Bradshaw's Companion to the Continent

BY

EDWIN LEE. M.D.

BRADSHAW'S PUBLICATIONS.

MONTHLY.

BRADSHAW'S RAILWAY AND STEAM NAVIGATION GUIDE, Illustrated with Map, showing Lines open and in progress. Price 6d.

BRADSHAW'S THREEPENNY RAILWAY GUIDE, Illustrated with Map of the Lines.

BRADSHAW'S CONTINENTAL RAILWAY AND STEAM TRANSIT GUIDE, Plans, &c. Price 1s.

BRADSHAW ELLER'S HAND-B ndsomely bound in

BRADSHAW OOK OF GREAT gs of the Scenery rist Maps, and Plans 5s. 6d.

BRADSHAW llustrated with Tra numerous Steel Eng n Turkey Red, Pric

BRADSHAW ND THE RHINE, with En- gravings he Rhine, and Steel us Cities, &c. Bou

BRADSHAW RLAND, SAVOY, Map and Plans of the Towns. Bound in Turkey Red. Price 5s.

BRADSHAW'S GUIDE THROUGH PARIS AND ITS ENVIRONS, with a new Steel-Engraved Plan of the French Metropolis and Environs. Price 2s. 6d., cloth.

BRADSHAW'S ILLUSTRATED GUIDE THROUGH LONDON AND ITS ENVIRONS. By E. L. Blanchard. Price 3s. 6d., elegantly bound, with a splendid Map of the Metropolis—an Edition in Boards, without Illustrations, 2s. 6d.

INVALID'S COMPANION

TO THE

CONTINENT.

BRADSHAW AND BLACKLOCK, PRINTERS, MANCHESTER.

BRADSHAW'S

INVALID'S COMPANION

TO THE

CONTINENT:

COMPRISING

GENERAL AND MEDICAL NOTICES

OF THE PRINCIPAL

PLACES OF RESORT;

WITH APPENDED OBSERVATIONS ON THE

INFLUENCE OF CLIMATE AND TRAVELLING,

AND

METEOROLOGICAL TABLES.

BY EDWIN LEE, M.D.,

CORRESPONDING OR HONORARY MEMBER OF THE MEDICAL ASSOCIATION OF PRUSSIA, THE MEDICAL ACADEMIES AND SOCIETIES OF PARIS, BERLIN, MUNICH, TURIN, FLORENCE, NAPLES, MADRID, ETC.

SECOND EDITION,

WITH CONSIDERABLE ALTERATIONS AND ADDITIONS.

LONDON:
W. J. ADAMS, 59, FLEET STREET.

MANCHESTER:
BRADSHAW AND BLACKLOCK, 47, BROWN STREET.

1861.

C

PREFACE.

THE present may really be considered as the fourth edition, the work having originally appeared under the title of "Memoranda on France, Italy, and Germany," and the very favourable manner in which it has been commented upon affords the best criterion that it has not been without its utility. I have now endeavoured to render it as complete as possible by making such alterations as appeared to me to be required, and by the introduction of additional matter derived from subsequent observation, and from competent writers. In some of the places treated of, which I have not visited of late years, changes, politically and otherwise, have taken place, but these do not materially affect the account of their characteristic features, of which it has been my object to convey a tolerably correct idea, without entering into guide-book details, chiefly in so far as it would be likely to concern travellers in search of health. I have, however, thought it not out of place to quote some statements relating

to the character and habits of the population in some parts of Italy, from works published a short time prior to the recent political events, from which may be perceived the state of matters then existing in this respect, which will doubtless speedily undergo a marked amelioration, under the improved system of government to which the peninsula is now happily subjected.

In the Appendix, some material alterations have likewise been made in the remarks on climate, on the advantages of travelling, and on the predisposing causes of disease.

London, October, 1861.

PREFACE TO THE PRECEDING EDITION.

THE increased facilities for locomotion having rendered distance little more than nominal, a visit to the Continent is regarded much in the same light as was formerly a trip to one of our watering-places; so that, as regards valetudinarians more especially, the objection arising from the manifold inconveniences of a long journey on the high-roads is in a great measure obviated; and change of air, the remedy which, from the earliest periods, has been recommended in chronic diseases, is now rendered generally available.*

While briefly adverting to the leading features and objects of interest of particular localities, it has been my chief object, in the present work, to dwell more particularly upon those points upon which information is required by invalids, and the large class of travellers who seek to combine recreation with restoration to health—as also by the medical profession. Having, during many

* "In longis morbis solum mutare."—*Hippocrates, Aphorisms.*

years, had opportunities of investigating the remedial advantages presented by different places of resort, I have endeavoured, in some special publications, to record, in a concise and impartial manner, the result of my observations; adducing likewise, and qualifying, when an undue bias rendered it necessary, the opinions of competent local authorities, and availing myself of the statistical information collected by foreign authors who have treated in a more general point of view, of climate, of mineral waters, and other matters having reference to health.* With regard to climate in particular, it has appeared to me, from frequently observing the mistakes which are made respecting the choice of localities, by patients and practitioners, that the diffusion of information, which might lead to a more correct appreciation of this remedial agent—as well as of the peculiarities of the places frequented on this account—could not fail to be acceptable; the only work on this subject which we possess being that of Sir James Clark, published many years ago. Accordingly, I have taken pains to make this portion of the work as complete as possible, by

* "Baths of Germany, France, &c.," 3rd edition; "Watering Places of England," 4th edition; "Nice and its Climate, with a Notice of Mentone;" "The South of France;" "Spain and its Climates."

the addition of general remarks on the influence of climate and its remedial adaptation; and I have not deemed it a digression from my subject to advert to some not generally suspected prevalent causes of disease in the upper classes of society. If, by directing a greater degree of attention to these causes, any of the serious consequences which their persistence entails be prevented, I shall derive much satisfaction from the consciousness that my endeavours have not been altogether useless.

CONTENTS.

PART I.—FRANCE.

Chap. Page

I.—Paris—French Characteristics—Climate, and Prevalent Diseases.. 1

II.—Lyons—The Rhone—Marseilles—Climate of Provence—Hyères—Cannes—Nice 21

III.—Nismes—Montpelier—Toulouse—Bagnères de Luchon—Bagnères de Bigorre—Barèges—Cauterets..... 47

IV.—Pau and its Climate—Eaux Bonnes and Chaudes—Biarritz—Bordeaux—Arcachon—Tours ..... 70—78

PART II.—ITALY.

V.—Cornice Road—Genoa—Turin—Col di Tenda—The Riviera—Baths of Lucca—Pisa and its Climate—Leghorn 84

VI.—Florence—The Florentines—Environs—Climate—Sienna 112

VII.—Rome—Its Characteristics—Environs..... 137

VIII.—The Romans—Malaria—Climate of Rome 155

IX.—Pontine Marshes—Naples and the Neapolitans—Climate—Sorrento and Castellamare—Ischia—Palermo—Malta, and its Climate— 174

X.—Route by St. Germano to Rome—Monte Casino—From Rome to Florence by Perugia—Bologna—Parma—Milan—The Lakes—Verona 201

XI.—Venice and its Climate—Pass of Ampezzo—The Simplon—Mont Cenis—Aix les Bains..... 222

PART III.—SWITZERLAND, GERMANY, &c.

XII.—Geneva—Lausanne—Vevay—Montreux—The Valais—Baths of Leuk—Berne—Interlacken—Lucerne—The Righi—Baths of Pfeffers 238

XIII.—Munich—The Danube—Gastein—Vienna—Adelsberg 260

XIV.—Nuremberg—Franconian Switzerland—Marienbad—Carlsbad—Prague—Teplitz—Dresden 282

XV.—Leipzic—Homœopathy—Berlin—Weimar—Frankfort—Heidelberg—Mannheim—Baden-Baden—Wildbad—Stuttgard 298

XVI.—Nassau Baths—Wiesbaden—Schwalbach—Ems—The Rhine—Aix-la-Chapelle—Spa—Brussels—Antwerp—Calais 316

APPENDIX.

Page
Observations on the Influence of Climate, &c. 339
On the Climate of Italy 350
Notes on the Mountains of Italy 366
On the Remedial Adaptation of Climate 370
Considerations upon some Prevalent Predisposing Causes of Disease 381
On the Advantages of Travelling, and a Residence Abroad 395
Meteorological Tables 411

INVALID'S
COMPANION TO THE CONTINENT.

PART I.

FRANCE.

CHAPTER I.

PARIS—FRENCH CHARACTERISTICS—CLIMATE, AND PREVALENT DISEASES.

EACH of the routes from England to Paris presents its respective advantages as regards travellers who are induced to visit the continent for the restoration or preservation of health. That by way of Newhaven and Dieppe is the shortest, but the sea passage being of from five to seven hours' duration, constitutes a material objection, especially in the winter months. The entrance, moreover, to Dieppe harbour is not very good, and delay is, consequently, sometimes experienced. This town has a population of about 25,000 souls; the Grande Rue, in which are the chief hotels, traversing its centre to the port, presents in the season a bustling and animated aspect. The port is spacious, and is protected by a citadel and castle. The sea-bathing and the purity of the air, refreshed by the sea-breeze in summer, are

the only inducements for a temporary sojourn; Dieppe and the small bathing-place, Trouville, on this coast, being the nearest marine establishments to the metropolis. The bath establishment on the beach is supplied with every convenience for warm and cold bathing, and also for recreation, being the chief place of resort for visitors. It is under the superintendence of a physician-inspector, as are also the other sea and mineralised baths in the empire.

The country between Dieppe and Paris—the most fruitful part of Normandy—is agreeably diversified; the journey occupies about five hours. At Rouen, the cathedral, St. Ouen, the spacious quays, the quaint aspect of the houses in some of the old streets, and the statue of Joan of Arc, will more especially attract attention. Below Rouen to Havre, the scenery along the banks of the Seine is highly interesting, especially at the part where the river widens out near Quillebœuf, though in these days of rapid transit it cannot be seen to advantage. The passage from Southampton to Havre is about two hours longer than that by Dieppe. The port of Havre admits the largest vessels, and maintains regular steam communication with America, Russia, and other distant countries. There is, however, no inducement for travellers to remain at Havre, unless for a short period in summer, when the establishment Frascati offers resources for recreation. The English residents, engaged for the most part in business, as also most of the native merchants, live in the large suburb Ingouville.

The objection to a long sea-passage will, however, always lead the great majority of travellers to choose

the route by Folkestone or Dover to Boulogne, or to Calais.

