Menton.

The preceding details may serve to convey to persons at a distance a tolerably correct idea of the climate of Nice, and to furnish practitioners with an approximative basis upon which to rest their judgment as regards its practical adaptation, upon which point I now proceed to submit to their consideration a few further observations.

CHAPTER V.

Therapeutical adaptation of the climate.

HAVING so far considered only the general characters of the climate, which, however, are greatly modified in their effects, according to different quarters of the town and environs, I must endeavour to specify the principal indications for its adaptation to the various conditions of disordered health. Most writers who have of late treated of the advantages to be expected from climate, appear to me to have considered the subject in too absolute a manner, without a sufficient appreciation of the different modifications which the same disease frequently undergoes, according to different temperaments, and other circumstances of a peculiar and individual nature. Without pretending to rectify completely this omission, I venture to hope that the following observa-

tions may serve in some measure to point out with more precision than heretofore the cases to which the climate of Nice is most calculated to render service. In estimating the therapeutical effects of climate, the functional and organic diseases of the respiratory apparatus must always be considered in the first place. In these cases, the quality of the air breathed is a circumstance of nearly as much importance as is that of the foods taken into the stomach, when this organ is in a diseased or weakened state. We must, however, not restrict our observation solely to the action of the atmosphere upon the affected organs; but the aggregate of climatic influences upon the general economy, and especially upon the cutaneous system, must likewise be taken into the account—respecting which point I purpose making a few remarks in the Appendix.

But the study of climate has been too much restricted to the effects produced in disorders of the respiratory apparatus; whilst the advantage which may be derived from this remedial agent are often quite as manifest in other morbid states of the system, and also in the abnormal conditions which usually precede the development of pulmonary disease, in which it is frequently greater than when such disease already exists, especially if it have made considerable progress. Nice, like other places whose climate has been highly spoken of, has been too generally recommended in these

cases, and has been often resorted to without the exercise of much judgment as to the choice of a locality suitable to the kind and degree of the disease; hence it is not surprising that disappointment of perhaps exaggerated expectations should have ensued, and that the reputation of the climate should have suffered in consequence.

Nice, as a winter residence, has, however, always been regarded, both in ancient and modern times, as well calculated, aided by suitable remedial measures, to effect a cure, or a notable amelioration, in many cases of pulmonary phthisis, in an early stage, notwithstanding the occasional considerable atmospheric variations. In fact, a too uniform and equable temperature would not always be best adapted to produce permanent amelioration in these cases, its continued action upon the system being in some measure analogous to that of a hot-house upon plants. In any similar temperature, persons whose lungs are seriously affected might vegetate for a longer period than elsewhere — though even these patients are not unfrequently greatly relaxed and weakened by the enervating influence of such a climate; but others differently circumstanced, would be incapacitated for afterwards bearing the slightest atmospherical changes, to which they must be exposed in other places, without suffering more or less severely from them. Thus, not only is phthisis tolerably

frequent among the inhabitants of Madeira, but it would appear, from some statistical accounts of patients who have sojourned there, that the mortality is not only very great among them in the island, but likewise among those who had left it, after having experienced alleviation of their symptoms.* It is true that when there exists a state of general or local excitation, or of sub-inflammatory action of the organs, their repose, as far as possible, is a matter of necessity; and then a climate like Madeira would be most advisable; but when such excitation does not exist, or exists only in a slight degree, as when tubercles are in a quiescent state, in a circumscribed portion of the organs—particularly in scrofulous or lymphatic subjects—moderate exercise of the lungs is advantageous, and tends to prevent a fresh deposit; and it is more especially so when from hereditary tendency, or other causes, there appears reason to suppose the existence of a predisposition to the disease, which has not yet manifested itself by symptoms of functional disorder.

Although consumption is by far most frequent among the inhabitants of cold and damp countries, yet it is likewise not unfrequent in some dry and warm countries, especially if subject to great atmospherical changes. Thus, it is said that at Marseilles the proportion of

* See Appendix.

deaths from consumption is as 1 to 4 of the general mortality;* at Nice, 1 to 9; at Naples, 1 to 8; but from what I have observed, I should say that the great majority of cases occurring in these towns arose from neglected or imperfectly cured acute or chronic affections of the organs of respiration, combined with privations and other depressing causes, affecting for the most part the lower orders of society, and consequently from the operation of causes of a different nature from those, such as hereditary predisposition, or others which, gradually undermining the health in damp and cold countries, give rise to tubercular cachexy.

Dr. Parola remarks on this point, in his work to which the prize offered by the Medical Academy of Turin was awarded—"In warm, dry, and well-ventilated countries—as the shores of the Mediterranean, great part of Italy, and the south of France—scrofula and tuberculous diseases are rarely met with in the country localities, especially where the inhabitants, occupied in agricultural pursuits, live in healthy houses, and have food suitable to their condition. In country places in Holland, on the contrary, particularly in the north, as well as in those in England and the northern banks of the Rhine, these diseases predominate more or less, and are even more frequent than in the towns. I have observed, on the otherhand,

* See Appendix.

that these affections are met with much more frequently in the towns along the coast of the Mediterranean, as well as in the principal cities of Italy than in the country."

"From these observations, it may be inferred that the cause of these differences—viz., the greater prevalence of scrofula and tubercle in the chief cities of Italy than in the country districts—is not attributable to the climate, as it is in Holland and England, since they would then be more prevalent in the country. We must rather ascribe it to the sedentary habits, the bad disposition of the houses, and to other anti-hygienic circumstances, which are more frequent in towns. Who is there that does not know, in fact, how narrow are the streets, how high the houses in Nice, Genoa, and Naples, and how the inhabitants of the lower classes are forced to live in passages, cellars, or ground-floors, deprived of light and of free ventilation! We may, then, readily conceive that in these towns this class of inhabitants, closely packed together, suffer from the privation of the primary element of life—viz., a healthy air and light, and from breathing a more impure atmosphere than the fogs of England and Holland. If, moreover, we contrast the dirtiness of the habitations and of the streets—of Naples for instance—with the proverbial cleanliness of Holland and England, which partly counteracts the inconveniences of their

climates, we need experience no difficulty in discovering the origin of tuberculous diseases in our cities, though they are less prevalent than in the north-west of Europe."*

It is not, then, solely the local disease that is to be considered, but likewise the abnormal disposition of the system upon which it depends in most cases; which we should endeavour to rectify by an appropriate climate, and by other means suggested by particular indications; otherwise we shall only temporize and palliate urgent symptoms, instead of obtaining permanent advantage. If, from the neglect of suitable means, or from other causes, the disease has already made considerable progress, the former of these courses is the only one open to us; but at the commencement of the disease, by placing patients under opposite conditions to those which have concurred to produce it, we may reasonably hope to obtain cures in some instances, and notable ameliorations in others. Of late years several physicians have pursued this path, studying climatic and hygienic influences, and trusting less to the exclusive employment of pharmaceutical remedies, many of which having been too highly praised, have subsequently fallen into disrepute.

The winter climate of Nice or of its environs

* Della Tuberculosi.—Torino, 1850.

contrasting in many respects with that of countries in which tubercular cachexy is most frequent, tends to accomplish in many cases the object sought to be attained by means of this agent; favourably modifying the general condition of the system. The sunshiny days; the purity and relative dryness of the air; the variety and the *agrémens* presented by the country; the cheerful society which is met with —cannot but produce a beneficial influence upon the physical structure and mental disposition of invalids. A chief advantage possessed by the towns of Italy in winter, over those of northern countries, is that persons may live much more in the open air, whence the muscular system is exercised, a due equilibrium of the vital powers is maintained; a vicious concentration of activity towards the brain, and visceral congestion are prevented. The great variety of impressions which solicit the attention when outdoor exercise is taken, likewise counteract an abnormal predominance of the sensitive system by giving freer course to the ideas. The digestive, respiratory, and cutaneous functions are more active, the sleep is more sound, the general well-being is more perfectly experienced, and numerous inconveniences induced by a sedentary life in cloudy climes are avoided.

An objection has been made to Nice as a place of abode for those whose lungs are delicate, by Foderé and some others—viz., that

the sea air being impregnated with saline particles is too irritating. It has, however, been clearly proved by experiment, that the sea on the shores of the Mediterranean, and even on board vessels at sea, does not contain any saline substance when the sea is calm, as is almost always the case in the bay of Nice. On the coasts of Great Britain and France, where the sea is mostly in a state of agitation, and the air is exposed to the influence of the tides, it is to a certain degree impregnated with saline substance, but it has never been proved that such impregnation is prejudicial. On the contrary, certain localities on the shores of England are considered as the best suited to persons labouring under chronic pulmonary disease. M. Richelmi, in his work on Nice, quotes upon this point the opinion of Dr. Gilchrist, who said—"The sea air is truly pectoral; this fluid contains the remedies calculated to ameliorate cases of consumption if directly applied to the lungs by inspiration; the mild warmth, the balsamic nature, and the saline humidity of the air makes it a remedy suited to fulfil all the inductions." Dr. Davis, who formerly wrote upon Nice, likewise observed—"It is a singular fact, that the inhabitants of Nice and Provence send their consumptive patients away from the sea, in order to avoid the irritation caused by the salt water; we, on the contrary, recommend them to live near the sea." "The workmen,"

pursues M. Richelmi, "who work in salt mines are not liable to consumption, and I can say from my own experience of thirty-four years in different parts of the coast of the Mediterranean, that I have found consumption to be very rare in these districts, and at Nice I cause patients affected with certain kinds of phthisis to be located with the greatest success in the Croix de Marbre, near the Lazaretto, in the houses on the terrace of the Cours and at the Ponchettes; all which places are nearest to the sea, and the most exposed to its influence."*

It is not, however, on account of the inhalation of saline particles from the sea air that advantage was derived in these and other cases, but because the more agitated atmosphere near the sea has in many cases a better effect upon the lungs, by causing a freer action of these organs, and an improved state of the blood, than would be the case in very sheltered localities.

In the town itself, the proportion of deaths from consumption is, as we have seen, somewhat smaller than at Genoa; but according to the testimony of the resident physicians, the disease is extremely rare out of the town, and among the people of the neighbouring country, which

* At Monaco, Menton, Villefranche, St. Remo, the population amounts to 76,000 inhabitants: the general mortality in ten years was 6987. The mortality from consumption in this period amounted to 107.

proves that it depends rather upon the anti-hygienic influences already mentioned, and from its prevailing almost exclusively among the lower classes, that it is not attributable to the climate.

Much discrimination is however required on the part of the practitioner for determining in individual cases, those to which the climate of Nice would be most suitable, as there are many in which it would be more likely to have a prejudicial effect. "From a very remote epoch," says Dr. Parola, "the physicians of almost all Europe have sent their consumptive patients to Nice, Naples, Hyères, and the Canary Islands, but experience proves that the sea air does not contain salt, which Laennec and others thought so beneficial to these patients; that the inconstancy of the temperature, and the frequent predominance of high winds very often, instead of being of service, accelerated in certain subjects the fatal termination of their disease. On this account, as a general rule, the climates of Madeira, Pisa, and Rome, are preferred at the present day. According to Clark, Madeira is the country in which a consumptive patient can live with the least inconvenience. Those who are endowed with a nervous and irritable temperament, and who have great susceptibility of the air passages, should reside in winter at Rome or Pisa, but those of a more lymphatic and cachectic constitution may remain at Nice."