Boulogne is an agreeable town for a short residence in the summer or autumn, and is a good deal resorted to by English families for sea-bathing, which is excellent, a fine sandy beach extending for a considerable distance eastward of the port, which is commodious, and easy of access at all times, since the prolongation of the pier along the ridge of rocks that formerly rendered the entrance less safe. The streets of Boulogne are clean, wide, and well paved. The lower town lies at the base of a steep hill, extending from the port along the Rue de l'Ecu to the Grande Rue, leading to the upper town, enclosed by ramparts, which form an agreeable promenade, whence extensive views may be obtained of the surrounding country. The population amounts to 35,000; many *rentiers* reside in the high town, whilst the inhabitants of the lower town are for the most part engaged in commercial and professional avocations, are lodging-house keepers, or are connected with the port.

The environs are agreeable, and the air is light and bracing; but the winter is generally severe, on account of the northern aspect and unsheltered position of the town, and cold winds and storms are of frequent occurrence. Boulogne is, however, on the whole, a healthy place of residence, and generally agrees well with children, though it would not be an advisable place for delicate persons, or for those who are "servile to skyey influences." The resident English population usually averages, in peaceful times, between three and four thousand, many being induced to select it for an abode on account of its neighbourhood to England, its

comparative cheapness, and the facilities for education. There are also several officers on half-pay, and some whose means of existence are more problematical. The superior class of Boulognese are generally courteous in their demeanour, though associating little with strangers. They are for the most part not rich, but of moderate means, and of the *bourgeois* order; the lower orders are for the most part sober, good-tempered, though at times *emportés*, and fond of amusement; the women are strong, and work hard. Boulogne possesses an interesting and well-stocked museum and a reading-room, where the English papers are daily received. The most usual lounge is on the port and jetty, to watch the arrival and departure of the packets; and at the adjacent sea-bathing establishment in the summer season.

Nothing is lost, as regards scenery, in journeying by railroad to Paris, the country being, for the most part, a continued succession of hill and dale; and, though generally productive in corn, is but scantily wooded, and offers but little to interest the traveller. The few chateaux seen on the roadside are most of them formal looking and cheerless, and the absence of detached cottages is characteristic of the more gregarious habits of the people. The pleasures of rural life, and the country-house society, so universal in England, are but little known or appreciated; field sports are comparatively little followed in France; landed proprietors, consequently, seldom reside on their estates for more than a few weeks in the year, the great majority preferring the attractions of the capital, the larger provincial towns, or the watering-places. The French peasantry are generally healthy, and more sober than

the English, living principally upon bread, vegetables, milk, and bad wine, and eating meat only once or twice in the week; the villages and hamlets in which they congregate, though improved in appearance of late years, still look anything but attractive.

The dull town of Abbeville, encircled by walls, has an antiquated aspect, and contains nothing to interest the passing traveller but its fine cathedral. Amiens is a livelier town, and more tolerable as a place of residence —its cathedral is one of the finest in France. Beauvais, which lies at some little distance from the line, in an agreeable part of the country, has a cheerful aspect. Its cathedral deserves a visit, as does also the tapestry manufactory, for which this town has long been celebrated.

Few cities stood in greater need of improvement than did Paris several years ago, and there is none in which so much has been effected in so short a period. The new quarters which have arisen in various directions, especially about the Champs Elysées; the formation of the rue de Sebastopol, and other spacious streets and Places; the widening of others by the destruction of many of the thickly agglomerated houses in some quarters, as that known by the name of the Pays Latin; the general addition of foot-pavements to the continuation of the rue de Rivoli eastward to the Place de la Bastille; together with the erection of some splendid public buildings, and the completion of the palace of the Louvre, enclosing a Place unequalled in extent and appearance—render these parts of the city scarcely recognisable to those who may not have visited it for many years. These improvements were carried out to

a considerable extent under Louis Philippe's government, but have received an unprecedented impulse since the formation of the empire, which, by giving employment to many of the more turbulent population, have doubtless greatly contributed to the preservation of tranquillity; though on the other hand much inconvenience, and even distress, has been occasioned by the costly erections which have superseded the former less pretentious habitations, and the consequently greatly increased house-rent, which has given rise to numerous complaints, and by rendering Paris excessively expensive as a place of residence has, together with the increased price of provisions and articles of necessity and luxury, had the effect of driving elsewhere, or of keeping at home, a not inconsiderable proportion of the English, and other strangers, who would otherwise have chosen this capital for a temporary or prolonged sojourn. Another inconvenience resulting from the destruction of so many of the lower class of habitations is, that many of the working population are obliged to live at a greater distance from their occupations, entailing a considerable loss of time.

As respects the facilities for out-of-door recreation, great improvements have likewise been effected. The Bois de Boulogne has been latterly laid out in the English style, instead of the thick wood and the formal avenues of trees by which it was intersected. The colonnades extending along the whole length of the Rue de Rivoli, whence with but little interval a pedestrian may walk under cover beneath galleries lined with handsome shops, through the Palais Royal to the Boulevards, render the population in great measure

independent of weather, whereas, in London, those who might wish to take exercise, especially ladies, are very often debarred from the opportunity for want of similar facilities—in numerous instances to great detriment to their health. The late alterations throughout Paris, and the greater cleanliness both in and out of doors, have materially tended to improve its salubrity, and generally throughout France, the meaning of the word *comfort* (which the language has adopted) is now better understood than some years back.

Standing near the obelisk, in the Place de la Concorde, the stranger may enjoy a *coup d'œil* unique in its kind. The splendid appearance of the Place, and of its two fountains, the view of the bridge and Chamber of Deputies on the one hand, of the beautiful *façade* of La Madeleine on the other; of the gardens and palace of the Tuileries, and of the magnificent arch of Neuilly, seen through the vista of the Champs Elysées, will leave an indelible impression upon the memory. Another view, scarcely to be equalled in Europe, may be obtained from either of the bridges opposite the Tuileries. The extensive frontage of this palace and of the Louvre (near half a mile), the spacious quays teeming with life, the light cheerful aspect of the houses, the two branches of the river flowing between the separate parts of the Pont Neuf, and having enclosed the Ile de la Cité, uniting into one broad stream, together with the venerable towers of Notre Dame rising high above the surrounding buildings, form an *ensemble* which could hardly fail to arrest the attention of the most indifferent spectator. The visitor will also be highly gratified by the panorama displayed from the summit of

Notre Dame, or of the arch of Neuilly, the clearness of the atmosphere on a fine day enabling him to see the whole of Paris at a glance, as also the surrounding country to a considerable distance.

If the city itself has undergone great changes within the last thirty years, a still greater has taken place in the general character of its inhabitants, to which not only the political alterations the country has undergone, but also the freer intercourse with other nations, have mainly contributed. Paris, and indeed France, could not now with propriety be termed the

> "Gay, sprightly land of mirth and social ease,
> Pleased with itself, whom all the world can please."

Instead of the fastidious politeness, the light-heartedness, and apparent general exemption from care, by which the bulk of the people was formerly characterised, we now commonly meet with serious, anxious, business-like countenances. Great vivacity has given place to a more sedate demeanour, loquaciousness to comparative taciturnity, and even *brusquerie* is not unfrequently witnessed in public places.* The love of self has more prominently appeared, the acquisition of money seeming to be the main object of the majority of all classes, and strangers have not unfrequently to complain of the disposition to take advantage on the part of tradespeople

* "My first impression of the French character is, that it must be greatly changed from that gay and lively frivolity of which we used to hear so much. My fellow-passengers are serious and reserved; each man seems to suspect his neighbour; and at the tables d'hôte, where I have dined and supped during my route, the company could not have been more silent and sombre if the scene had been laid in England in the month of November."—*Matthews' Diary of an Invalid.*

and others with whom they have to do. The women are not free from this reproach, being often more *exigeantes* than the men. Among the higher classes the talent of conversation is possessed in a high degree, and egotism is at least more veiled by the exterior forms of politeness; the essence, however, which consists not merely in a courteous demeanour, but in doing civil and kind acts without interested motives, even though it may be at some personal inconvenience, is much more rare at the present day. The great majority, especially of the upper class of Parisians, has been, in fact, educated more with reference to society than to domestic life, if the thronged *réunions* and *liaisons de salon* can be called society, where there is generally little else than a

> "Commerce extérieur, union sans penchant,
> Que fait naître l'usage et non le sentiment;"

and this desire of shining, and appearing to advantage, leads the French to cultivate the art of pleasing in general society, or where an object is sought to be gained, more than the English, though the exercise of this art is too often restricted to society, without being carried into the family circle. Thus, the educated Frenchman, and even those of an inferior grade, generally possesses a greater fund of information, and can converse more readily upon a variety of subjects (though his knowledge of them may not be very profound) than the Englishman, educated at public schools and at college, whose attention has been mostly restricted to classical lore, to the neglect of a more available knowledge of common things, or than one in a less elevated sphere, whose time has been engaged in more practical

occupations. It must, however, be confessed, that the more general introduction of the easy manners, and greater colloquial powers of the French, would go far towards removing the insipidity attendant on some crowded meetings where the company is exclusively English, and the conversation not the most *spirituelle*. Thus, as may be supposed from their greater disposition to enjoy the present, and *effleurer les choses de la vie*, the French are more agreeable as acquaintances than the English, who, however, are generally more to be depended upon as friends, or where any service is required.

The influence of religion is almost null among the largest proportion of the inhabitants of most parts of France, and that of the moral principle is not very powerful. The love of pleasure which pervades the bulk of the population to a much greater extent than in England is not always of a very refined nature; a morbid craving for excitement and novelty is consequently engendered, and a vitiated taste is acquired, to which writers and dramatists of great ability have not scrupled to pander and keep alive, by the narration of crimes and horrors in works of fiction, which, from the *outré* combinations in which the incidents were presented to the public, must have called forth not a little inventive power. It must not, however, be supposed that all were thus infected; for there is a large proportion of the upper and middle orders among the French population as estimable as could be found in any country, whom these productions inspired with disgust and pity; and the writings of Chateaubriand, Lamartine, and De Vigny, were eagerly perused, even by many of

those who delighted in the creations of Victor Hugo or Georges Sand. It is, however, gratifying to perceive that this taste has of late greatly subsided: the dramas of *Lucrèce Borgia*, *Marion de L'Orme*, the *Tour de Nesle*, and similar performances, having been but seldom exhibited on the stage, being superseded by the historical plays and comedies of Delavigne, Scribe, and others of the modern school.

Personal courage, or the manifestation of it, and an exaggerated idea of the superiority of France and everything French over all other nations, as well as a great susceptibility to any thing that is considered as affecting the national or individual honour, are universal among all classes; hence the readiness to have recourse to arms on trivial provocations, and the greater frequency of duels than elsewhere, arising from disputes or misdeeds affecting society, which in England (where the influence of moral responsibility and the dread of the consequences operate as salutary restraints) are frequently arranged by apology, or are submitted to the decision of competent tribunals. Even among common soldiers a duel with the sword is not an uncommon occurrence.

A thirst for military renown, or *la gloire*, and for acquisition by force of arms, is strong in the minds of a large section of the population (independently of the army), who, however, in the aggregate, cannot be regarded as favourable to a state of actual warfare; the conscription being felt to be a grievous burden, and there being but little chance of promotion or material recompense for the mass, the common soldiers who have been drafted from agricultural or other pursuits are for the most part anxious to pass their time of service with

as little risk as possible to health or limb, which must be encountered in campaigning. It is, therefore, mostly the officers who are desirous of war, who retain the recollection of subalterns rising rapidly to the higher grades during the brilliant career of Napoleon for several years, without the accompanying reflection of the devastation and misery inflicted by conquest upon other nations, and which the conscription and subsequent occupation by foreign armies entailed upon their own country; such persons entertaining but a one-sided view of the question, and, blinded by their idea of national superiority, are led to look upon war as an almost certain series of victories, a circumstance little likely to happen at the present day, even were another commander possessing the genius of Napoleon to arise and take the command of their armies. To find occupation for a standing army of several hundred thousand men, remaining almost wholly in a country without colonies, where they could be employed, has been the greatest difficulty with which the successive governments that have ruled France have had to contend. Algeria was said to be the best legacy of Charles X. to Louis Philippe, serving as a vent for the effervescence of many of the turbulent spirits, who, without occupation, are mixed up with the mass of the Parisian population. Many of these individuals may be likened to the conspirators in ancient Rome, referred to by Corneille, who,

"Si tout n'est renversé ne sauraient subsister."

After the pacification of this colony, the revolution which drove that sovereign from his country broke out, and terminated in the establishment of the republic.

A medical writer on Paris remarks:—"There is in

Paris an accumulation of men without position, and of young people without future *(avenir)*," and, nevertheless, as has been well observed by M. Michel Chevallier, in his work *(Des Interets Materiels)*, there is a deficiency of men capable of doing much in the industrial and administrative departments. Contrasted with an infinite number of empty purses in the social exchequer, there is a crowd of persons out of their proper sphere *(de classèes)*, hence a common cause of continually recurring disturbances, and an inexhaustible source of public misfortunes and of private sufferings. There are endless struggles and privations, which are concealed from all investigation. They must get on at any cost *(quand meme)*, because, after all, the double problem must be resolved of daily existence, and of the appearance of luxury, which constitutes an inherent want of the inhabitant of Paris. After the object is attained—a fortune, a place, or a position gained—health is often perceived to be lost. This explains the frequency of nervous disorders.*

* Some of the preceding remarks are corroborated by this writer, who, speaking of the Parisian, observes:—"In the man of the world defects are usually hidden beneath the polish of elegance, and of politeness; in the working classes they are apparent; both classes have the same disposition, adventurous and inconsiderate; the working man, more than the other, possesses the qualities of audacity, contempt of danger, and the philosophy of life. Men fight each other in Paris, while humming the air of a vaudeville, or singing a song.

"As respects the Parisian woman, her portrait is difficult to draw. She has much more than men the nervous temperament. She has neither the long black hair of the Spanish woman, nor the striking beauty of the Georgian. Her face is not of a pure oval, but it expresses grace, and a kind of joyous languor. Her eyes are as dark and veiled as those which fascinate beneath other skies, but they

As regards climate, the chief advantages which Paris has over London consist in the greater purity and clearness of the atmosphere, its comparative freedom from smoke and fog, and in the weather being less variable from day to day. The summer is hotter, and the winter equally cold, if not colder; the average quantity of rain that falls is about as great in the one

have a particular mild expression. The Parisian woman is rather pretty than handsome; she likewise pleases, because her grace and vivacity make up in her case for the want of beauty. They are not very prolific; their part does not appear to be that of mothers of families. The marriages which they contract are not always dictated by sympathy, but rather by convenience and family interests. The male youth, tumultuous at the outset, is rather more submissive at the time of marriage than in several other countries. The girls, on the other hand, carefully kept in sight at first, when married enjoy more liberty, the husbands having substituted the taste for pleasure for that of business. At a later period the part is often reversed: the woman directs the business, while the man is occupied out of doors. In the upper ranks of Parisian life the mission of the woman appears to be solely that of pleasure—fêtes and excitations of all kinds—and they truly fulfil it. It may easily be conceived that a large proportion die from consumption.

"The rich man does not know how to profit by the advantages of health and happiness which his fortune ought to procure for him. He is often the artisan of his moral and physical ruin, by frittering away his time and his health in theatres, concerts, soirées, and fêtes, without all this excitement supplying him with the exercise which he should take, in order to preserve the equilibrium of his functions. He seldom devotes an hour or two to riding, or walks much. The exercise he takes scarcely suffices to impart to the digestive organs the vigour that is indispensable for them to digest the variety and highly-seasoned food with which he loads them. He is consequently often subject to indigestion and want of appetite; to this inactivity of body and mind are attributable several chronic affections of the abdominal viscera, gout, apoplexy, and cerebro-spinal affections. His existence is passed in a seeming of satisfactions, and a seeming of desires, which in reality is only *ennui*.

as in the other capital. The author just quoted remarks of the climate that it is generally mild and temperate, though rather humid. The fine days number 120; the cloudy, 130; rainy, or days on which rain falls, 136; foggy, 63. The prevailing winds are the south and south-west; next in order, the west, north, and north-west. From a mean of twenty-one years, these

"The mode of existence of rich women is much the same as that of the men. It is passed in the pursuit of doubtful pleasures as respects health, and of the satisfactions of vanity and coquetry—soirées, the boudoir, the theatre, constitute diversions in which exercise may be said to have no part, since they are almost always seated, and seldom walk. To this deficiency of bodily movement—if we add the vitiated air of heated rooms, and the exposure to the colder atmosphere on leaving them—we may readily account for the frequent recurrence of catarrhal affections, the consequences of which are well known.

"At Paris, the mind is early opened to the conception of the arts, and to the discoveries of science. Intelligence ripens too quickly in this hot-bed of knowledge. The inaction of the muscular system, the unaptness for strong, but healthy exercises, together with a multiplicity of other causes, give rise to disastrous results, and to diseases, of which the most common are hypochondriasis and headaches, which are often followed by mental disorders.

"This precocity of intelligence and premature knowledge occasion a serious disturbance in young people of both sexes. The mind is already formed before the body is developed, the reading of a certain class of novels, the frequentation of balls, where young *roués* speak to young girls of love, together with the habit of coquetry which the latter acquire,—these causes fully account for the circumstances that girls have a pallid and unhealthy aspect, when they should be fresh-coloured, and that young men here so frequently appear weakly and enervated.

"What favours in the Parisian youth the premature development of certain functions, is the want of parental superintendence, or rather the absence of home-life *(vie de famille)*. Young men take flight early from the paternal nest, often to return with clipped wings, and in a sickly state."—Dr. Meding, *Paris Medicale*, 1852.

winds blow 279 days, or three-fourths of the year, loading the atmosphere with thick clouds, consequently giving rise to cloudy skies, dark days, rains, fogs, and a temperature sometimes soft and warm, but mostly humid and cold. On the contrary, the east, north-east, and south-east constantly bring, during the 86 days of their reign in the summer, a pure, clear air, and fine days; in winter, a sharp, piercing cold. The north-west winds especially exert a pernicious influence on the cold humidity of the temperature.* The temperature in the shade during summer does not exceed 26R.; in winter it does not fall below from 1 to 8; the mean of the year is 10·55; January is the coldest month, July the hottest; the medium temperature of the year being about the middle of April and October; the annual fall of rain averages 21 inches; the rain is generally more abundant in summer than in winter, although the rivers more frequently overflow in the latter season, on account of the greater evaporation from the surface in summer. In general, the rain falling in Paris in June, July, and August is equivalent in amount to that of the other nine months; a greater quantity falls during the day than at night.

Among the most prevalent diseases of Paris may be enumerated—acute and chronic inflammation of the respiratory organs, consumption, typhoid fevers, intermittents, rheumatism, scrofula, and various forms of dyspepsia. Apoplexy, paralysis, and nervous diseases in general, appear to me to be less pregnant than in

* The temperature of Paris seems to have experienced, during a succession of ages, an increase of heat. At the epoch of the Roman domination, most of the rivers in France froze so hard every winter as to bear entire armies, chariots, and equipages.

England. Dr. Meding remarks, of the medical constitution of the year, "that in the three winter months usually begins the prevalence of affections of the mucous membrane of the air passages, not excluding inflammation of the substance of the lungs, which, however, together with pleurisy, is more frequent at the latter part of this period, which, likewise, gives rise to, or produces the development of, pulmonary, in those thereto predisposed. Intermittent fevers and rheumatic affections are likewise common at this time.

"The spring quarter favours the progress of acute diseases, and the occurrence of apoplexies, on account of the sudden changes of temperature, which are more especially frequent during the first half of this period. At this time exanthematous diseases, together with fevers, are extremely prevalent; their number diminishes only on the approach of the next quarter. Lastly, in the three months of April, May, and June, are met with several of the diseases peculiar to March. The statistics of the mortality are increased in these three months, pulmonary consumption furnishing the greatest contingent to the number of deaths. The substitution of a more light clothing for that of winter, together with the changes of weather, tend greatly to increase the number of diseases at this season.

"The summer quarter—July, August, September—brings with it gastritic complaints, summer cholera, acute diseases of the liver, and nephritic affections; cutaneous eruptions are common, and sore throats, as also nervous disorders, are not unfrequent at this time.

"In autumn are principally met with—dysentery, cholerine, intermittent fevers, cutaneous eruptions,

inflammation of the air passages, especially at the close of this season, and rheumatic affections. The mortality is greatest in winter and spring." The same author observes, respecting the causes of disease most operative among the population of Paris:—"In the first place must be specified the assemblage of too many individuals, and of habitations, within a space which should not be occupied by more than one-third of the number.* The provincial fancies that it is only in Paris that he can acquire fortune and happiness, and inconsiderately casts himself into the great Parisian furnace. The mortality of Paris is hence much greater than that of second-rate towns; being placed under unfavourable conditions as respects health, it combines so many means of destruction that, notwithstanding the enormous afflux of strangers, and of provincials, who choose it for a residence, its increase of population is materially prevented by the great mortality.