This last opinion, that individuals of a lymphatic habit, who are not very susceptible to be affected by atmospheric variations would be generally benefited by the climate of Nice, accords with that which I expressed in my "Companion to the Continent," and it may suffice to have already alluded to the inconveniences which sometimes more than counterbalance the advantages of a too equable temperature; from which practitioners may draw the inference, whether in any given case the patient, whose state of health does not compel him to have recourse to a climate of which great equability is the leading characteristic, might not derive advantage of a more permanent kind from a residence in some other favourably situated locality, having a less equable temperature; with the understanding that the patient should be careful not to expose himself to abrupt atmospherical variations, and to adopt other precautions required by his condition.

Special indications which may serve as a rule in every case, cannot be laid down in any work not of an empirical character, having for its object the exposition of the best means of treating chronic diseases. There are, however, certain general principles which may be stated, as serving to enable the practitioner to form a tolerably correct judgment as to the preferable course to be followed in the individual instances which may come under his observation. Thus,

as respects the climate of Nice in cases of phthisis, it may readily be inferred from what has preceded, that in the more acute cases, where the circulation is accelerated, where attacks of hemoptysis have occurred more than once; where there exists a feverish state, with dry and painful cough, and other symptoms of inflammatory action, and where at the same time auscultation and percussion reveal the presence of extensive structural lesion—the air of the town and suburb of Nice would be prejudicial; and yet many patients of this category have been sent thither, and fixing themselves in the most exposed situations, have, as might be expected, rapidly become worse; they and their friends being disappointed in the sanguine results they had been led to anticipate from a removal to a southern clime. In any similar condition it is very doubtful whether any climate would produce more than a tempory alleviation. Where, however, a change from home is deemed advisable, the climate of Malaga, Algiers, Egypt, Rome, Pisa, or Madeira, according to circumstances, would be more suitable; the former of those places, more especially, not being subject to material atmospheric variations.

Some patients, however, in whom the disease has advanced beyond the first stage, might reside with advantage during the winter in one or other of the more sheltered positions in the

environs of Nice—as the villas at the base and on the southern acclivity of the hill of Cimiez, or in its neighbourhood, where the temperature is very equable, and where there would be few days on which patients would be obliged to remain within doors throughout the day on account of bad weather. Patients would, however, be obliged to restrict themselves to this circumscribed locality, as they would be exposed to considerable risk in going into the town, unless in the most favourable weather.

Dr. Farr expressed himself highly in favour of Cimiez. "The warmest part," he observes, "is under the hills of Cimiez, this is warmer by several degrees than the warmest part of the town, and it is well sheltered from all hurtful winds. Even the mistral is not felt in the plain. While it lasts, there is a counter-current near the surface of the earth, coming from the south and south-east, whereas at a height of 200 feet the mistral is blowing in all its force. On this account the temperature is higher than elsewhere. It was at Cimiez that the Romans fixed themselves. Nice has its advantages, and persons do not avail themselves of them: it has its unfavourable situations, and they are preferred; hence many patients leave it without experiencing any amelioration in their condition, if even it be not aggravated. I can conscientiously affirm that it would be difficult to find a spot in the

whole of Europe more favourable than this to several cases of phthisis."

An author already quoted (Richelmi) likewise adverts to the mistakes committed by patients and their friends, with respect to the choice of a suitable situation. "Patients," he says, "who come to Nice in order to re-establish their health by means of the climate, often fail in attaining their object—not on account of the insalubrity of the place, but because they locate themselves by the advice of persons whom they may chance to meet, without troubling themselves to consult those whose experience of the locality has enabled them to estimate justly the relative advantages of the different situations with reference to the kind and the period of their disease; because patients often treat themselves according to some prescription which they bring with them, but which is neither applicable to their actual condition, nor to the change of climate; and because they do not generally pursue a regimen suitable to the nature and state of their disease."

We may then deduce the conclusion from what has preceded, that in patients of a torpid or lympathetic habit, in whom a cachectic condition of the system is apparent, whether they be threatened with phthisis, or whether the disease already exists in its early stage without symptoms of febrile excitation or of inflammatory action, a winter's residence at Nice or in

some part of its environs, would present great probability of permanent advantage, if not of complete cure, which might be reasonably anticipated in many of these cases, from the effects of the climate, combined with the adoption of appropriate remedies, and with common precaution against exposure to great atmospherical changes. By the moderate exercise of the lungs in the open air, the general system would be strengthened; the quality of the blood would be improved; and the further deposition of tubercule would often be prevented. The muscular system being exercised, the prejudicial concentration of the nervous power upon internal organs would likewise be prevented; the functions of digestion, pulmonary and cutaneous exhalation, would be more perfectly performed; and the tendency to a congestive state of internal viscera, so commonly attendant upon a sedentary mode of life, or residence in a too warm climate, which incapacitates for muscular exertion—would be removed. The patients *moral* would, moreover, be agreeably affected by being much out of doors in any locality presenting a variety of objects calculated to engage his attention, and his mind would be prevented from dwelling on gloomy thoughts, which could not fail to exert a most beneficial influence upon his health; whereas, if a patient so circumstanced were to remain during a winter in any very

equable climate, breathing several months the same kind of air, especially in a country presenting little resource for occupation or recreation, his system would, in all probability, be enervated instead of strengthened, and his disease, if it did not increase, would probably remain stationary, or would make but little progress towards a cure.

Where there exists a marked predisposition to pulmonary disease, whether it be derived from an hereditary source, or acquired from the influence of other causes, the climate of Nice would be beneficial in many cases, especially in young subjects, and where such predisposition is complicated with scrofula or chlorosis. In such cases the comparative dryness and the greater electricity of the atmosphere would be productive of the best effects in rectifying the disordered condition of the blood, whereas by sojourning at Rome, Pau, or any other relatively humid locality, where the air is but little agitated by wind, and where the sun's influence is less constantly experienced, there would be much less probability of the predisposition being removed, and of such patients being restored to health.

Those persons predisposed to, or labouring under pulmonary disease, ought not, however, to remain at Nice, or, at least, in the parts on the shore exposed to the action of the winds during the spring months, when, as we have

seen, the atmospheric variations—a hot sun not unfrequently prevailing, or alternating with a cold wind—are at times great and frequent. In generalthe weather in November, December, and January, is, for the most part, fine and warm, with the exception of an occasional windy o rainy day; and at this time, when the air passages are not very susceptible to cold, one or other of the localities fronting the sea might be chosen. The Ponchettes, as has been observed, is the warmest of these situations, being fully exposed to the south and west, and completely sheltered from the north and east. There is no very great difference of temperature between the other parts most frequented by visitors, though some are more exposed to the wind than others. Thus, the Boulevard du Midi, which is close to the sea, would not be so good a situation as the Ponchettes on the approach of spring, though being in a measure sheltered from the east by the castle hill, it is perhaps less prejudicially affected by winds from that quarter than the quay of the Pont Neuf, where the east and the north-east winds, blowing down the bed of the Paglion, are often very unpleasantly experienced in the months of January, February, and March. The line of houses comprising the Hotel Victoria and the Peusion Anglaise, turning off at an angle from the course of the Paglion, is less exposed to the influence of these winds, and being more

removed from the sea than the Boulevard du Midi, is one of the best positions for the whole of the winter. The houses along the Cours are more sheltered from wind, but they have less of the sun than those in the above-mentioned situations. The Croix de Marbre has been considered by some persons as being relatively humid. This suburb being separated from the sea by gardens, is consequently less directly exposed to the action of the sea breezes, while at the same time it is no less subject to the general influence of the marine atmosphere; being, moreover, built on a less elevated level above the sea than the Ponchettes or the Boulevard du Midi, is, doubtless, not quite so dry as these quarters; but this circumstance would be advantageous to some patients who find themselves better in a less dry atmosphere. In general, however, visitors have but little reason to apprehend the effects of humidity at Nice in the winter, nevertheless, those who hire villas in the environs, ought to prefer those which are somewhat elevated above the plain, on account of a certain degree of humidity produced in the meadows by the falling of dew after sunset.

Many patients would be benefited by a few weeks' sojourn at Nice in the beginning of winter, to whom a longer stay would be prejudicial, on account of the action of an exciting atmosphere being too long continued; and it

not unfrequently happens that patients who feel themselves better, and invigorated soon after their arrival, subsequently lose ground, and become affected by symptoms of general or local excitation. The digestive organs are very apt to become deranged; which often depends upon persons committing errors with respect to diet, or not being sufficiently careful to regulate it according to the nature of the climate; for wine, and the quantity of animal food, as also many articles of diet, which might be taken in England or the north of France with impunity—and might even be necessary —could not be taken by the same persons in Provence, at Nice, or in Italy, without occasioning more or less disorder of the digestive apparatus, which it is scarcely necessary to say must react prejudicially upon any diseased organ; while at the same time it would induce debility by preventing the due assimilation of food. I have generally recommended patients with predisposition to, or suffering from, any existing disease of the respiratory apparatus to leave Nice in or before the beginning of February, and proceed southward to Rome or Pisa; where a sojourn of a few weeks at this season would often be serviceable, when a more prolonged stay would be too relaxing.

The facilities of communication by steam are now so great, that travellers from Nice may reach Pisa in two days, or Rome in three;

those, however, who are disinclined to make the journey by sea, may travel, adopting ordinary precautions, without much risk, by the Cornice road to Genoa; which is, for the most part, sheltered from the north by the mountains, and may be traversed without inconvenience at any time of the winter or spring.

Those persons who do not wish to proceed further into Italy, and who have sufficient resources within themselves to ward off ennui, may find sheltered residences for the weeks of spring in the neighbourhood of Cimiez, at Villefranche, or Menton, provided a removal to a different kind of climate was not indicated.

Patients suffering from chronic bronchitis, accompanied with free mucous expectoration, would mostly derive advantage from a more or less protracted stay at Nice—especially aged persons, and those in whom there is but little inflammatory tendency. The kind of bronchitis which is attended with hard cough, difficult expectoration, feverishness, and great susceptibility to be affected by cold, would, on the other hand, be generally aggravated by the air of Nice. Humid asthma would generally be relieved by the climate, which would often be unsuited to the nervous variety, or that arising from manifest nervous disease.

Scrofula being generally like tubercular cachexy, produced by a prolonged residence in damp countries, by imperfect ventilation, and

defective assimilation, would in most cases be cured or greatly ameliorated by the climate of Nice, aided by a suitable regimen, and by appropriate remedies. The exciting properties of the air impart a favourable movement to the functions of nutrition and sanguification, which are so faulty in this disease; they also tend to rouse the torpid nervous energies, to promote the resorption of tumours, and to remove other local consequences of this diathesis. The situations on the sea-line are preferable in these cases, if not counteracted by peculiar circumstances.