"In Paris children become etiolated, like plants placed under similar conditions. The powerful stimulus of the sun, and of healthy exercise, is often wanting; they are, consequently, affected in great numbers with rickets, white swellings, and scrofulous complaints, which impart to the native population so unhealthy an aspect that a fresh and rosy complexion almost entitles any one to be taken for a stranger, or, at all events, not for a Parisian. They have slender limbs, a flat chest, the flesh is flaccid, the belly distended, and a pallid countenance."

From these details it may be inferred that Paris would

* This cause of insalubrity has been in some degree obviated of late years by the improvements effected.

not be a desirable place of winter abode for delicate invalids, or for those whose cases require an attention to climate. A temporary sojourn in the more favourable season of the year suits, however, a large proportion of persons out of health, especially dyspeptics, to whom the light air and the French *cuisine* are better adapted than the more cloudy skies and the substantial fare usually met with in Great Britain, which requires greater digestive power, provided that this class of invalids abstain from rich sauces, high seasoning, and indigestible vegetables, as truffles, and from partaking of a variety of wines. The valetudinarian labouring under depression of spirits would likewise mostly find himself better by a few weeks' residence in Paris, which offers more resources for mental relaxation and amusement than any other city.

As the treatment of disease presents considerable differences in England and on the continent, most of the English abroad prefer being attended by medical men of their own country, of whom there are several residing in Paris, and one, two, or more at most of the places of resort abroad. Some, however, calling themselves English physicians, have no great claim on the confidence of the public, having merely the title of Doctor of Medicine obtained from certain foreign universities, requiring little else in the way of qualification than the payment of the fees. Such a title is purely preliminary to the state examination, the passing of which alone confers the right to practise in the country.

It must, however, be admitted that in England, where the practice of active medication, though now on the wane, has prevailed more than elsewhere, drugs

are yet often prescribed when not actually necessary, and much injury is thus done in many chronic diseases, especially in the dyspeptic and nervous complaints, with which are so commonly afflicted the inhabitants of large towns. Continental practitioners frequently manage long-standing ailments better by hygienic means and mineral waters, which have been latterly more generally employed in England than heretofore.

CHAPTER II.

LYONS—THE RHONE—MARSEILLES—CLIMATE OF PROVENCE—HYÈRES—CANNES—NICE.

THE great majority of English travellers proceeding beyond Paris take the Lyons and Marseilles Railway, by which means those who desire it may find themselves on the shores of the Mediterranean in eighteen hours. Those who travel for health, however, as also those who are in no such hurry to be at their journey's end, will prefer to rest at various stations on the road. The scenery along the line, though not seen to advantage during the rapid transit, is in many parts highly interesting, especially the banks of the Seine at Montereau, and on passing through part of the forest of Fontainebleau. This town possesses some good streets, but is thinly populated. It is a pleasant halting-place for a day or two; visiting the chateau and grounds, and drives through the forest will occupy the time. The enormous masses of greyish rock, which lie scattered about in several parts, contrast agreeably with the surrounding foliage, presenting a novel and curious appearance.

Sens is likewise a good halting-place, within a short distance of the metropolis. The interior of the cathedral is interesting, containing some objects worth seeing, and the hotel accommodation is good. Joigny and Auxerre are pleasantly situated on the Yonne, in a fruitful

country, producing a superior kind of wine. The golden tint of the vine-leaves in autumn imparts a rich and pleasing appearance to some parts of this district, which at other times look dreary and cheerless. It is a mistake to suppose that the peasantry in wine countries are better off than in others, the reverse being often the case, as great distress ensues should the season be bad, which not unfrequently happens.

Dijon, the capital of Burgundy, is still an interesting town from its historical associations, and its existing ducal monuments. A visit to the museum will afford pleasing occupation during a day's halt. Chalons is a pretty town, with spacious and handsome quays on the Saone, and looks well from a distance. Steamers still descend the river, as also the Rhone, though mostly superseded by the rail. The banks of the Saone are for the most part flat, and inundations not unfrequently take place in the winter. About Macon, a neat town, celebrated for its wine, the scenery is pleasing; it increases in interest on approaching Lyons, being seen to advantage on posting along the high road, which runs in great part parallel with the river, and passes over the Mont d'Or, so called from the golden colouring of its vineyards in autumn. From its summit, an extensive and charming prospect presents itself of the rich plains of Burgundy on the one side, of the Lyonnois on the other, with the snow-clad Alps of Dauphiny in the distance. The descent to Lyons is made through a pleasing succession of meadow-land, orchards, and vineyards.

Lyons is built between the Rhone and the Saone, near their conflux; the quays, which are spacious, but

not clean, present a bustling aspect; the streets were, till lately, for the most part, narrow and dirty, but the recent formation of the Rue Imperiale and the Rue de l'Imperatrice through the centre of the town has imparted to it somewhat of the aspect of the metropolis. These streets, and the Rue Centrale, connect with each other the two principal squares, the Place de Bellecour, one of the largest in Europe, and the Place des Terreaux, in which are the Hotel de Ville, a fine old building, a good museum of paintings and natural history, and the theatre; the finest architectural structure is the new Exchange, but recently opened, in the centre of the Rue Imperiale; on the opposite side is the large Hotel de Lyon, nearly equalling the Hotel du Louvre at Paris. Of the other hotels chiefly frequented by English travellers, may be mentioned the Univers, near the Place Bellecour; and the Europe, on the quay of the Saone. The largest public edifice of Lyons is, however, the Hospital, surmounted by a dome, its frontage occupying a considerable extent of the Quai du Rhone. The wards are spacious and airy, and the general management is good. The medical staff is numerous and very efficient, several distinguished men having been connected with this institution. There is not much else in Lyons remarkable in an architectural point of view, unless it be the cathedral St. John, on the right bank of the Saone, the interior of which is interesting. From this building the visitor may ascend the hill of Fourvieres: the terrace on its summit commands a fine view of the city, the junction of the two rivers, a vast extent of fertile country and vine-clad hills, with the Alps in the distance.

Lyons offers no inducement to travellers to prolong their stay beyond a day or two. The climate is bad, being cold in winter, and very rainy and foggy. "In no other region than the Rhodanian," says M. Martins, "is the annual quantity of rain so considerable (Dijon, Macon, Lyons); a third part of the whole falls in autumn. The south-west winds do not prevail along the course of the Saone and the Rhone, as in the rest of France; it is the north which predominates, and next to this the south, then the north-west. These rivers overflow their banks after the prevalence of south-easterly winds. In no other region are storms more frequent. At Macon, the number of days in the year on which thunder is heard is estimated at twenty, at Lyons even more. This frequency arises from the neighbourhood of the French Alps, and from the mountains circumscribing the Rhone."*

A large portion of the population of Lyons is occupied in the manufacture of velvets and silks, which are justly celebrated. The labouring classes, as in several other large towns, are for the most part republicans, and inclined to turbulence.

The railroad being carried round the town, forms a continuation with that to Marseilles by means of magnificent bridges crossing the rivers.

Most of the interest of the journey from Lyons to Marseilles is lost by travelling by the railroad; the scenery along the Rhone being in many parts highly picturesque, not unfrequently resembling that of the Rhine below Mayence, the river flowing rapidly between steep hills, cut in terraces for the cultivation of the vine,

* M. Martins, "Annuaire Meteorologique de la France."

and ever and anon crowned with ruins. On advancing more to the south the banks become flatter, and the Alps rise more distinctly to the view. Valence, which used to be the half-way halting-place between Lyons and Marseilles, is the town that has mostly suffered by the construction of the railway, its chief traffic being connected with the river, which is crossed at several points by neat suspension bridges of comparatively recent date, and between Valence and Avignon, at Pont St. Esprit, by one stone bridge of great antiquity.

Below Valence the traveller first experiences a decided change in the climate. "After having passed Pont St. Esprit," says the writer just quoted, "the Rhone is suddenly enclosed between hills, which rise like walls from 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 admiring traveller —barren calcareous mountains; buildings, having the light aspect 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."

Avignon, encircled by high walls, retains an aspect of mediæval antiquity. In the Place, on entering from the river, are the two chief hotels, whence an ascent through the badly paved streets leads to the principal square, beyond which stands the papal palace, a fine Gothic edifice, and the chief object of interest in the town; it is now converted into barracks. A little higher up is the cathedral; the summit of the hill, on the acclivity of which the town is built, forms a spacious *plateau*, laid out as a promenade, whence may be enjoyed an extensive

prospect of the plains of Languedoc and Provence, as also of the course for many miles of the river, here of great breadth, and encircling an island which serves as *point d'appui* to the two bridges that cross its branches; the broken bridge across one arm of the Rhone adds to the interest of the scene. Among the ruins of the church of the Cordeliers is pointed out the spot formerly occupied by the tomb of Petrarch's Laura. There is in the lower town a good gallery of pictures, and a museum containing many antiquities and objects of local interest. The immediate environs of Avignon are uninteresting, but an agreeable excursion may be made to the fountain of Vaucluse, whose

"Chiare, fresche, e dolce acque"

have been immortalised by the poet. It rises in a romantic position at the base of a semicircle of lofty perpendicular rocks.

The journey from Avignon to Marseilles occupies about three hours; the country, though not devoid of beauty during the first part, becomes more and more barren, this part of Provence consisting of a rocky and uncultivable soil. At Tarascon, the railroad to Nismes and Montpelier branches off, and further on, at Rognac, a branch connects Aix with the main line. This, though a handsome town, contains nothing particularly worthy of note except its principal street, which is striking, from its great width and its regularity. The environs present a pleasing aspect from a distance, being enlivened by numerous white villas, scattered among the olive-clad hills. The thermal waters in the neighbourhood, formerly in some vogue, are now only resorted to by persons from the locality and neighbouring districts.

The road, on approaching Marseilles, is in several places cut through the rocks, the intervening spaces presenting pleasing views of an inlet of the sea, enclosed by a semicircle of hills, and of cultivated grounds; the environs, which were formerly parched up, being of late years plentifully supplied with water, by means of the canal and aqueduct, from the Durance, twenty-five miles distant: vegetation, promoted by the sun's heat, is consequently luxuriant.