Although gastro-enteritic irritation is of frequent occurrence amongst the natives, and also among visitors newly arrived, yet in disorder of the digestive organs, characterized by debility or torpor, and combined with general atony of the system, which often precedes or accompanies tubercular cachexy, the climate of Nice would generally have a beneficial effect. This weakness of the digestive apparatus, which when of long duration frequently superinduces pulmonary and other organic disease, very often depends upon depressing moral impressions; and when this is the case, the treatment by pharmaceutical preparations, which are usually had recourse to, is attended with no permanent benefit, and serves at most to alleviate urgent symptoms; and if an active system of medication be adopted, as purgation

or the repeated use of mercury, much harm may be occasioned. Here the most effectual means of relief are hygienic measures, travelling, and a winter's residence in a climate which admits of out-of-door exercise being daily taken, and where, at the same time, the country presents objects of attraction calculated to divert the mind from dwelling upon sombre thoughts, which tend to perpetuate the local disorder. The influence of these causes on the production of many chronic diseases, is not in general sufficiently taken into account by medical practitioners, whence the frequent inefficacy of the remedial means adopted; nevertheless it is more widely-extended than is commonly supposed, though it may not always be recognised or avowed by the patients themselves. A late distinguished Parisian physician remarked upon this point: "When the mental equilibrium is destroyed, we may be sure that that of the vital actions will also shortly be so; and truly there are but few diseases in the actual state of civilization that are not the reflex of strong moral affections. This is a certain result of their prolonged continuance within a given time, depending upon the violence of the affection and the individual disposition. Aneurism, liver disease, cancer, cerebral extravasation or softening, most nervous disorders, &c., originate more or less directly from some misfortune experienced—it

may be long before, but of which the weight, the remembrance, suddenly breaks down, or gradually weakens the springs of vitality.

"No one, therefore, apparently dies from grief, despair, or lost illusions; it is from disease of the stomach, heart, or other organs, apoplexy, &c., which, by their evident effects, mask the real, active, though hidden source of so many evils. Moral suffering of an aggravated character is therefore the starting point of the greatest number of organic alterations."*

The aim of the practitioner who discerns the action of these causes, should therefore be to counteract their prejudicial effects before the occurrence of any serious organic mischief, by hygienic and moral measures, rather than by medicines. In fulfilling this indication, a residence for a time at Nice, or any other favourably situate locality, would be in many instances highly advantageous, especially if patients can be accompanied by some members of their family, or have agreeable acquaintances; otherwise, when a patient is alone, he would often derive more benefit from visiting in the course of the winter, several towns, which, in the number of galleries or works of art, &c., present greater means of recreation, —than by remaining during several months in any single place.

The same observations are no less applicable

* Reveillé, Parisé. Etudes de l'Homme dans l'Etat de santé et de maladie.

to hypochondria, and to several other nervous affections, whether accompanied or not with material visceral disorder. Who is there that is not aware of the powerful influence which the state of the weather and the varying condition of the atmosphere produces! Whence it may readily be inferred that a residence for such patients in a locality where they can be pretty well assured of these conditions being for the most part favourable, would be beneficial. In cases of purely nervous hypochondriasis, where the disorder of the digestive organs is principally a consequence of morbid cerebral susceptibility, the climate of Nice, Egypt, and Naples in some cases, or the opposite one of Pau or Rome in others, according to particular indications—would generally be productive of the best effects. The situations near the sea at Nice, would, in these cases, be preferable to those in the country; but most patients suffering from this complaint, would also derive more benefit from changing their place of abode once or twice in the course of the winter, than by remaining five or six months in the same locality, unless, indeed, they found it suited to them.

A winter's residence at Nice would likewise benefit many patients suffering from neuralgia; the constitution of the individual, the nature of the disease, and the experience of two or three weeks, would serve to guide him in the

selection of a suitable situation. Rome generally disagrees with neuralgic patients. Gout and rheumatism are among the complaints in which the beneficial effect of the climate is most experienced. In the former of these diseases, there is almost always a tendency to venous stagnation and visceral congestion, as also to superexcitation of the kidneys; whilst, on the other hand, the action of the skin is diminished. Many persons liable to gout escape their periodical attacks by passing the winter in a locality where daily walking exercise can be taken, where the air warmed by the sun's rays, occasions a more free circulation and secretion from the skin, to the great relief of internal organs. The same influences produce a no less favourable effect upon most cases of rheumatism, which are usually caused by the combined action of cold and humidity. In many of these cases, Nice would be one of the best places of abode from the beginning of November to the middle of February.

Paralytic patients generally derive great advantage from residing in an appropriate winter climate. The warmth of the sun at this period of the year, exerts a beneficial influence both on the patient's *physique* and *moral;* they are less subject to cramp and painful muscular contractions, from which they so frequently suffer. When a paralytic affection supervenes on attacks of gout or rheu-

matism, upon exposure to cold or damp, to malarious emanations, or to other causes not productive of cerebral congestion, a complete cure may often be effected by climate, aided by appropriate hygienic or remedial measures. As these patients are often prejudicially affected by wind, the more sheltered positions should be preferred by those who remain at Nice throughout the winter. The Croix de Marbre is not an unfavourable situation in these cases.

Persons whose health has been deteriorated by a long sojourn in tropical climates, as India, will generally find it considerably improved by wintering at Nice, or some other suitable locality in Italy. Even for those who return from India in tolerable health, it is generally advisable to adopt this course, as a means of gradually acclimating themselves to Europe, before taking up their residence in any part of Great Britain. Elderly persons not subject to symptoms of determination of blood to the head, would generally find themselves very well at Nice, where, without fatigue, they may take daily walks in the gardens, and enjoy the beneficial influence of the sunshine.

In almost all the above specified morbid conditions of the economy, the most efficacious means for preparing patients for, or for seconding the remedial action of, climate, is the employment, during part of the summer

months, of mineral waters in the form of baths —when not counter-indicated—as well as internally. The great variety of mineral springs in France and Germany, and the facility of access to them, now offer to invalids the opportunity of availing themselves of these powerful agents at comparatively little inconvenience and expense; though it is to be regretted that errors are frequently committed with respect to the choice of the springs best suited to individual cases, owing to the imperfect knowledge which most British practitioners have of these therapeutical means of treating the majority of chronic diseases; and yet there are but few, uncomplicated with structural change of parts, which are not either cured or greatly ameliorated by the use of mineral waters, followed by a residence of one or more winters in a suitable climate, aided by the adoption of such other remedial measures as circumstances may render necessary.

Invalids not unfrequently lose the advantage which they might obtain from these combined measures, or obtain comparatively little benefit by employing only the one or the other separately. It would be out of place for me to do more on the present occasion than to solicit the attention of practitioners and patients to the combination of these efficient remedial agents, especially as I have treated of their advantages in other works.

With respect to the use of medicines, it may be laid down as a general rule that the doses should be smaller in Italy, and other southern countries, than in those of the north, where the organs are able to bear, without inconvenience, more powerful stimulation. Nevertheless, the treatment of acute disease occurring in strangers arriving for the first time, and who have not become subjected to the enervating influence produced by a long sojourn in the country, need not materially vary from that which would be adopted at home. The abstraction of blood, laxatives, sedatives, tonics, &c., are very well borne under these circumstances, when they are called for by special indications. In chronic diseases, the appropriate remedies have a better effect when their action is promoted by the salutary influences of a favourable climate.

CHAPTER VI.

Cornice Road—Menton—Genoa.

THE largest proportion of travellers going by land into Italy from France, either proceed from Lyons to Chambery, crossing the Mont Cenis, from the southern base of which (Susa) the railroad is now open to Turin, and thence to Genoa—(the *trajet* between these cities by rail occupying between three and four hours)—or else, by way of Marseilles and Nice, which is more available in winter, when the passage of the mountain is difficult on account of the snow. The distance from Nice to Genoa by the beautiful route along the coast, is about 120 miles. Three days are required for the journey by voituriers, who may always be engaged in either of these towns. It may be accomplished in two days by posting, which is well served. The public conveyances, as has been already

mentioned, require about twenty-five hours. The road, though in some parts extremely narrow, and but indifferently provided with parapets, is generally in good order; but after heavy rains, which fill the beds of the torrents across which it passes, the communication is sometimes interrupted for a day or two. Bridges have, however, of late been constructed at some of the worst parts, and the accommodation at the inns in the chief towns is now much better than a few years ago.

The road is, for the most part, cut at an elevation varying from 60 or 100 to 1,500 feet in the side of mountains, which rise steeply from the sea; frequently descending to towns on the shore, winding round beautiful inlets, or crossing some projecting headlands; at some parts it is hewn for several miles out of perpendicular rocks of granite, which are also occasionally perforated, forming tunnels for its passage. The variety of prospects and picturesque sites, the rich vegetation of olives and other evergreens, occasionally relieved by palm-trees; the rocks, and beds of torrents, the cupolas of distant towns, together with the almost constant aspect of the sea, form a series of pleasing contrasts perhaps unequalled in any other part, comprised within the same space.

On leaving Nice, the ascent begins of the Mont-Gros, round which the road winds for

a few miles inland; after which the sea again comes into view from an elevation of more than 1,000 feet, with the bay of Villefranche and the peninsula of L'Ospizio lying immediately beneath. Some distance further on, at La Turbia, are seen the remains of a tower erected by the Senate of Rome, to commemorate the victory of the Emperor Augustus over the Ligarians. From this point the view extends over the principality of Monaco. The capital, which has been termed an "orangery upon a rock," occupies a promontory; but is a poor, desolate place; it is connected with Roquebrune —near the high-road—by a beautiful road, bordered with myrtle and laurel-trees, the country presenting a richness of vegetation seldom met with, comprising plantations of orange, lemon, and other fruit-trees. Descending the hill from Turbia, Menton is approached through plantations of olive-trees. It consists principally of a street along the shore, inhabited by shopkeepers and artisans. Possessing no resource for occupation, notwithstanding the beauty of its environs and the mildness of its climate, Menton is only occasionally visited by invalids. Foderé said of it—" The country is beautiful, the climate mild, the inhabitants well-mannered; yet, after having seen the little there is to see, one feels a strong desire to go further on." Though having a southern aspect, and being exposed to the sun's in-

fluence during the greater part of the day, and sheltered on all sides from cold winds, there are but few houses where strangers could be suitably lodged; at the Hotel de Turin, however, the accommodation is tolerable.

The persons to whom the climate of Menton would be best suited, are those suffering from pulmonary disease in an early stage, accompanied with exalted nervous sensibility, and great susceptibility of the air-passages to atmospherical variations; though to some patients of this kind, where the circulation is accelerated, and the symptoms of cough and dyspnœa urgent, a more humid atmosphere would be better adapted. Those of a scrofulous temperament, whether complicated or not, with indications of pulmonary disease, would mostly derive advantage from a short sojourn at Menton, as would also several of those affected with paralytic and rheumatic complaints.

Several patients, after wintering at Nice, and desirous of seclusion, might pass with advantage a portion of February or March at Menton. In many cases, on the other hand, the warmth of Menton, and the comparative deficiency of free ventilation, would be attended with too enervating and relaxing effects, as may be inferred from the general appearance of the natives, who are for the most part of an indolent and lymphatic temperament, with a tendency to *embonpoint*, and are consequently

of placid disposition, and addicted to amusements rather of a passive than of an active or *bruyant* kind—

> " La terra molle, lieta e dilettosa
> Simile a se gli abitator produce."