Marseilles, the third city in France, has a population of upwards of 200,000 souls, and, more than other large seaports, presents a thronged and bustling aspect, from its being the chief point of arrival and departure of vessels plying between the ports of Italy, Spain, and the east, as also Algeria. A variety of costumes is consequently frequently met with in its streets. The Cours, a fine wide street, with avenues of trees, enclosing a promenade for pedestrians, runs through the city, from the triumphal arch at its northern extremity to the Rue de Rome, whence is continued the road to the Prado, the chief promenade along the shore of the Mediterranean, which, however, does not possess the sandy beach that constitutes so great an attraction to the sea-side in northern lands; for

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

From the centre of the Cours another broad handsome street *(La Canebière)* descends to the port, which, from its being thronged with vessels, and from the stagnation of the water, owing to the absence of tide, emitted a

powerful odour. This inconvenience, and the dry rot not unfrequently occasioned in the vessels, have been in great measure remedied of late years by widening the quay, and by the formation of a second port at some distance *(La Joliette)*. On the Canebière is the recently completed new Exchange, the finest architectural monument in the city. The Rue Ferreol and other diverging streets contain the best shops, and are not inferior in this respect to those of the capital. On the upper part are the Allées de Meilhan, a planted triangular space, and a favourite meeting-place to discuss affairs, or the topics of the day.

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 of Notre Dame de la Garde, together with the church, which is rich in votive offerings from sailors and their relatives, desirous of propitiating the Virgin previous to undertaking a voyage, as also from others who have escaped "accidents by flood and field," or have recovered from illness by means of her supposed intercession. These offerings consist of small silver hearts, daubs of painting, and other insignificant tokens of acknowledgment, the appearance of which goes far to verify the proverb, "*Passato il pericolo, gabbato il santo.*" A handsome new church is now being constructed to replace the old one.

From this elevated point a fine view may be obtained of the town, port, lazaretto, the Chateau d'If, the broad expanse of the Mediterranean, and of a mountainous and rugged line of coast on the one hand, and on the other of a semicircle of high and barren hills, the lower

acclivities of which are relieved by verdure, and dotted with the numerous villas of the merchants, who, when not engaged in business, retire thither from the town, which on Sundays and holidays is also comparatively deserted by the poorer classes, who resort to the *guingettes* and public gardens in the environs, to amuse themselves with dancing and various sports.

A large proportion of the lower, and some among the upper class, are republicans in their politics, the celebrated air, which takes its name from this city, having long been the rallying cry of this party.

Considerable improvements in the town are either in progress or in contemplation, as the extension of the Canebière, and of the Prado, the formation of new streets and public buildings. A striking feature is the rich decoration of several of the cafés, surpassing in this respect those of the capital. The best hotel for families or invalids is the Orient.

Marseilles is but little resorted to by strangers, unless *en passant*, or for purposes of business, nor does it offer much inducement for a prolonged sojourn. Its climate is bad, and beyond the immediate environs the country is uninteresting; in fact, the aspect of Provence generally is any thing but what one would be led to expect from a perusal of some of the old romances which expatiate upon the beauties of its scenery. It is for the most part dull and dreary; the heat in summer is almost unbearable; the roads, from the prolonged continuance of drought, are thick-laid with dust, which, during the prevalence of winds, is raised in clouds. The winter is sharp and cold; the powerful *mistral* (north-west) is frequently felt, especially during January,

February, and March. In spring the sun acquires great power, and its influence, alternating with that of cold winds, produces frequent and rapid changes of temperature, very dangerous to invalids, and trying to those in health. The rains fall at regular periods, last during several days or weeks, leaving a long interval of dry weather, during which the sky is clear and bright. The best seasons for visiting this part of France are April and May, and from the end of September to the middle of November.

"Provence," says M. Martins, speaking of the climate, "is a portion detached from the east of France, and cast upon the shores of the Mediterranean. Protected 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°. 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 21°. The annual quantity of rain is not greater than in other parts of France, but its 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 Montpelier, 67; at Nice, 52. Storms are not common, but are very violent, and occur mostly in the spring and in summer.

"The climate of Provence is the best in France; it would be the most agreeable and the most healthy, were it not for the north-west *(mistral)*, which blows with extreme violence in all the valley 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 had been occasioned by the ascent of the lower stratum of air. Were the country covered anew with forests, the causes productive of the *mistral* would be in great measure removed.

"The climate produces corresponding effects upon the physical and moral qualities of the inhabitants, often exhibiting the most singular contrasts. To mild and amiable manners, succeed suddenly when the passions

are aroused, incredible rage and violence; a most expansive frankness in the intercourse of life is combined with a sharpness and an extreme reserve when interest comes into play. Their persistence in political or religious faith equals that of the inhabitants of Brittany, differing only from it by a decided leaning towards extreme opinions. The Protestant of the Cevennes is still ready to die in defence of his belief, and the Catholic has as yet lost none of his fervour. At the present day, when progressing civilisation is effacing the distinctive characteristics of populations, the contrast between the French of the north and of the south becomes less and less perceptible. But at the close of the last century, the Provençals constituted, among the great French family, a tribe as exceptional as their climate."

The journey from Marseilles to Toulon occupies less than two hours by the line recently opened. The scenery is interesting, the first part consisting of a plain, hemmed in by bare rocky hills, which further on meet, so as to require numerous cuttings for the passage of the road, the intervals presenting wild sterile valleys, with detached masses of rock scattered about, or views of the coast, which are especially striking at Cassis and La Ciotat. The romantic pass of Ollioules, on the high road, is avoided by the railroad, which, on approaching Toulon, extends along the coast, at no great distance from the sea.

The traveller would find no inducement to prolong his stay at Toulon after visiting the arsenal and the harbour. In the roadstead are usually several first-class ships of war, and a couple of hours may be agreeably occupied by crossing it in the steamer, which leaves the

quay every hour for the Seyne, where ship-building is carried on on a large scale. Toulon is one of the most strongly fortified towns in France.

Hyères is an hour and a half's drive from Toulon. The high road to Draguignan is quitted about half-way. On approaching Hyères, through olive plantations and vineyards, the visitor's attention will be first attracted by the extensive ruins of its ancient castle and walls on the summit and acclivity of the hill, at the base of which the town lies, and which shelters it from the north. The aspect on entering is pleasing: the first prominent object which presents itself is a large hotel (Iles d'Or), with terrace *ornée* close to the road; the part of the town inhabited by strangers is formed for the most part by a long street, which is in fact a continuation of the road from Toulon to St. Tropez: in the centre is a terrace with some fine palm trees, which, though of small extent, is a chief point of re-union for persons who are unable to take much walking exercise, who here enjoy the sun's influence, and a delightful view of the plain, with its varied vegetation of olive and palm trees, cypresses, &c., extending to the sea, which is about three miles distant. The small islands (whence the town derives its name), about two leagues from the shore, add to the interest of the scene. Beyond the terrace are two old-established hotels, Des Ambassadeurs and De l'Europe, and further on the Place de la Rade, enclosed by indifferent houses, in which stands the ancient church. The diverging streets ascending up the hill are narrow and badly paved. The town contains no edifice of architectural pretension. Half-way up the castle hill is the church of St. Paul;

from the terrace behind it there is a good view of the plain and the sea. In the Rue d'Orient, beyond the Place de la Rade, are several new lodging-houses, and the hotel of the same name, which is much patronised by the English.

There is a cercle where papers and reviews are received, and where card-playing is carried on, and a reading room. The two principal hotels have saloons, which serve for meeting-places on special occasions, as for concerts, &c., but otherwise Hyères does not present much resource for in-door recreation, and there is but little evening society, as so many of the visitors sojourn there on the score of health. The resident population amounts to 10,000 souls. Several villas have been recently erected in the environs, some being let to strangers. The accommodation, though better than formerly, still leaves much to be desired, especially as regards sheltered space for the out-door exercise of invalids, and the improvement of the roads in the environs, and leading to the sea. Pedestrians and donkey-riders will, however, derive much gratification from exploring the neighbouring country over the cork-tree-covered hills. From the summit of the highest, the Fenouillet, Pic des Oiseau, &c., a beautiful panorama extending as far as Toulon to the west, and to the chain of the Maures on the north, is displayed to the view. Without, however, leaving the town, a prospect not inferior in interest may be enjoyed from the castle hill. The excursions most frequently made are to the Hermitage, Costabelle, Carqueranne, and the pine-wood, extending for about a league along the shore, of which details are given in the "South of France," as also of the climate, on which

account Hyères has long enjoyed the reputation of being one of the best localities for the winter abode of invalids labouring under various forms of pulmonary disease. The air is pure and dry, without having the sharpness of that of Marseilles, the greater part of the town being tolerably sheltered from north and east winds, while it is open to the southern influences of the sun and sea breezes. It is, however, not wholly exempt from that of the *mistral*, on account of the absence of protecting hills on the north-west. Not being placed on the shore, and immediately at the base of a hill, receiving the full influence of the sun's rays, Hyères is a little warmer in winter, and is less liable to sudden variations of temperature than places which, like Nice and Cannes, lie close to the sea. At all these places, after the autumnal rains, which, however, sometimes set in late in the season, a long succession of fine weather may generally be reckoned upon, though the mornings and evenings are necessarily cold by contrast with the middle of the day when the sun is shining. The eastern side of the town is preferable in early spring, when the *mistral* mostly prevails.

Travellers by diligence to Cannes or Nice may either pass through Draguignan, the chief town of the department, some miles from the straight road to Frejus, which lies at the foot of the Estrelles hills, or may go direct to this town in eighteen hours. The remains of a Roman amphitheatre, and of an aqueduct, will attract attention. Frejus is a good halting-place for a night.

The new road across the Estrelles, though less picturesque than the old one, is carried at a much lower level. On these mountains (part of the Maritime Alps)

the cork-tree, arbutus, and other evergreens, flourish luxuriantly. From the highest point of the road there is a fine prospect of mountains, of the sea, with the island St. Marguerite in the distance. The plain extending to Cannes is sheltered by these hills from the influence of the *mistral*. This town, with a population of 5,000 souls, occupies a charming position on the shore of a small bay. The Mont Chevalier, crowned by the ruins of a fort, constitutes the western boundary. From the summit an extensive prospect is presented on all sides. There is nothing remarkable in the old town; the streets are narrow and badly paved; the modern part, built along the road to Nice, comprises several lodging-houses for the accommodation of strangers. Besides the two old established hotels, three have lately been opened, so that there is now no deficiency in this respect. A large number of the visitors occupy villas, situate along the road and on the acclivity of the hills. The most imposing of these new edifices is the Chateau St. Ursule, a castle in the mediæval style of architecture, situate on a commanding eminence, and surrounded by gardens tastily laid out. A handsome English church has also been erected of late years, at the charge of Mr. Woolfield, who, by the encouragement given to building, has tended so greatly to procure for Cannes the vogue it now enjoys.

Extending from the Mont Chevalier along the bay is the Cours, running in a parallel line with the road; on it has lately been erected a block of building comprising the cercle, where the French and English journals are received, and where cards, billiards, &c., are played. The port is commodious, its neat jetty serving for a promenade. About a league from the shore are the

islands of St. Marguerite and Honorat; to the former, noted as being the place of confinement of the "Man with the Iron Mask," excursions are frequently made. The environs are beautiful, abounding in pleasant rides and walks, amidst a rich vegetation, comprising some productions indigenous to tropical climes, and an abundance of flowers. The climate in winter is warmer than in most parts of the neighbourhood, but in spring cold winds are occasionally felt. Speaking of the climatic advantages of this district, the writer of Murray's Handbook remarks:—"There is one little corner of Provence which combines remarkably picturesque beauty, with a climate so serene and warm, and well protected from injurious blasts, that its productions are almost tropical in their nature. This is a narrow strip in the department of the Var, bordering on the blue Mediterranean, extending from Toulon to Nice, stretching inland to Grasse and Draguignan. In this favoured region, the true garden of Provence, the real paradise of the troubadours, in the valleys on the south slopes of the small mountain chains of Les Maures and Les Estrelles, sheltered from the injurious *mistral*, and open only to the south, the aloes, the cactus, the pine of Aleppo, the umbrella-pine, the pomegranate, the orange, and even the palm tree, may be seen flourishing in the open air. This is especially the case at St. Maxime, Hyères, Antibes, and Cannes, whose gardens, luxuriant with aromatic herbs, heliotropes, orange flowers, jasmines, &c., supply the perfumed distilleries of Grasse, where more scents, pomades, essences, &c. are made than in any town of Europe save Paris." *

* For details, see "South of France."

Cannes possesses a feature almost exceptional on the shores of the Mediterranean, viz., a considerable extent of sands (three or four miles). In the summer season, in addition to the sea baths for which many resort to Cannes from the surrounding districts, sand baths are sometimes given, the patients being immersed up to the neck in the sand, heated by the sun. This treatment is said to be very efficacious in rheumatic and paralytic, and other chronic affections of the limbs. There is regular steam communication twice a week between Cannes and Marseilles, and also with Nice; the drive to Antibes, the road partly skirting the sea-shore, is highly interesting. This is a strongly fortified town, with narrow streets, and is anything but attractive to the passing traveller. At St. Laurent du Var, the long wooden bridge across the bed of the river marks the frontier which so recently existed between France and the Piedmontese territory.

On approaching from Antibes, Nice appears to great advantage, seen across the bay; its white houses extending along the shore, its clear blue sky, the surrounding olive-covered hills, and the dusky mountains in the background, form a series of pleasing contrasts, while southward the eye ranges over the waters of the Mediterranean, dotted here and there with coasting craft, whose broad lateen sails glisten in the sun. Traversing the long suburb, the Croix de Marbre, the visitor reaches the quay of the Palion, a broad river-bed, separating the modern from the old town, on which are some of the principal hotels and lodging-houses. Adjacent is the public garden, profusely planted with evergreen trees and shrubs, whence a broad road extends along

the shore parallel with the Croix de Marbre—the Promenade des Anglais. At the opposite extremity of the quay are the Place Massena—behind which a new quarter has recently arisen—and the Pont Neuf, the chief medium of communication between the two parts of the town. With the bridge are continuous along the river's bank the Boulevards du Pont Neuf and du Pont Vieux, leading to the spacious Place Napoleon. Fronting the Pont Neuf is the crescentic Place Charles Albert, whence streets (du Pont Neuf, St. François et Paul) lead to the interior of the town, the former bordering the Place St. Dominique, terminates in the Place du Gouvernement, in which stands the palace, the latter terminating on the Cours, a central promenade shaded by large trees, with carriage drive around. Beyond this is the quarter of the Ponchettes, close under the rocky hill, at whose base lies the old town. A road overlooking the sea is cut through the hill side, connecting the Ponchettes with the port, whence a street leads to the Place Napoleon. Extending in a parallel line with the Rue St. François et Paul and the Cours, and having a good sea view, are the houses on the Boulevard du Midi, and terraces, formed of the flat roofs of the low buildings bordering the Cours, which, on summer evenings, are the most frequented promenades. The ground on the top of the hill, formerly covered with the extensive ruins of the castle, has latterly been cleared and planted, and has now the aspect of a delightful shady garden. From this point a charming prospect is obtained of Nice, its orange gardens, its olive-clad hills, with numerous villas interspersed, the semicircular mountains, to which it owes its advantage of climate,

and of the shores of the bay, with Antibes and the Estrelles in the distance.

The number of country houses has greatly increased of late, especially in the direction of Carabacel and Cimiez; they are for the most part let to visitors. In the Lazaret quarter, beyond the port, are likewise some new erections, the road having been widened, and christened the Boulevard de l'Imperatrice. The new road to Villefranche passes along the acclivity of the hill (Mont Boron), which shelters this part from the east.

There are no remarkable public buildings at Nice. The shops are well supplied. Visconti's establishment, for the sale of books and articles of taste, to which are attached commodious reading rooms, and a spacious garden; Giraud's library and reading room, on the quay; the Cercle Philarmonique, with reading and reunion rooms, and circulating library; the new Cercle Massena, with handsomely furnished rooms, and ball room; the two theatres, one for operas, the other for dramas, will suffice to show that there is no lack of resources for recreation; evening parties, public concerts, and various entertainments are of daily occurrence in the season. The new English church, a handsome edifice in the Gothic style, internally, is nearly completed; there is besides an English chapel in the Carabacel, as also a large Vaudois church, and a Scotch chapel.

The population of Nice amounts to 45,000 souls. There are several charitable institutions, including a large general hospital; an asylum for the aged poor and orphan children; and confraternities for the relief of the poor at their habitations, assistance in sickness,

interments, lending money on pledges without interest, &c., which are supported by donations, bequests, and subscriptions.

The environs of Nice are delightful, abounding in a variety of walks and rides; most of the gardens attached to the villas in the country are accessible to pedestrians; the soil is extremely rich in vegetable productions, including olive, pomegranate, orange, lemon, fig, almond, and other fruit-bearing trees. Flowers are likewise abundant in spring, the rose being frequently seen in the hedges, or overhanging garden walls, and violets growing in the fields. Some spots may in fact be said almost to realise parts of the poet's description of an enchanted garden—

> "Vaghi boschetti di soavi allori,
> D'ulivi e d'amenissime mirtelli,
> Cedri ed arancie ch'avean frutti e fiori,
> Conteste in varie forme e tutte belle;"

The termination of the stanza, however,

> "E tra i rami con sicuri voli
> Cantando se ne giano i rossignuoli,"

is not so applicable, as the Nissards amuse themselves by shooting all the small birds in their neighbourhood.

The bulk of the population above the condition of artisans consists of lodging-house and hotel keepers, tradespeople, and others, who derive their subsistence from the presence of strangers, government employés, and persons living independently upon moderate means. The peasantry, though poor and indifferently fed, are generally honest. The women, though sometimes good-looking when very young, certainly cannot be said to possess the

> "Dono infelice di bellezza,"

becoming for the most part old at a comparatively early period of life, being coarse featured, and with a complexion bronzed by exposure to the sun.

The chief carriage drives are along the right bank of the Palion to St. André, the Turin road on the opposite bank, the Genoa and Var roads. Excursions are also frequently made among the hills and valleys on donkey or on horseback, and pic-nics in winter are common. One of the pleasantest rides is to the convent of Cimiez, situate on an eminence overlooking the Palion, and commanding a good view of Nice. The convent itself forms one of the most prominent features in the scene, on looking up the valley from the town. St. Pons, St. Barthélemi, and St. André, are likewise beautifully situate.

Villefranche is another delightful spot, lying to the eastward of Nice, from which it is separated by a steep hill. It possesses a spacious harbour, sheltered on all sides, and can admit the largest vessels. The little town is almost surrounded by olive-covered hills, which rise steeply above it to a considerable height, hence the climate is milder than at Nice, but there is no accommodation. From Villefranche a beautiful path, overlooking the sea, and bordered by olive-trees, myrtle, and other shrubs, leads to L'Ospizio, situated at the extremity of the tongue of land which forms one side of the harbour, whence may be enjoyed a charming prospect of several miles of rocky coast.

Nice has long been resorted to by invalids for the sake of its winter climate, which differs materially from that of Provence and the south of France, inasmuch as it is sheltered from the *vent de bise* by the Maritime

Alps on the north and north-east, and in great measure from the *mistral* by the Estrelles, which terminate at the sea, on the west; but still it is at times liable to cold winds, and to the atmospherical transitions which render a residence in the south of Europe hazardous to invalids; hence much discrimination is required in the selection of the cases likely to be benefited by its climate, as well as the proper period of residing there. The rainy season is generally over at the time when strangers begin to arrive, and the months of November, December, and January are usually fine and warm, the temperature of the air being seldom lower than 45 degrees in the daytime, and sometimes as high as 60 degrees in the shade. The sky is frequently cloudless in winter, and of a deep blue colour, and the sun is sometimes extremely powerful in the middle of the day. The character of the atmosphere is light, dry, and exciting. Cold winds are most experienced in the spring; at this season the sun also acquires great power, and the alternations of hot and cold are very trying to susceptible persons, and to invalids.*

On leaving Nice for Menton, the road is carried for a few miles inland, winding round the Mont Gros, and presenting charming views of the plain, and of the valley of the Palion, with its encircling mountains. At the Quatre Chemins, an elevation of 1,500 feet, the sea again comes into view, the harbour of Villefranche and the peninsula of L'Ospizio lying immediately beneath. A little further on is La Turbia, the remains of a tower, erected to commemorate the victory of Augustus Cæsar over the Ligurians. From this point

* For a detailed acconnt, see "Nice and its Climate."

the eye ranges over a wide expanse of sea, and of mountainous country, while beneath is seen the rich territory of Monaco, with its miniature capital, which has been termed "an orangery upon a rock," built on a promontory, and connected with the cornice by a beautiful lower road, bordered with myrtle and laurel trees, orange and olive plantations.

Most persons who may be induced to visit Monaco will be satisfied with a few hours' stay. In front of the palace is a spacious Place, commanding an extensive view, and the public garden is agreeably laid out. A Casino, where games of hazard are played, has been established of late years, but, notwithstanding the access has been facilitated by means of a steamboat from Nice, the speculation has not been successful.