A short distance beyond Menton, on the ascent of the hill to Ventimiglia, the Bridge St. Louis crosses a picturesque ravine. From the summit of the hill are seen to advantage—on the one hand, Menton, backed by its mountain screen, and Monaco on its rocky promontory; on the other, St. Remo, Porto Maurizio, and several intervening villages on the shore, nestling at the base of precipitous cliffs. The towns, which, from the whiteness of their houses, produce a good effect when seen from a distance, are, however, found on a nearer approach to respond very imperfectly to the impression created by their first appearance. Oneglia is a town of some importance (twelve hours distant from Nice), whence there is a road to Turin traversed by a diligence, avoiding the mountains and joining the Coni railroad. Leaving this town, after ascending a steep hill, a turn of the road suddenly displays to the traveller's view the fine bay of Alassio, with towns and villages skirting the shore. A small island in the bay adds to the beauty of the scene. The views in the neighbourhood of Loano and Albenga are likewise striking—a

bold, rugged, semicircle of mountains, contrasting agreeably with the fertility of the plain, in which lies Albenga. The next town of any consequence is Finale, which is approached by a tunnel pierced through the base of a rocky mountain rising precipitously from the sea, over which the road formerly passed. On leaving Finale, the scenery becomes still more interesting. At Noli, the whole extent of the Gulf of Genoa, with a semicircle of lofty mountains in the background, numerous towns and villages along the shore; and in the centre the city itself—

> " Che al mar le sponde, il dorso ai monti,
> Occupa tutta, e tutta a cerchio adorna,"

burst upon the view, exhibiting a scene rarely equalled for beauty. Savona is a town of considerable importance, having a port and constant communication with Genoa by land and sea. From Savona, the road is, for the most part, carried along the sea-shore, passing through small towns ; and, on approaching the city, is skirted by handsome villas and gardens. Between Voltri and Genoa (a distance of about twenty miles) the railroad has recently been opened. On arriving at the lofty *fanal*, or lighthouse, after passing through a populous suburb, the traveller sees displayed before him the spacious harbour, with its shipping, the houses of the city rising amphitheatrically above each other, and encircled by hills,

thickly covered with palaces and villas, together with the range of fortifications, extending for some miles along the heights.

The entrance by the Strada Balbi—a wide street of lofty palaces—is striking. The Strada Nuova and the Novissima, are a continuation of the Balbi, and likewise contain palaces built by the ancient Genoese nobility. These, together with the new street leading down to the port, are, however, almost the only ones in which carriages can pass, the greater part of the city consisting of narrow passages or alleys between high houses, converging to, or parallel with, the port; the principal ones being thronged with pedestrians. Merchandise and articles of consumption are carried about on the backs of mules. In some of these wynds there are rich shops, especially the one for goldsmiths, where a brilliant display is made of gold and silver filigree-work, for which the Genoese are celebrated. The velvet and silk manufactories likewise occupy a portion of the population.

Most of the palaces are built around spacious court-yards; some are decorated externally with fresco-painting. The most remarkable are the Durazzo, Pallavicini, Brignole, and Serra, which contain choice pictures and other objects of taste, which are shown to visitors. The Doria palace fronts the harbour, and forms a prominent feature in the view from the sea. A magnificent marble terrace, ex-

tending the whole length of the houses fronting the sea, and overlooking the harbour, has recently been completed. Compared with those of Rome and Venice, the churches of Genoa are not remarkable in point of architecture, or for interior decoration. The best worth visiting are the Cathedral, Sta. Annunciatia, and Sta. Maria Carignano—from the dome of which a good view of the town, port, and sea, may be obtained. The Albergo dei Poveri, or poor-house on a large scale, is a fine establishment. The inmates are occupied in various works (manufacturing articles of clothing, &c.). The Hospital Pammatone is likewise an extensive building: on the grand staircase, and in several of the wards, are statues, larger than life, of nobles and others who have made donations, or left bequests to the institution—not unfrequently as a means of expiation. The hospital is accordingly well endowed. The state of medicine is inferior to most parts of Italy.

The Genoese are mostly well-formed and good-looking; many of the women are handsome, and wear long veils, resembling the Spanish mantilla. The upper classes possess, for the most part, but scanty information; few being addicted to intellectual pursuits. They appear to care for little else than the pleasures of the hour. There is but little society; the opera being the chief point of *réunion*. Genoa is likewise deficient in promenades; the prin-

cipal one, at the upper part of the town, is prettily laid out, but extremely circumscribed in extent. It commands, however, a good view of the bay and environs.

Few travellers would find much inducement to make a prolonged stay in Genoa. The climate is one of the worst in Italy; there is often much rain in winter. The changes of temperature are great and sudden; the hills behind the town not being sufficiently high to shelter it from the north and east winds, which not unfrequently blow with considerable force from the higher range of mountains covered with snow. The best period for visiting Genoa would be from the end of October to the middle of December, or in April. Steamers leave almost daily (sometimes two a-day) for the different ports along the Italian coast, and for Marseilles.

SCALES OF TEMPERATURE.

	Centesimal.	Reaumur.	Fahrenheit.
Freezing,	0	0	32
	5	4	41
	10	8	50
	15	12	59
	20	16	69
	25	20	77
	30	24	86
	35	28	95
	40	32	104
	45	36	113
	50	40	122
Boiling,	100	80	212

APPENDIX.

Observations on some prevalent causes of pulmonary consumption, and on the influence of climate in that disease.

In order properly to estimate the degree of influence which climate is calculated to exert in the prevention and removal of pulmonary consumption, it will be necessary to take a brief survey of some of the chief causes which induce a predisposition to the disease; for it is only by counteracting the operation of these causes, and by availing ourselves of the most efficient means of rectifying the consequent morbid condition of the system, before the supervention of organic change to any considerable extent, that satisfactory results are likely to ensue from the adoption of any preventive

or remedial measures. It is because this principle of rectifying the disordered state of the constitution, upon which the deposition of tubercle depends in most cases, has been hitherto but little attended to, that so little success has attended the efforts of medical practitioners in the treatment of this disease. "If," justly remarks Sir James Clark, "the labour and ingenuity which have been misapplied in fruitless attempts to cure an irremediable condition of the lungs, had been rightly directed to the investigation of the causes and nature of tuberculous disease, the subject of our inquiry would have been regarded in a very different light from what it is at the present period. It is most certain, that unless we enter into the subject in its fullest extent, we shall do little that will prove effectual in diminishing the frequency, or reducing the mortality, of this prevalent and most destructive malady."*

The cicatrices and tuberculous deposits found in the lungs of persons who have died of other diseases, and then umerous instances on record, of persons who, after having presented the general symptoms, together with the local physical signs of the existence of phthisis, have recovered and enjoyed tolerable health for many years—abundantly prove the curability

* On Consumption.

of the disease, especially in its early stage. There exist, however, particularly in this country, several impediments to the early adoption of measures calculated to bring about so desirable a result. In a large proportion of cases, the insidious approach of the disease—the temporary amelioration of the patient's condition, which frequently takes place under favourable circumstances of weather, &c.—render its presence difficult to be detected until it has already made considerable progress, unless minute investigation be made of the physical signs, furnished by an abnormal state of the respiratory function—which will frequently indicate the existence of disease long before it is manifested by well-defined general symptoms. Comparatively few British practitioners have, however, made a special study of auscultation and percussion, which would enable them to detect any but the more prominent modifications of deviation from the healthy function of the lungs; hence therapeutical agents are alone trusted to for the removal of symptoms which are considered as dependent upon a slight and casual indisposition. This method of examination is therefore usually had recourse to at a more advanced stage, when it is found that the symptoms persist, or become aggravated; the aid of a physician, who is considered to have more particularly directed his attention to this class of complaints, being frequently called in

for this purpose, though often delayed, from an apprehension of causing alarm in the mind of the patient or his relatives. "By adopting a rigid examination on being first consulted," again observes Sir James Clark, "the greater number of cases of tubercular phthisis would be discovered at a much earlier period of their course; often, I am persuaded, many months, nay, occasionally years, before they now are, from the careless manner in which this class of patients is too commonly examined. Until we adopt a more minute and methodical system of inquiry into the history of the case; and, in addition to the usual symptoms of pulmonary disease, avail ourselves of the light afforded by auscultation in the more extended sense of the term, tuberculous disease of the lungs can scarcely be detected at such an early period as will give reason to hope that its further progress may be checked. In the present superficial mode of inquiry, it is too often far advanced when the patient is said to be merely threatened with it; and tracheal or bronchial irritation are the terms employed to account for symptoms which a closer investigation would trace to a deeper source. Notwithstanding the doubtful character of the early symptoms, and the obstacles which present themselves to us in our investigations, I fear it is more frequently attributable to our own neglect in seeking for information respecting the past and present condition of

the patient's health, and to our inattention to the existing indications, than to the real obscurity of the case, that tuberculous disease is allowed to pass undetected in its early stages."

Another cause of the intractability of the disease, and of its most general fatal termination, is attributable to the custom which commonly prevails of treating chronic, as well as acute diseases, almost exclusively by pharmaceutical remedies, to the comparative neglect of hygienic and other remedial means (of which climate is one of the chief); which are most likely to rectify morbid conditions and predispositions, and thus place patients under the circumstances most favourable to their recovery. From this cause, it happens more frequently in England than in any other country, that particular remedies are *pronés* as being almost a panacea in some complaints, and are laid aside after a time, not being found to answer the expectations of their efficacy, which their advocates had been led to entertain, frequently from a too circumscribed or partial observation. This has been more the case as respects pulmonary consumption than perhaps any other disease. The repeated abstraction of blood, counter-irritation, inhalations, emetics, and other active remedies, having each had their advocates, who have adduced corroborative cases, said to be successfully treated by these various measures, employed empirically,

and with little regard to particular indications, but of which none have sustained more than an ephemeral reputation. Medicine in this disease, however useful as an adjuvant to the general and hygienic treatment by which the constitution may be advantageously modified, and to which the practitioner must principally look for permanent advantage, if exclusively trusted to, will do little more than palliate; and the alleviation thus afforded not unfrequently occasions time to be lost, during which the employment of proper means for rectifying the disordered state of the system might have afforded the greatest probability of success.

It is, however, gratifying to observe, that of late many practitioners have been induced to study more closely the effects of hygienic and other measures not comprised in the list of pharmaceutical agents, in pulmonary consumption and other chronic diseases, owing to the attention of the profession having been more directed to a vitiated state of the blood, arising from various causes—hereditary tendency, imperfect ventilation, and defective oxygenization, faulty nutrition, &c.—by several pathologists of eminence, both abroad and in our own country. Several years ago, Professor Andral, whose investigations have been specially directed to this, as well as to several other important pathological questions, stated

that even from the commencement of pulmonary tuberculization, and when its existence can scarcely be detected by auscultation, the blood globules are found to be less abundant, and that in no case of this kind had he found them to come up to their normal quantity.

"Individuals," he observes, "in whom the lungs begin to be tuberculized, present in their blood the particular modification of composition which belongs to weak constitutions; they are truly in a state of incipient anemia, and their blood resembles that of patients who have been repeatedly bled. Thus, the condition of the blood, which coincides with the beginning of tubercular phthisis, and which, in all probability precedes it, is the general condition which is met with in all cases where, from whatever cause, the vital powers have lost their energy. Who has not remarked the etiolation, the weakness which most consumptive patients present in the beginning of their disease! Young girls in the imminence of tuberculization, become so weak and pallid, and have at the same time so few local symptoms, that the practitioner is sometimes mistaken respecting the nature of their disease, which is regarded as chlorosis. On the other hand, there are cases of chlorosis, complicated with bronchitis, or with a purely nervous cough, which have misled the most acute observers, and made them apprehend the formation of tubercle.

"The diminution in the quantity of blood globules is not, however, the cause of tubercle; but it is for us a certain sign that this disease takes its rise from a notable weakening of the constitution; and this sign, superadded to others furnished by clinical observation, comes to enlighten us in the choice and direction of therapeutical remedies."*

Among the pathologists who have more recently engaged in this department of inquiry, may be mentioned M. Lebert, in France, and Mr. Ancell, in this country, both of whom have published elaborate works on tuberculous diseases. The former of these gentlemen, referring to the observations of M. Andral, and of MM. Becquerel and Rodier, upon the state of the blood, comes to the following conclusions:—1. That the amount of blood globules diminishes in the course of tuberculous and scrofulous diseases, though without arriving at the same point of depression as in chlorosis. 2. The proportion of water in the blood is augmented in both these diseases in a ratio corresponding to the diminution of the amount of globules. 3. In tuberculous diseases the fibrin does not diminish at the commencement, and it increases in the subsequent stages; whereas in scrofula there is throughout a notable diminution of fibrin.