Descending the hill from Turbia by the beautiful coast-road, Menton is approached through olive grounds. It consists for the most part of a long street parallel with the shore, inhabited by shopkeepers and artisans, and of narrow streets leading up the hill to the church. Foderé said of Menton in his time—"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 farther on." At the present day, however, it offers considerable attractions as a place of winter sojourn, the accommodations having been greatly improved to meet the requirements of the increased number of visitors. There are three or four hotels in the town, and a boarding house (Clerissy's, and the Hotel de Londres), at the outskirts on either side, besides smaller pensions. Several villas have been erected in the environs, which abound in agreeable

walks, the hill-sides and valleys presenting a richness of vegetation rarely met with, while from the heights a variety of prospects may be enjoyed. An English clergyman resides throughout the year at Menton, the church service being performed in the hall of an old palace, capable of accommodating two hundred persons.

Menton is open to the south and south-east, and is sheltered on other sides by the mountains which rise closely around; the reflection of the sun's rays is consequently at times inconveniently felt. Orange, lemon, carob, and other evergreen trees and plants grow profusely on the hills and in the intervening valleys. Hence, though partaking of the general character of the climate of this part of the Mediterranean coast, Menton is warmer, but less freely ventilated than Nice or Cannes, and is on this account often found to be relaxing to persons in health, or others who prolong their stay late in the spring, when the sun acquires increased power. The prolonged action of a similar climate during the warmer months may indeed be inferred from the aspect of a large proportion of the natives, and especially of the children of this and of towns in Italy similarly circumstanced, who are of a lymphatic temperament, with a tendency to embonpoint, on approaching middle age.

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

The lower classes, however, who live in the country, appear healthy; they are said to be hard-working, and are by no means deficient in muscular power, as is evident from the heavy baskets, filled with oranges and

lemons, which the women are seen bringing on their heads from the neighbouring plantations.

Having more particularly considered the peculiarities of Menton in a separate publication, I need not enlarge upon the subject in this place.

CHAPTER III.

NISMES—MONTPELIER TOULOUSE—BAGNÈRES DE LUCHON—BAGNÈRES DE BIGORRE—BARÈGES—CAUTERETS.

PROCEEDING from Marseilles westward, the first interesting place that presents itself on the line is Arles, an irregularly built town on one of the *embouchures* of the Rhone, containing about 20,000 inhabitants, and alike celebrated for the beauty of the women, which is heightened by a becoming costume,—and for its Roman remains, especially the amphitheatre, which is in tolerable preservation. Adjoining the cathedral are cloisters, whose Gothic arches, supported by finely-sculptured pillars, are a good specimen of architectural skill in the earlier periods of Christianity. To the south of Arles is an extensive tract of marshy land (the Camargue), between two branches of the Rhone, embanked to exclude the sea. It is made available for the pasturage of extensive flocks and herds, which, on the approach of summer, are driven up to the mountains.

One of the finest remnants of Roman antiquity, the Pont du Gard, stands not far from the direct road from Avignon to Nismes, from which it is five miles distant. This stupendous erection, stretching across the valley of the Gardon, which served at the same time for a bridge and aqueduct, consists of three rows of arches, one above the other, in excellent preservation; when seen from below, the effect is striking.

Nismes is a handsome, clean, cheerful-looking town, with a population of about 40,000 inhabitants, a large proportion of which number are Protestants, between whom and the Catholics a spirit of hostility formerly existed, which frequently broke out into riots, attended with loss of life.

Nismes is not a place of much commerce, many of the inhabitants being *rentiers*. It is little resorted to by English families, though house-rent and provisions are cheap, while the climate is better than that of Marseilles, on account of its inland position, as also from its being in a great degree protected from the north by the hills rising immediately behind it. It is, however, still too exposed to the mistral and *vent de bise* in winter to be a recommendable locality for persons in weak health. The chief streets and boulevards are lighted with gas, the cafés are numerous, some of them elegantly fitted up. The theatre is handsome, and the *corps dramatique* good. Like the Parisians, many of the inhabitants of Nismes live a good deal out of doors, and in places of public resort. Opposite the theatre is the celebrated *Maison Carrée*, one of the best preserved monuments of the Roman empire. The interior is now converted into a museum and picture gallery. A little further on, in a large open space, which admits of its being seen to advantage, stands the amphitheatre, the exterior of which is in perfect preservation, but the interior is a good deal dilapidated. There were thirty-five rows of seats, and upwards of 30,000 spectators could be accommodated, being about 10,000 more than in the amphitheatre of Verona.

Few towns are so well supplied with public pro-

menades as Nismes. Besides the boulevards and the extensive esplanade near the theatre, there is the garden of La Fontaine, so termed from a large reservoir of water supplied by a canal, and in which are several arched recesses, said to have served for bathing in the time of the Romans. The garden possesses several avenues of fine chestnut trees, the intervening space being laid out in walks, between parterres of shrubs and flowers. It also contains the ruins of a temple of Diana, and other remnants of antiquity. A winding path is continued up the hill, on the summit of which stands an imposing mass of brick-work, of a conical shape, termed the Tourmagne, being the largest of a chain of towers formerly occupying the heights, and connected by walls, vestiges of which are still visible in many parts. This tower may be seen from a considerable distance, and formerly served as a station for signals to vessels at sea. From it a varied and extensive prospect may be enjoyed.

Pursuing his journey westward, the traveller passes through a country of vineyards and olive plantations, in which stands the town of Lunel, celebrated for its sweet wines, and arrives at Montpelier. At the time when little was known respecting the climates of the continent, invalids were frequently sent from England to this place. Many also resorted to it from different parts of France, attracted by the reputation of its fine climate, and the skill of its physicians. Numbers, however, acquired the sad experience, that there are few localities more prejudicial in cases of pulmonary disease. Speaking on this point, the writer of a popular work observed :—" It is difficult to conceive how Mont-

pelier ever obtained a name for the salubrity of its climate. For pectoral complaints it is probably one of the worst in the world. It is true there is almost always a clear blue sky, but the air is sharp and biting, and you are constantly assailed by the *bise* or the *marin*, and it is difficult to say which of these two winds is the most annoying; the one brings cold, the other damp. The climates of Europe are but little understood in England, nor indeed is it an easy thing to ascertain the truth with respect to climate. Travellers generally speak from the impression of a single season, and we all know how much seasons vary."* Indeed, Nismes would have the advantage over Montpelier as regards climate, as it is in some measure sheltered from the north, to which Montpelier, lying on the acclivity of a hill, is much exposed. As in Provence, the earth during great part of the year is parched up for want of rain; in summer the heat is oppressive, and the dust lies thick upon the ground. The best period for a short residence here, or at any of the towns in this part of France, is in September, October, or November, though at this time the rains sometimes continue for days together with but little intermission. To certain individuals, however, the climates of Montpelier and Marseilles would not be unsuitable, as in those labouring under some kind of asthma, or bronchial relaxation, without a tendency to inflammation. Some dyspeptic and rheumatic invalids would likewise find themselves benefited by this kind of climate, which, however, may be also met with in other places, which present more *agrémens* for a winter residence, without the inconveniences of Provence.

* Matthews' Diary of an Invalid.

There is an establishment of compressed air baths, which are beneficial in some cases of asthma and bronchitis.

Montpelier is the seat of one of the three Faculties of Medicine in France, the other two being at Paris and Strasbourg; but its reputation as a medical school is not so great as formerly. The town is not handsome; its streets are mostly narrow and badly paved; the number of inhabitants exceeds 30,000. The celebrated Promenade de Peyrou, at the most elevated part, commands an extensive view of the surrounding country, and of the olive-clad hills in the distance, among which numerous white villas are interspersed; it is embellished with an equestrian statue of Louis XIV., as also with a fountain supplied by a modern aqueduct of considerable extent. There is another much frequented promenade, the Esplanade, at the opposite extremity of the town. The Botanical Garden is, however, the most agreeable and shady walk. The objects principally worth visiting are, the *Musée Fabre* (a collection of pictures presented to his native town by the individual whose name it bears, among which are a few by first-rate Italian masters), the cathedral, and the school of medicine. Temporary sojourners remain for the most part at the Hotel Nevet. House-rent and provisions are cheap, though poultry, eggs, and good butter are scarce, as also throughout the south-eastern part of France, on account of the deficiency of pasturage and grain. These articles are consequently brought from other parts, principally from Toulouse.

Cette is a town of considerable importance in a commercial point of view, from its frequent communication with various ports of the Mediterranean, which it sup-

plies with wines, said to be manufactured, and other produce of the south of France. Merchandise is also transmitted from Marseilles to Toulouse and Bordeaux by means of the Canal du Midi, a steamer leaving Cette every morning to cross the salt water lake of Thau (eight miles), into which the canal opens. At the extremity of the lake, opposite to Cette, are the baths of Balaruc, which are a good deal frequented in the season, chiefly by persons from Montpelier, Toulouse, and other parts of the south. There is only the establishment, and one or two other houses, where visitors could be accommodated. The springs are saline, containing principally muriate of soda and a little gas, and in composition are not unlike those of Wiesbaden. They have a high reputation in rheumatic, and especially in paralytic cases.

The Canal du Midi, by which water communication of the two seas is effected, though projected during the reigns of several of the French kings, was commenced and finished under Louis XIV. There are eighteen locks on the Atlantic side, and forty-six between Toulouse and the Lake of Thau. Hills are in several places pierced to admit its passage. One of these grottoes, termed Mal-pas, is 170 metres long, 25 feet wide, and 22 high, the sides and roofs being built up with masonry. The canal is crossed by more than 100 bridges, and passes beneath 55 bridge aqueducts. The boats are drawn by horses, at the rate of six miles an hour; but, on account of the delays at the numerous locks, thirty-six hours are required to perform the journey from Cette to Toulouse, whereas by the railroad the transit is now made in six hours. The country through which

the canal passes no longer presents the aridity of Provence, but is rich, fertile, and in many parts highly picturesque. At Carcasonne, the snow-tipped summits of the highest of the Pyrenees rise upon the view; and on approaching Toulouse, the whole range becomes more distinctly visible.

Toulouse, the ancient city of song and troubadour, is said to have existed before the foundation of Rome. It lies in a beautiful and fertile plain on the right bank of the Garonne, which is crossed by a handsome bridge of brick. The population amounts to 100,000. The streets are narrow, thronged, and noisy; several of the shops and cafés are handsome, and decorated in a showy manner. There are two or three fine squares, the Place Lafayette, and especially the Place du Capitole, one side of which is entirely taken up by this building or the Hotel de Ville; on the first floor is a large hall—the *Salle des Illustres Toulonnois*, containing busts in *terra cotta* of the many celebrated characters born at Toulouse from the time of the Romans to the present. Here are held the meetings of the Academy of the Floral Games, which awards prizes to the best compositions in poetry. The annual meeting and distribution of the prizes take place in May. In an adjoining apartment is the statue of Clemence Isaure, the founder and patroness of these games, who lived in the beginning of the fourteenth century.