* Hematologie Pathologique.

"The frequent coincidence of the two diseases in the same person would lead to the belief of a similar, though not identical, principle as the origin of both, inasmuch as either of these affections may localize itself without being complicated with the other in the same individual."*

Although the formation of pulmonary tubercle frequently supervenes in scrofulous subjects, the two diseases are not necessarily connected. This morbid growth may be a consequence of chronic inflammatory action, though only when a predisposition exists; notwithstanding the late Dr. Reinhardt, of Berlin, in a recent publication, ascribed tubercle generally to this source, which opinion was formerly entertained by Broussais and several other continental physicians, though it was never adopted in this country. The constitutional weakness, and the altered state of the blood existing in scrofula may, like any other debilitating cause, give rise to tubercles in the lungs, with the concurrence of existing causes; and hence the two diseases are frequently found to coexist in the same localities, or the latter to supervene upon the former; but, on the other hand, the one is sometimes extremely prevalent in certain localities which are comparatively free from

* Traité pratique des maladies scrofuleases et tuberculeuses.

the other. Thus, a cold damp climate, subject to considerable atmospheric variations, is most favourable to the production both of scrofula and phthisis; yet the differences in the mode of living of the inhabitants of localities, under somewhat analogous circumstances with respect to climate, will often be productive of different results as regards the development of the one or the other of these diseases. Sir J. Clark quotes the observation of Sir A. Crichton, that consumption is infinitely more frequent in Great Britain and Ireland than in the northern parts of Russia. "The scrofulous constitution," he says, "is more common in the northern and middle governments of Russia than in England, and commits greater ravages than are ever witnessed in this country. But its attacks are mostly confined to the external glands—face and eyes. The Russians, however, clothe themselves more warmly, and take greater precautions against the severity of their climate than in England. On the other hand, their poorer classes are worse fed, black rye-bread and vegetables being their chief nourishment. The occupations of the Russians are also, for the most part, in the open air, whereas a large proportion of our labouring classes are employed in manufactories, confined the greater part of the day in a deteriorated and close atmosphere."

It is, moreover, to be observed, that in

Northern Russia, although the cold is much more severe than in England, yet the atmosphere in winter is freer from humidity; the variations of temperature, and also as respects wet and dryness, are much less frequent than in Great Britain and Ireland, as is also the case at Stockholm; where, as we have seen, the mortality from consumptive diseases is much less than in either England, France, or Italy, owing mainly to the greater dryness of the air, and the population living more out of doors. It is not, therefore, the degree of cold, but the humidity of a climate that is most instrumental in inducing pulmonary disease, which—except in large capitals, as London or Paris, where moral and other physical causes concur to increase the number of cases—will, with some exceptions, be found to be most prevalent in proportion to the degree of humidity of a locality. Thus, nowhere is the mortality greater from this disease than in Holland.

I think it will appear by the sequel that the humidity of the atmosphere is a principal predisposing and exciting cause of the disease; and that, like seclusion and sedentary pursuits, it acts in great measure, by preventing the free action of the skin, which an active out-of-door life in fine dry weather, and exhilarating emotions, tend materially to promote; while at the same time they produce greater activity of the lungs, and a more perfect oxygenization of the blood in the act of breathing. This view

of the question has been ably exposed by a late French medical writer of considerable reputation, whose works are little, if at all, known in this country. It may, therefore, be of service on the present occasion, to state briefly the result of some of his observations and experiments; from which we may infer that, in estimating the operation of climate in cases of pulmonary consumption, our attention should not merely be directed to its effects upon the respiratory organs, but likewise to the general action of this agent upon the system.

Most persons who have given their attention to the subject will have observed that those classes of the population engaged in out-of-door occupations in which the air is frequently changed, are of a fresh, ruddy complexion; generally healthy; and but little liable to be attacked by consumption, as travellers, seamen, mountaineers, &c. The author to whom I have referred, made a series of investigations in his own and other countries, in order to ascertain the relative frequency of tubercular disease among the inhabitants of different localities under different circumstances of situation; and he remarks, with reference to France, that in the small towns, where the population is composed of agriculturists, artisans, and tradespeople, the proportion of deaths from pulmonary consumption is as 1 to 40 or 50 of the general mortality when the towns are situate on the accli-

vity of mountains, on elevated table-lands, in dry valleys accessible to winds, or in fertile plains; but that under these conditions the disease does not occur with the same frequency in the different classes of the population. It is very rare among the agriculturists and artisans who actively exercise their limbs, but, on the contrary it attacks almost exclusively, sedentary persons who usually remain in the house, using only their hands or fingers, who do not habitually expose themselves to the free air, and consequently to the vicissitudes of the atmosphere—as turners, spinners, sempstresses, &c. Among tradespeople, the disease is most prevalent among young persons or females who lead an inactive life. Individuals who are exposed to the action of humidity only during their work, do not become consumptive or scrofulous when their physical powers are actively engaged, as tanners, wool-washers in manufactories, washerwomen, dyers; the expansive and sudorific influence of muscular exercise sufficing to preserve them from the disease; notwithstanding they are frequently subject to rheumatic pains, which indicate the incontestable action of humidity upon the skin. In villages where there are no sedentary occupations, and all the inhabitants are engaged in working in the fields, the average mortality from consumption is not more than 1 to 80 or 100 of the general mortality. Hence it may be advanced as a principle, that in order to preserve men and

animals from tubercular affections, they must be freely subjected to atmospheric influences.

In seminaries and convents, pulmonary consumption exerts its ravages, which are evidently occasioned by the want of exercise and defective ventilation. Under these circumstances, the children are etiolated, their constitution becomes lymphatic, the osseous system becomes softened, spinal curvature manifests itself, swellings of different kinds supervene, and at a later period consumption is induced.

In Holland sedentary occupations concur with humidity to increase the amount of pulmonary consumption. What more especially predisposes women to this affliction, is their lymphatic constitution and their sedentary life; for the women who inhabit the healthy villages of France, Belgium, or Italy, and who, like the men, follow agricultural pursuits, are exempt. But in the damp climates of Holland and England, the conditions are no longer the same, the humidity exerts a general influence which muscular exercise cannot always counteract; it even happens that by producing sweat, exercise renders the body more subject to the concentric and debilitating influence of cold and humidity.

In the penitentiary of Auburn (New York), the prisoners confined in narrow cells die from slow diseases, seven out of ten deaths being from consumption. The effects of seclusion and sedentary occupation are also seen,

on a large scale, among the labourers employed in the silk manufactories at Lyons. From a statement of MM. Brachet and Rougier, physicians to the hospital, it appears that of 250 deaths, 82 were from consumption occurring in this section of the population. At Nismes, notwithstanding the superiority of its climate, the silk manufactories favour the development of scrofula and phthisis, which circumstance arises from the operatives constantly remaining within doors; for, at Arles, most of the consumptive patients who died in the hospital, were persons pursuing sedentary occupations not connected with silk works. The proportion of deaths from this disease to the general mortality was one-third. At Bordeaux, as in other hospitals of France, Belgium, and Italy, I found among the consumptive patients no seamen, fishermen, or labourers who worked on the banks of rivers, or who were engaged in occupations which obliged them to exercise their muscular powers, either in the open air or in spacious workshops; in this respect observation in ordinary practice leads to the same conclusion.

At Rouen, the two most general causes of tuberculous diseases—humidity, and working in the manufactories—exert their influence upon the population. One-fourth of the patients who die in the hospitals die of consumption, which is of much less frequent occurrence among other working classes not suffer-

ing from privation. It is very rare, and almost unknown among those who work in the port, and sailors; as also among the dyers, who are very numerous along the banks of the little river Robec. The former of these classes are robust, of sanguineous temperament, well-fed, and often intemperate; the latter are pale, thin, and of lymphatic temperament. In these two classes of workmen, the expansive and sudorific action of exercise, suffices, therefore, to counterbalance the noxious influence of external agencies—viz., the dampness of the climate, and of the localities where it is most prevalent.

From the results of comparative statistics, we find that about the same proportion of individuals die from consumption in the hospitals of Amsterdam, Lyons, Bordeaux, Arles, Rouen, and Paris; and yet these towns are in very different climates. But there are admitted in hospitals a great number of individuals who are under the same conditions—viz., who have been badly lodged and fed, residing habitually in dark and humid localities; under these circumstances, phthisis is at its maximum of frequency in all climates. On the other hand, individuals composing the active population, living in tolerable comfort and in the open air, seldom become inmates of hospitals. In this class, as also among the poor who live in the country, in places where

the climate does not exert its influence, it is proved that diseases of the lungs are unfrequent.

The military life predisposes to these diseases; they are frequent in the military hospitals of Holland, less frequent in Belgium, and still less frequent in those of France. The effects of climate in producing consumption is here well marked. At Namur, Ghent, Antwerp, the mortality from this cause in these hospitals amounts to a third, whereas in the military hospitals in France, it is a fifth; and in Algeria, only one-hundredth part of the general mortality. The same favourable proportion is found to exist in the most healthy villages of France.

At Marseilles this disease is of frequent occurrence among persons who are engaged in sedentary avocations: it chiefly affects young girls shut up in schools, young prisoners, and shoemakers; while soapmakers, fishermen, and sailors are in general preserved from its attacks.

Atmospherical changes should not be enumerated among the general causes of tuberculous diseases. Nevertheless, in cold and damp climates, these changes exert a fatal influence; it is but little observable in France among men who work in the open air, but in England its effects are combined with those of humidity in producing a great number of tubercular affections.

All these facts prove with the clearest evidence, that in climates differing with respect to the elevation and inequality of the temperature, pulmonary consumption spares those persons who habitually expose themselves, even when at rest, to atmospherical influences, to the sudorific and expansive action of light. At Paris, the women of the Halle, coachmen, and others, who are exposed to these influences, as well as all men who lead an active life, are but little liable to the disease. On the other hand, it is prevalent in the sumptuous habitations of the rich, in the salubrious chamber of the sempstress, and in the abode of the poor man occupied in sedentary pursuits.

In thus examining the influence of humidity under these different conditions, we see that it gives rise to the most serious acute diseases, and to chronic diseases of various kinds, by acting chiefly upon the skin. A dry air, by its direct action upon the air-passages, promotes the evaporation of the humidity from the bronchia, and increases the activity of the functions of the lungs; an atmosphere charged with an excess of humidity cannot remove from these organs the same quantity of water reduced to a state of vapour at each expiration; a diminution of this exhalation consequently ensues, from the inactivity of the respiratory and cutaneous organs under these circumstances. The defect of equilibrium

thus induced necessarily tends to throw back within the system a great quantity of water, which the kidneys have to eliminate. This excess of water conduces to the formation of dropsies and other cachexies, which are developed in damp climates, localities, and seasons.

It may readily be conceived that vicissitudes of temperature exert their chief influence upon the skin; atmospherical perturbations occasion but little effect upon the organs enclosed within the thoracic cavity, into which the air only penetrates in small quantities, by means of a natural apparatus of ventilation, and becomes warmed in passing through the bronchial ramifications; the skin, on the contrary, deprived of any similar apparatus, is every moment liable to experience the action of atmospheric currents of very variable temperature, which necessarily give rise to disorder in its functions.

Edwards demonstrated that a dry air in motion strongly excited the insensible perspiration; whereas, a moist still air reduces this excretion to its minimum. The loss by perspiration is almost equal in a dry still air, and in a moist agitated air, which circumstance shows us the favourable effect of the air of the sea, of mountains, and of places where the air is often agitated. Experiments made upon frogs to verify these points, have been repeated with

the same results in warm-blooded animals. A calm air, saturated with humidity, likewise reduces in them the perspiration to its minimum. Thus the perspiration of the inhabitants of humid valleys is reduced to its minimum; on the other hand, the skin is powerfully stimulated by the air of mountains, of elevated plains, and of the sea. A free ventilation, therefore, removes from the body a considerable quantity of the elements of perspiration. In fact, deep and damp valleys constitute the cradle of chronic diseases.

Two general causes predominate over all others in producing the majority of chronic diseases—viz., want of muscular exercise and humidity. These causes act chiefly upon the skin; and they incessantly tend to throw back into the stream of the circulation the superfluous and excrementitial elements, which should be eliminated from the economy: and thus are induced alterations in the blood and cachexies of which the source was unknown.

Apply a coating of varnish, of tar, or starch, either to the whole body, or to a larger or smaller part of it. The consequences will show themselves more or less speedily, and will be more or less serious, according as the coating is more or less general or partial. In all the cases, the breathing of the animals subject to the experiment will soon be strangely altered, and life will be seriously compromised.

They have been seen to die at the termination of one, two, or three days, and even a few hours after the application. They die suffocated; the breathing becomes difficult and laborious; the animals draw deep inspirations, in order to absorb a greater quantity of air than in the ordinary state. They die hard. On opening the bodies there is found in the veins and in the cavities of the heart—less frequently in the left, and very rarely in the arteries—a black blood, forming soft, diffluent clots, and coagulating with difficulty on contact with the air. This dissolution of the blood favours ecchymoses, extravasation in the lungs and other organs; the capillary vessels are generally injected. We may thus perceive that the alteration of this liquid is the true cause of the stoppage of the circulation in this order of vessels.

At the time of the elevation of Leo X. to the pontificate, the Golden Age was represented at Florence by gilding over the body of a child, who soon died in consequence.

Complete suppression of the perspiration gives rise to a series of remarkable phenomena characterizing a serious disease—cutaneous asphyxia. In man and the higher animals, when the perspiration is suppressed, the blood becomes altered, stagnates in the vessels, transudes through their sides, the temperature of the body diminishes, and the animal dies like

a man attacked by Asiatic cholera. When the suppression is only partial, the alteration of the blood is less considerable; a reaction takes place, a feverish movement manifests itself, the affected textures present local lesions, which have been ascribed to inflammation.

When the acid secretion of the skin is suddenly suppressed, it occasions a profound alteration of the organic elements of the blood: a similar alteration is observed in all epidemical and other serious diseases in our climates.

An Egyptian on meeting a compatriot does not say, "How do you do?" but "How do you sweat?" In Lower Egypt, the humidity of the air, by suppressing the cutaneous exhalation, gives rise to some most serious diseases, which are unknown in Upper Egypt.

The action of external agents occasions—1st, a defect of equilibrium between the cutaneous exhalation and the other excretions; 2nd, an alteration of the blood and fluids; 3rd, local lesions, which are observed in acute as well as in chronic diseases. Both observation and experiments prove that the morbid movement begins, in the majority of cases, in the external capillary network. Lactic acid, water, salts of different kinds, fat, and perhaps albumen, with some atoms of carbonic-acid gas, are continually eliminated by the act of transpiration. When the lactic acid ceases

to be excreted, diseases of the blood of different kinds, acute alterations of the fibrin, chronic alterations of the albumen, may ensue. When the perspiration is suppressed, whether it be from cold or humidity, we see manifested supersecretions, or extravasations. Lastly, the presence in excess in the blood, of salts, which ought to be eliminated by the skin, incessantly tends to alter this fluid, and others of which it is the source.

By examining the products of perspiration during hard labour or fatiguing exercise, we may form some estimate of the effects of habitual inactivity upon the animal economy. During violent bodily exercise, the skin is bathed in sweat, as is also the clothing in contact with it; the lactic acid soils the linen, which every one knows requires to be more frequently changed in proportion as the exercise is more prolonged or fatiguing. In the inactive state, the same elements are retained in excess in the economy; men and animals become fat; the water tends to diffuse itself in the textures; the salts tend to form other combinations; and the excess of lactic acid becomes the cause of numerous diseases, the form and nature of which vary according to climates, localities, and the age of individuals.

The treatment of pulmonary consumption usually terminates where it ought to have begun; the air of the country is recommended

to dying persons; consumptive patients are sent to Italy or the south of France at a period when there is no hope. In this treatment everything is interverted. Measures are directed towards the lungs, when they should be directed to excite the functions of the skin.*

The corroborative evidence of some recent writers on this disease tends further to exhibit the frequency of the causes above specified in the production of tubercular cachexy. Thus, Mr. Ancell observes with reference to the suppression of the secretions from the skin:—"It has been asserted that scrofula and phthisis may be produced, *ad libitum*, by suppressing the cutaneous functions. No doubt this is one of the most direct courses by which the healthy constitution of the blood may be changed. When the function of the skin is arrested in animals by varnishing, the health becomes rapidly deranged; they die of marasmus, and miliary tubercles are said to be found in their lungs, which, by their paleness and softness, appear to be recently formed. When the cutaneous function is only partially arrested by this process, the blood remains coagulable, and presents a pale and little-consistent buffy coat. Many of the causes which have been regarded as inducing causes of the disease, might

* Causes generales des maladies chroniques; specialement de la Phthisic Pulmonaire. Par le Dr. Fourcault. Paris, 1844.

act in this way. Thus humidity acts as a direct check to the cutaneous transpiration. Certain degrees of cold will have the same effect, particularly if the skin be dirty and unhealthy. Deficiency of muscular exercise may act in the same manner. Observation sanctions the opinion, that sedentary habits have a most important influence in the production of tuberculosis. Infants often become scrofulous from want of those nursing exercises by which the circulating and respiratory functions are promoted, a healthful hematosis (formation of blood) is secured. The same remarks may be correctly made of young children. Habits of listlessness, not to say indolence, are also often the precursors of tuberculosis in young people about the age of puberty. Dr. Gay found in the close workshop of a printing-establishment, that the compositors, whose employment is sedentary, fell victims to phthisis in the proportion of 74 per cent. to 31 per cent. in the pressmen, who, though breathing the same air, and in every respect subject to the same habits of life, differ only in the active bodily exercise of the press; and among the same class of operatives, the deaths from the same causes did not exceed 25 per cent. in those who use exercise in the open air. From the same authority, it appears that in single females leading a sedentary life—as book and envelope-folders, bonnet-cleaners, semp-

stresses, &c.—the cases of pulmonary consumption, compared with all other diseases, were three times as numerous as among those engaged in non-sedentary domestic occupations, as servants, housekeepers, and shopwomen. In females generally, the least proportion of cases were in those employed out of doors. In men following in-door occupations, the ratio is highest when there is least exertion, and lowest in employments requiring strong exertion."

M. Lombard found in Paris, Geneva, Vienna, Hamburg, the greater number of persons leading a sedentary life affected with phthisis than those leading an active life, in the proportion of 141 to 89. In those cities, phthisis is twice as frequent in those working in-doors as in those who work in the open air. In the hospital for consumption at Brompton, the relative liability was found to be 63 per cent. of in-door males, to 30 per cent. on out-door; and all the consumptive females followed in-door occupation."*

"Neglect of exercise in the open air," says Dr. Copland, in his "Dictionary of Medicine," "of exposure to the light of day, and to sunshine, is one of the most influential causes in inducing tuberculous formations in the scrofulous diathesis, and even in constitutions which evince no evidence of this taint."†

* A Treatise on Tuberculosis.

† Article—Scrofula and Tubercle.

Sir James Clark likewise observes on this point: "The effect of sedentary habits is most pernicious; and there is perhaps no cause (not excepting hereditary predisposition), which exerts such a decided influence in the production of consumption as the privation of free air and fresh exercise. These operate as the principal causes of its greater frequency among the females of the higher classes."

Too light clothing, and exposure of parts of the body, as the neck, chest, arms, legs, and feet of children and delicate females—especially in those who possess but little reactive power to the influence of cold and damp—must be enumerated among the most frequent causes of consumption, and of promoting its more speedy development when the predisposition exists. A checked action of the skin, whether from the long-continued or repeated action of cold or humidity, or from other causes, not only occasions a congestive state of the thoracic and abdominal viscera, and frequently gives rise to acute or chronic inflammation of these organs, or of the serous or mucous membranes, but also, by depressing the vital energies, favours the occurrence of a cachectic state of the system. Habit will, it is true, often enable persons to bear the impression of these and other deleterious agencies without experiencing any immediate bad effects, though their action may be gradually undermining the health, and

may give rise to indispositions and unpleasant feelings, of which the cause is unknown to the patient, and too often to the practitioner, who seeks to remedy them by medicines. With reference to the gradual detrimental action of cold upon children and young persons of the upper classes, who are frequently too lightly clothed, a standard author observes:—"They do not feel the cold, but they experience an uneasiness and an indisposition which arises from it; their constitution becomes deteriorated by passing through the alternations of health and disease, and they sink under the action of an unknown cause. It is the more likely to be unknown, because the injurious effects of cold do not always manifest themselves during or immediately after its application, and the constitution is altered without the cause being suspected. The use of warm clothing is often declined, even though the want of it may be actually felt, from the wish to reserve it for an advanced age. But it frequently happens that this very precaution is the cause of preventing that age from being attained."

The same writer likewise makes the following remarks upon the advantages of a mild climate when the constitution has become deteriorated, or disease is induced from the action of cold upon delicate subjects. "There are some who regain their heat with difficulty, even when the cold is moderate, and they require

greater elevation of temperature in their rooms. This class is more numerous than is suspected. It is not confined to chilly persons, for the injurious effect of cold does not always manifest itself by the painful sensations to which we give the same name; it may be indicated by very different sensations, by various states of indisposition, pain and uneasiness differing from the peculiar sensations generally produced by exposure to cold. The absence of this sensation makes us mistake the cause, and consequently fail in applying the remedy."

"It follows from these facts that when an individual experiences a change of constitution which diminishes his production of heat, or consumption of air, he cannot endure that degree of cold which previously would have been salutary to him, without experiencing sooner or later an alteration in the rate of his respiratory movements. Hence the necessity when these two functions have experienced this alteration, as in cases of organic affection of the heart and lungs, of placing the patient in communication with a milder temperature, either artificially or by change of climate."*

The necessity of the quantity of food being regulated in proportion to the amount of oxygen taken into the system, has been demonstrated by Professor Leibig. "We expire,"

* Dr. Edwards,—"Influence of Physical Agents on Life."

he says, "more carbonic acid at a low temperature, and under a strong pressure, than in a high temperature. We must consequently consume by food a proportion of carbon which bears a relation to this quantity. Thus, in Sweden more food is required than in Sicily; in our temperate regions at least an eighth more in winter than in summer." In winter, when we are in a cold air, where consequently the amount of oxygen is greater, we feel increase in proportion to the want of carbonated and hydrogenated food. When this want is satisfied the body can resist the most intense cold. Thus the quantity of food consumed is regulated by the number of inspirations, the temperature of the air inhaled, and by the quantity of heat generated by the body.

"Persons whose digestive organs are weakened, in whom consequently the stomach cannot place the food in the requisite state for combination with oxygen, cannot support the severe climate of England. Their health must therefore be improved in Italy, and in southern countries generally; for they there inhale a comparatively smaller proportion of oxygen, and their organs will still have sufficient vigour to digest a smaller quantity of food. If, however, these patients remain in a cold country, their respiratory organs are ultimately destroyed by the action of the oxygen."*

* Chunie Organique. Paris.

The only other causes productive of consumption, to which I need refer on the present occasion, are the depressing passions—to which allusion has been already made—the influence of which is more extensively exerted than that of any other class, both by deteriorating the blood, and by diminishing the nervous energies, and thus rendering the system less capable of reacting against deleterious external agencies, and also by impairing digestion and assimilation, by disinclining the patient to exertion and muscular exercise, and checking the functions of the skin, by diminishing the activity of the cutaneous circulation—whence arise, as has been already observed, a congestive state of internal organs, and a resorption of excrementitial matter, which so often predisposes to various organic diseases.

I have thought it expedient to bring the most prolific causes of tubercular disease of the lungs prominently before my readers, both because their influence is not sufficiently attended to by the profession, as regards the preventive and remedial means usually adopted—the operation of climate being too often exclusively considered with reference to the quality of the air inhaled, and its action upon the respiratory organs—and also because, as this work will fall into the hands of many non-medical readers, those who are particularly interested in the subject may be able to perceive

from the preceding observations, the pernicious consequences resulting from the insidious operation of the causes specified, arising from the neglect of ordinary hygienic measures.

A principal advantage of a mild, dry, and sunny climate in winter is, that it places patients liable to, or suffering from, chronic pulmonary disease, in the most favourable condition for counteracting the influences of the above-specified predisposing and exciting causes, enabling them to take daily exercise in the open air, by which the muscular, respiratory, digestive, and cutaneous systems are maintained in healthy activity; whereas, in a cold and damp climate, such persons must necessarily pass almost the whole twenty-four hours indoors, breathing the close atmosphere of warmed rooms, and must, moreover, be deprived of the mental diversion which is afforded by the variety of objects met with in walking or riding in an agreeable country, under the favourable circumstances of clear skies and sunshine. The maintaining a cheerful tone of mind, and the avoidance of a too monotonous mode of life, are highly important adjuvants in effecting an improvement in all cases, but more especially when a disordered state of health or disease has been brought on by the speedy or gradual operation of mental causes. The consideration as to the resources for mental occupation or diversion possessed by

places to which patients with pulmonary disease are recommended, is therefore a most important one, and yet it appears to have been overlooked by some writers, who, from meteorological data, speak highly of the climate of particular localities. Thus M. Carrière, in his work on the "Climate of Italy," infers from the advantages of climate said to be enjoyed by some places altogether destitute of resources—as Mola di Gaeta, Pozzuoli in the Bay of Naples, some towns in the Maremma of Tuscany—that these places would be favourable situations for consumptive patients; but what invalid would think of sojourning in any similar locality, or what physician would counsel such a course? A recent English writer on climate likewise appears, in speaking of the most suitable localities for this class of patients, to direct his attention merely to their equability of temperature, without reference to their general advantages as places of residence, and asks: "Why should a warm climate be preferable to a cold one if the temperature be equable."*

If, however, the bracing effect of a cold, dry climate, and out-of-door occupation, tend more to fortify the constitution and to prevent the occurrence of consumption in tolerably healthy persons, it by no means follows that

* Dr. Burgess,—"The Climate of Italy in relation to Pulmonary Consumption."

any similar climate would be adapted to a delicate invalid, or to one whose power of reaction is weakened. The same author, as also M. Carrière, mention Venice as a favourable winter residence; but although its climate may be better than that of other parts of Northern Italy, consumption is nevertheless prevalent among the inhabitants, and it is open to the influence of the winds from the north and north-east, which though not frequently severely felt, are yet sometimes inconvenient. But although a two or three weeks' sojourn in the autumn or spring might be advisable, yet I consider that Venice would be a very unsuitable abode for the great majority of invalids. There is no place for walking exercise except the square of St. Mark, and the circumscribed public garden; there is no society for visitors—most of whom after having seen the objects of interest which the city contains, find no inducement to prolong their stay.

It is not always, therefore, because a climate is remarkable for its great equability, that it is necessarily to be preferred on that account; for in most cases of predisposition, and even of disease, not in an advanced stage, patients find themselves better when the air is somewhat agitated, and the temperature not so very equable. Sir James Clark, in his work on Climate, objecting to patients being restricted to the uniform temperature of warm rooms,

observes: "Long residence in a very equable climate is not congenial to health, even with all the advantage of exercise in the open air. A moderate range of temperature and of atmospheric changes seems necessary to the maintenance of health, and hence it is that many invalids who derive great benefit from a temporary residence in a mild, sheltered situation, do not bear long residence in such an atmosphere without injury. Dr. Combe, during his residence at Madeira, remarked that the invalids were better when the temperature was less steady and the atmosphere more variable, than when the season was unusually mild and equable. I have remarked the same effects resulting from a long residence in some of the more sheltered spots in our own island. Such situations form excellent residences for a time, after which the patient ceases to improve, and rather loses than gains strength. A long residence in very mild, sheltered positions, I regard as unsuitable to young persons disposed to tubercular disease."

The following remarks by Dr. Milne Edwards corroborate the opinion which I have long entertained, that a too equable climate is not generally the most advisable in diseases for which the beneficial influence of climate is usually sought for. "In an agitated atmosphere, not extremely humid, evaporation, generally considered, may be as great as in a calm

and dry air; but supposing two conditions of the atmosphere in which the effects of motion in the one would equal that of dryness in the other, their respective influence upon perspiration by evaporation would not be the same. Air in motion acts only upon exposed surfaces, as the integuments of the body; those of the lungs are sheltered, and, notwithstanding their communication with the atmosphere, the agitation of the air has but a slight share in the quantity of vapour which they furnish. This consideration will serve to determine the choice of suitable places for the residence of delicate persons. Those to whom the evaporation from the lungs is injurious, ought to prefer an atmosphere less dry but slightly agitated, whence it is important to obtain an agreeable freshness.

"The slight agitation of the atmosphere, when its hygrometrical state and temperature are adapted to the system, produces such a feeling of well-being, that the chest dilates in consequence, and admits a large proportion of air. Persons who have what is called delicate lungs, owe, in a great degree, the difficulty and oppression which they feel to the smallness of the apartment. This difficulty decreases on going into a large room, or the open air. The agreeable sensation which is experienced on breathing in the country, is principally due to

the greater extent to which the chest dilates itself."*

An eminent London physician likewise observes, with respect to the effect of variations of temperature upon patients: "We must be very cautious not to carry our anxiety too far, for it is an undoubted fact, that, within the limits of rational hardihood, exposure to the open air, and to the vicissitudes of the atmosphere, is the best safeguard against the attacks of phthisis in those who are predisposed. It is to the effects produced upon the skin that great part of the benefit derived from residence in a mild climate is probably attributable. Atmospheric exposure is another very important point, during the winter months; in our variable climate it is inadmissible.

"It is at this period (early stage of the disease), that sea voyages and residence in a milder climate are to be recommended. If we leave these to a much later period, the sacrifices of domestic comfort, and the expense and toil of travelling are undertaken, with scarcely a chance of any adequate benefit, whereas at this time, if the patient be so placed that for a winter or two he is able to pursue his exercise in the open air, without breathing an atmosphere which at every inhalation irritates the bronchial tubes, and without exposing the sur-

* "Influence of Physical Agents on Life."

face of his body to be chilled, and the perspiration to be checked at every hour of the day, a great deal of benefit may result, and the cure which is begun may be completed, or, at all events, the progress of the disease be greatly retarded."*

Mr. Ancell remarks, with respect to the effects of climate in remedying tuberculosis: "Since the local disease is the consequence, and not the cause, of the malady of the blood, the aggregation of tubercle once commenced in an organ will not cease; an excavation once formed will not heal without a previous change in the blood.

"If the blood, either by the resources of nature alone or by those of nature assisted by art, resume its normal constitution and its healthy vitality, the local affection, if no vital organ be extensively diseased, will get well spontaneously. Our curative principle is peremptorily to prescribe air, and to endeavour to select such a locality and such a climate that the patient may be out of doors at all hours of the day, and all the days of the year. One great desideratum is uniformity as respects pressure, moisture, and temperature, and another, freedom from pernicious winds. A rarefied, light, comparatively dry and equable atmosphere is to be preferred.

* "Bright and Addison's Practice of Physic," 1839.

"We derive advantages in numerous cases from sending a patient to a more appropriate residence in his own country, with reference to the state of his case and the season of the year when it would be manifestly improper to send him across the sea to a foreign climate.

"That very great disappointments are continually resulting from the expatriation of consumptive patients, and that very serious mistakes are made, we have ample testimony. Such disappointments have often resulted among ourselves, from sending patients from this country to Italy, Madeira, the south of France, Malta, and other places."

Mr. Ancell, after referring to the works of Dr. Hull and Dr. Burgess, and quoting the opinion of the latter author, that "to send consumptive patients to Italy or the south of France, for the benefit of their health, is a mistake," and that "the climate of the United Kingdom, as yet partially and imperfectly understood, will afford to the consumptive invalid as great, if not greater chances of recovery than that of either of the former countries, provided a proper locality be selected;" and also to the testimony of physicians of Bengal and Van Diemen's Land, that in patients arriving in these places from England, the disease was aggravated—proceeds to say: "The evidence here brought forward is by no means sufficient to contravene the opinion at present generally enter-

tained, that great advantages often result from change of climate and change of air to individuals affected with tuberculosis, uncomplicated with blood disease, and even where local blood disease exists, but where the primary blood disease is not yet complicated with its secondary results.

"One material object to be gained in the treatment of tuberculosis in this country is by such a change to enable a patient to take more exercise in the open air, and to have the advantage of a warmer, drier, lighter, and more equable atmosphere during the autumnal, winter, and spring months; and another most important object is, when the respiratory surfaces are affected, or indicate a disposition to become so, to escape the injurious effects of the easterly and north-easterly winds in the spring season of the year."*

Thus, the authors whose opinions I have quoted agree in their estimate of the advantage of out-door exercise in the winter months; and notwithstanding that Mr. Ancell believes, that "as the treatment becomes better understood we shall find localities within our own climate better suited for our population in all stages of the disease than any abroad," I nevertheless am of opinion, that in the majority of cases of tuberculosis and pulmonary tubercle in

* Opi. Cit.

the early stage—for the reasons already stated, and especially on account of the greater facilities presented for taking out-door exercise—one or other of the places of foreign resort, selected according as the indications in particular cases may seem to present the greatest prospect of benefit, is preferable to a residence in England at this season of the year; and, without any disparagement to the respective advantages of other localities, I think that those possessed by Nice render it a suitable place of abode for a large proportion of individuals suffering from this morbid condition of the blood, or from incipient disease, during the whole or a portion of the winter months—viz., November, December, and January—provided they adopt ordinary precautions, and attend to the rules of *hygiene*, which are equally essential in all places, and from the neglect of which so many lose the benefit they might otherwise have derived from resorting to an appropriate winter locality. All the physicians practising at these places ascribe the disappointment which is not unfrequently expressed by patients or their relatives, respecting the anticipated beneficial effects of the climate, either to the patients having been sent out when in a state little likely to be benefited, or to the neglect of precaution and hygienic rules. Thus, only the other day, I read in a medical periodical, a communication from Dr. Lund, of Funchal, who,

speaking of the exaggerated expectations often entertained by patients and their friends, and of the neglect of precautionary means, everything being expected from the climate, says: "No one personally acquainted with the effects of a well-selected climate in disease, can deny its great efficacy, especially in various chest diseases and in consumptive cases, when they are sent out at an early stage and the patient behaves with common prudence. Unfortunately such fortunate results induce a host of most unsuited, and literally dying people to try this remedy; of course, for the most part, unsuccessfully, and then climate is declared by the friends to be a useless agent."

Mr. Ancell remarks on the same subject: "I have known several tuberculous individuals who have been to Madeira, and returned with their health completely restored; but on questioning them I find that they have lived twice or thrice as much in the open air as they were accustomed to do at the corresponding seasons of the year at home. They have also taken infinitely more exercise, and that of a gentle and salutary kind; they have been relieved of many of the harassing cares of life, and followed out judicious directions as to their diet and habits. I have been informed of others who have gone out under equally promising circumstances, but have fallen into irregularities and dissipations; have adopted the converse of

these hygienic customs, and have not only received no benefit, but their disease has progressed even more rapidly than it would have done had they remained at home."

"Among the numerous circumstances," says Sir James Clark, "which require attention in recommending a change of climate, one of much importance is often entirely lost sight of, both by the physician and his patient—we mean that necessity of perseverance in the regimen and mode of life which the peculiar nature of the disease demands. This must be urged upon the invalid as the condition on which alone he can expect to derive benefit from the proposed measure. We are satisfied, from ample observation, that change of climate has not been productive hitherto of all the benefits which it is calculated to effect; nay, that it has often done positive mischief, chiefly on account of the inconsiderate and injudicious manner in which it has too generally been prescribed and carried into effect."*

It is from the neglect of these precautionary measures, and from not being careful to guard against the occasional variations of temperature, —which, as we have seen, are sometimes considerable—by proper clothing, or by remaining within doors in unfavourable weather, that patients have not unfrequently found their

* Cyclopædia of Practical Medicine—Art., Climate.

symptoms aggravated at Nice. Dr. Burgess, after quoting M. Carrière—who says: "The mornings and evenings are often treacherous, even when the climate seems in its most favourable condition: nor is its climate so dry as is described; the land winds, which prevail during the night, are no doubt dry, but the maritime winds of the day are humid,"—further adds: "The mortality annually among the English at Nice is sufficiently discouraging to deter other hectic invalids from going there." Dr. Meryon, who passed a season at Nice, likewise says: "You know how treacherous the climate is, alluring you out of doors with a brilliant sun, and then attacking you with a cold piercing wind, that neither cloth nor flannel can keep out. Had I leisure I could collect facts to prove that there are more natives who die of consumption at Nice than in any town of England of the same amount of popu lation."

The mortality from this disease among the natives, it has already been stated, is almost exclusively restricted to those of the lower class, who, be it remembered, are exposed to anti-hygienic and debilitating influences throughout the year—during the heat of summer, as well as the cold of winter. Other classes of the population are comparatively seldom attacked by consumption, which is also very unfrequent among those of the lower class who live in the

country; its frequency cannot, therefore, fairly be ascribed to the climate; and as respects the mortality among visitors, I can say, from my own observation, that the accounts of its amount have been greatly exaggerated. Of late years not more than two, or at most three, persons in a season have died from pulmonary disease, which in some was irremediable when they arrived; and within the last two years the small mortality among the English—not exceeding three or four each season—has been mostly among elderly persons, or those who were attacked by casual illness. In any place fully exposed to the sun's influence, there must of necessity be a great difference between the temperature of the sun and the shade, and between the evenings and the middle of the day: though this latter is, under ordinary circumstances, not so great as has been supposed, the radiation of caloric sufficing to maintain the air warm through the greater part of the night. Cold piercing winds certainly do often occur, but it is mostly in the spring, after the beginning of February, at which time no pulmonary invalid ought to remain at Nice; unless, indeed, in some sheltered situation under the hills, where the winds are but little experienced. Throughout the middle of the day in winter, the temperature is mostly mild and equable—more equable, says Sir James Clark, than any other place with which he is acquainted, except

Madeira. Dr. Burgess states that the Croix de Marbre is exposed to the mistral, and the "winds blowing from France drive before them the vapour and dense fogs which rise along the banks of the Var"—to which I can only reply, that during the many years I have known Nice, I have never seen any dense fog, nor have I ever heard of any, either from visitors or resident practitioners. The mistral, though occasionally unpleasant, is at Nice, in some measure, a reflected wind; its force being broken by the chain of the Estrelles.

The conclusions to be deduced from the preceding observations are, that the effects of climate in counteracting the operation of the causes most instrumental in the production of tubercular disease, should be estimated not merely with reference to the action of this agent upon the organs of respiration, but likewise as respects its general influence on the system—a principal advantage which invalids derive from a winter's residence in a favourable climate being, that they are enabled to take daily and sufficient exercise in the open air; which, by causing free expansion of the lungs, by improving the functions of digestion, and exciting those of the skin to greater activity than would be the case in persons who remain indoors, as also by inducing a more cheerful tone of mind, tends materially to rectify the abnormal condition of the blood, which gives rise to the

deposit of tubercle, and by this means, better than by any other, to obviate the consequences of such an abnormal condition, when they have not been allowed to proceed too far; and that this indication will be best fulfilled by selecting those places for the temporary residence of invalids which present the greatest facilities and inducements for taking out-of-door exercise. This view of the question is the one which I have long entertained, and which I have already expressed in the general observations on climate appended to my work on the "Continent." In the more advanced stages of the disease, a warm and somewhat moist atmosphere, but little agitated by winds, will, in most cases, present the greatest probability of life being prolonged with the least amount of suffering. Our own country offers a choice of localities possessing a climate of this kind.

HISTORICAL NOTE.

ACCORDING to tradition, Nice was founded about three hundred years before the Christian era, by the Marseillese, after a victory over the Ligurians. Strabo remarks, that in the reign of Tiberius there were at Nice large ships and war-stores. Its importance greatly increased after the destruction of Cimiez, and it experienced many of the vicissitudes of war. After a period of decay, Nice was restored by Charlemagne, who appointed the Count de Brie governor. At the beginning of the fifteenth century, the territory was ceded by convention to the Dukes of Savoy, and the castle was built in 1440. It was surrounded by high walls and forts, which comprised within the circuit, palaces, churches, and squares, of which there only remain some ruins at the present time. It resisted successively several sieges until 1706, when it was taken by stratagem by the Duke de Berwick, one of the generals of Louis XIV. Nice formed part of the French empire under Napoleon; it was restored, in 1814, to the King of Sardinia.

The marble cross—which gives its name to the suburb—was erected, in 1568, to commemorate the interview which took place here between Francis I. of France, the Emperor Charles V., and Pope Paul III.

METEOROLOGICAL TABLES.

MEAN TEMPERATURE FOR THE YEAR, AND FOR EACH SEASON, AT SOME FOREIGN PLACES OF RESORT.*
(CENTIGRADE THERMOMETER.)

	Year.	Winter.	Spring.	Summer.	Autumn.
Paris	10·8	3·3	10·3	18·1	11·2
Florence	15·3	6·8	14·7	24·0	15·7
Pisa	15·7	7·9	13·9	24·1	17·0
Nice	15·8	9·6	18·0	23·2	12·8
Rome	15·4	8·1	14·1	22·9	16·5
Naples	16·1	9·5	14·4	23·7	16·9
Palermo	17·2	11·4	15·0	23·5	19·0
Malta	19·4	14·1	17·0	25·4	21·4
Madeira	18·7	16·5	17·5	21·1	17·8
Cairo	22·9	14·5	23·0	29·4	21·5

MEAN TEMPERATURE OF THE AUTUMN, WINTER, AND SPRING MONTHS AT NICE, ROME, AND PARIS.
(CENTIGRADE AND FAHRENHEIT THERMOMETERS.)

	Nice.		Rome.		Paris.	
	C.	F.	C.	F.	C.	F.
October	17·1	63	18·7	66	10·0	51
November	13·5	57	14·9	58	6·1	41
December	12·5	54	8·5	47	3·7	36
January	8·5	48	6·8	44	3·9	37
February	10·0	50	7·1	45	4·0	41
March	11·8	51	9·2	49	6·1	43
April	14·0	58	13·8	56	10·4	51
May	17·0	63	18·1	65	13·6	57

MEAN QUANTITY OF RAIN FALLEN AT NICE, ACCORDING TO THE MONTHS AND SEASONS.
(ROUBAUDI.)

January, 1·82	April, 3·25	July, 1·38	October, 1·53
February, 2·02	May, 1·60	August, 0·51	November, 3·52
March, 1·79	June, 0·80	September, 4·73	December, 2·85
Winter, 5·62	Spring, 5·65	Summer, 6·62	Autumn, 7·88

Annual Mean, 25·78 cubic inches.

Thus it appears that the most rainy months at Nice are May and April, in spring; September and November, in autumn. The least rainy, June, July, and August—which are properly the summer months—only furnishing an amount of 2·69 inches.

* Forster's Guide to Italy.

CRITICAL NOTICES

OF

NICE ET SON CLIMAT.

An interesting sketch of a delightful watering-place. We recommend all travellers to Nice to provide themselves with this little manual.—*Medical Gazette.*

Pleasantly composed, and contains all necessary information.—*London Journal of Medicine.*

M. Edwin Lee, a bien merité de la science et des malades.—*Union Medicale de Paris.*

Les etrangers aussi bien que les personnes du pays consulteront avec avantage un livre dont chaque page a été etudiée sur les lieux mêmes.—*Avenir de Nice.*

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"The account is so sketchy and animated, that the chief fault to be found with it perhaps is, that it does not present us with details more copious."—*Medical Gazette.*

NOTICES OF THE SECOND EDITION.

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"A very complete exposition of the medical institutions of the three nations. The author is well known to most of our readers from the numerous publications with which he has enriched science. His profound and at the same time varied knowledge, his frequent visits to different parts of the continent, and the protracted residence which he has made in many of them, impart to most of his judgments a justness of appreciation, and a character of truthfulness rarely met with."—*Gazette Médicale de Paris.*

"The principal points (especially as respects the Paris hospitals) are described with great accuracy. In the parallel between English and foreign medicine the impartial appreciation and the sound judgment displayed reflect great honour upon the author."—*Schmidt's Jahrbucher der Medicin.*

COUP D'ŒIL sur les HOPITAUX DE LONDRES, et sur l'Etat Actuel de la Médicine et de la Chirurgie on Angleterre. (Pamphlet.)

* These notices are considerably curtailed. Many other highly favorable ones from metropolitan Journals, and all those which appeared in the provincial papers, are omitted, not from any disregard, but in order not to lengthen out the present list.

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"The method of treatment is founded upon rational and comprehensive indications. Several cases are added, corroborative of the author's statements, and terminate this interesting treatise."—*Medicinische Zeitung.*

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* This extract is longer on account of the opinions expressed in the latter part, the object of the author (who has never adopted any means, direct or indirect, of procuring favorable notices of his works) being, in citing the opinions of the press, that those readers likely to feel an interest in the subjects treated of may be able to form an impartial estimate of his humble efforts.

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