Toulouse possesses an university, a school of medicine, two theatres, several public libraries, reading-rooms, and scientific societies. The residents are in general affable, fond of pleasure, and live a good deal out of doors. House-rent and living are cheap. The winter

climate is generally mild, without the dryness of Provence, or the humidity which prevails on approaching nearer Bordeaux. Cold winds are, however, sometimes severely felt. The west wind, sweeping over the Atlantic, is laden with moisture, and is extremely trying to invalids. Rain not unfrequently falls, the weather being variable from day to day. In the autumnal months the weather is generally fine till Christmas; in spring, cold and damp winds are prevalent, frequently alternating with rain. The environs are exceedingly productive in fruit and grain; and the flower and fruit market, which is held in the Place du Capitole, is scarcely to be equalled elsewhere. One of the most frequented walks leads to the column erected on an eminence at some distance from the town, to the memory of the soldiers of the French army who fell in the battle in 1814. From this spot a good view may be obtained of the town and environs.

Toulouse presents several advantages to English families who may wish to reside permanently in the south of France—cheapness, agreeable society, and facilities for education.

The Garonne is navigable at Toulouse for small boats only. Those desirous of seeing the scenery of the river lower down may go by rail to Agen, and there take the steamer to Bordeaux.

A railroad is in progress to Foix, leading to the eastern department of the Pyrenees. The one connecting Tarbes with the Bayonne line is nearly completed on this side; it has been for some months open beyond Tarbes.

This pretty little town, formerly the capital of Bigorre,

is situate in a plain at the entrance of the valley leading to the mountains, and forms a central point, where the roads unite from Toulouse, Bagneres, Cauterets, and Pau. The principal Place in the summer season, when the baths are in full activity, presents an animated aspect. From the public walk outside the town, and also from the balcony of the principal hotel, is displayed a great extent of fertile and varied country, the prospect being bounded southward by the

"Long waving line of the blue Pyrenees,"

the whole range, with the relative altitude of the most celebrated *pics*, being clearly discernible.

The country between Toulouse and the mineral springs of the Pyrenees is beautiful, highly-cultivated, and interspersed with neat villages. At St. Gaudens two roads diverge; the eastern one leads to a valley which, on advancing, becomes narrow and less cultivated. After a four hours' drive the traveller finds himself at Bagnères de Luchon, lying immediately *sotto i gran monti Pirenei*, in a valley of the brightest verdure, watered by the Pique and the Go, above which the Maladetta, the highest mountain of the range, raises its snow-capped peak. The town contains a population of two thousand inhabitants, and is built in the form of a triangle, each apex terminating in an avenue of trees. The lime avenue, or Cours d'Etigny, leads to the bath establishment, which (like other French baths, is under the superintendence of government) lies at the foot of a hill, whence the water issues, and passes immediately into the baths. The springs are hot and strongly sulphurous, and are among the most efficacious in the

diseases for which this class of mineral waters is indicated. Their temperature varies from 26 to 52 degrees R.

The environs of Bagnères de Luchon are highly romantic, and contain many interesting points, to which agreeable excursions may be made. The lakes of Oo and Seculejo are among the spots most frequently visited; and the lover of solitude, who delights to

"Slowly trace the forest's shady scene,"

may find ample scope for the indulgence of his taste; but, notwithstanding its scenic beauties, and the efficacy of its waters, Bagnères would not be an attractive summer residence to most English visitors. There are no public rooms; the accommodations in most of the French baths are not equal to those of Germany, though at the principal hotel, near the establishment, there is a large saloon for *réunions;* concerts, and exhibitions, frequently.

A path, or mule-track, leads across the mountain by Arrau to Bagnères de Bigorre, through some of the finest scenery of the Pyrenees; the road passes round by Montrejeau, and ascends the valley of the Adour, in which this town lies, being sometimes called Bagnères-Adour. The country between Montrejeau and Bagnères is a succession of ascents and descents, and the scenery is beautiful and diversified.

The town looks well from the hills; its white and yellow painted houses, with their slated roofs; the bright verdure of the valley; the deeper hue of the pine forests on the acclivities of the mountains, whose summits are imbedded in perpetual snow—form a series of beautiful and striking contrasts; while the clear

waters of the Adour and other streams diffusing fertility around,

> "Sempre l'erbe vi fan tenere e nove,
> E rendean ad ascoltar dolce concento,
> Rotto fra picciol sassi il correr lento."

Beyond the town the picturesque valley of Campan—the beauties of which, however, have been rather exaggerated by writers and poets—extends to the foot of the Tourmalet, on the opposite side of which are Barèges and the Vale of Luz.

Bagnères de Bigorre lies near the foot of the *Pic du Midi*, and is the largest and most frequented of the Pyrenean watering-places, a great proportion of the visitors remaining more for pleasure than for health. The number of English is at times not inconsiderable, winter sojourners at Pau and other places of resort frequently making it their summer abode. Many persons likewise pass some time at Bagnères, prior to or after taking a course of one or other of the springs in this part of the country. It stands seventeen hundred feet above the level of the sea; is encircled on all sides but the north by green hills and pine-covered mountains. The resident population amounts to eight or ten thousand, and the resources for amusement are greater than at the other baths. Bagnères was a great place of resort in the time of the Romans, by whom it was termed *Vicus aquensis*. Besides the Coustous, and other walks in the town, there are numerous well-shaded walks and roads in the immediate environs; those which are most frequented are the *Allées*, the garden Thèas, and the valley of Campan. This part of the Pyrenees produces some beautiful kinds of variegated marble, and near

the town is a *marbrière*, where it is worked into tables, statues, and other articles of taste, which are exported. This marble is, however, much softer than that of Italy, and does not bear exposure to the open air.

The bathing establishments are numerous; the principal one, belonging to government, termed the *Thermes*, is an elegant structure of white stone, the interior of the bathing cabinets being composed of different coloured marbles. The baths are exceedingly convenient, each having a dressing-room attached to it; over the door is inscribed the name of the spring from which it is supplied. Those of *La Reine* (which is the hottest) and the *Dauphin* are most used. There is likewise every requisite apparatus for douche and vapour baths. As the water is too hot to be used at its natural temperature, it collects into large reservoirs at the back of the establishment, where it is cooled. Several lodging and bathing-houses are supplied by particular springs, as the *Pinac, Lannes, Petit Prieur, Sante*, &c.

All these springs are saline, and in their composition are not unlike those of Baden-Baden, or Bath, though they contain much less saline substance. Their temperature ranges from 27 to 35 degrees R. There is an hospital for the military and poor persons, to whose cases the springs are considered applicable.

On ascending the valley, by a road bordered with poplar trees, for about a mile and a half, the pedestrian arrives at another bathing establishment in a secluded spot, at the foot of a steep hill, whence arise the springs from which it takes its name—*Salut*. There are here ten baths, into which the water keeps constantly flowing from a marble mouth, so that the baths are taken at the

natural temperature; they are in great request from five in the morning till three in the afternoon. As there are no apartments for lodging in the building, the bathers must come each time from the town on foot, in a carriage or *chaise à porteur*. This is among the least mineralized of the springs; it is mostly employed by delicate persons and nervous ladies.

On Mount Olivet, above the town, a chalybeate spring rises from the rock, and is drank by some visitors; though, as it is but slightly impregnated with iron, and scarcely contains any gas, it would not be of great service in cases where chalybeates are indicated. From this spot may be obtained a good view of the town and valley, the *Pic du Midi*, and other mountains, and of the course of the Adour, the *ensemble* forming one of the most pleasing scenes that can be conceived.

The traveller going to Barèges and Cauterets from Tarbes, after traversing a pretty undulating country, arrives at Lourdes, which occupies a situation strikingly beautiful and picturesque at the entrance of the valley, being surrounded by green hills—on the lower acclivities of which the vine is cultivated—meadows and fields of maize, through which flows the *gave* of Pau. It is overlooked by the ruins of the castle, of which a tower constructed by the Romans is still in tolerable preservation.

On quitting Lourdes, you enter among the wild scenery of a defile, where at several parts the rocks approximate so closely to each other as scarcely to allow space for the passage of the *gave*.

> "The mountains closing—and the road, the river
> Filling the narrow pass."

A little farther on lies the vale of Argelés, realising the ideal of pastoral beauty—flocks grazing in meadows of the brightest green, planted with mulberry and fig trees —vineyards on the side of the hills, the rocky summits of which are ever and anon crowned with a ruin; neat villages placed at short intervals, and the little town of Argelés, through which the road passes, form altogether a charming picture, which strikingly contrasts with the sterile and snow-capped mountains by which it is enclosed. This valley is eight miles in length, and three in breadth. Many of the inhabitants on the left of the river, where the ventilation is not so free, are still affected with goitres; and *Cagots* (who are identical with the Cretins of some Alpine districts, but who have now nearly disappeared) were formerly very common.* At Pierrefitte, a road branches off to the right, leading to Cauterets; that on the left leads to Luz, St. Sauveur, and Barèges, immediately ascending between lofty and precipitous pine-covered mountains, separated by the

* The Cagots are found in several of the more secluded valleys of the Pyrenees, particularly in the lateral valleys that branch from the valley of Barèges, Luchon, and Aure. So sedulously do the Cagots keep apart from the rest of their fellow-men, that one might travel through the Pyrenees without seeing an individual of the race, unless inquiry were specially directed towards them. The Cagot is known by his sallow and unhealthy countenance, his expression of stupidity, his want of vigour, and relaxed appearance, his imperfect articulation, and in many cases his disposition to goitres. From time immemorial the Cagot families have inhabited the most retired villages, and the most miserable habitations. The race has always been regarded as infamous, and the individuals of it as outcasts from the family of mankind. They are excluded from all rights of citizens; they are not permitted to have arms, nor to exercise any other trade than that of wood-cutters. And in more remote times they were obliged to

river or *gave*, which rushes with impetuosity beneath, and is crossed by bridges no less than eight times in the space of three leagues, according as either side offered greater facility for the construction of the road, which for the greatest part of the distance is cut out of the mountain's side. In about two hours the highest point of the pass is attained, whence there is a gradual descent to the *riant* plain of Luz, surrounded by mountains in the form of an amphitheatre. This part has been compared by Ramond with the valley of the Reuss, in Switzerland, and there are certainly few scenes in Europe where the beautiful, the picturesque, and the sublime are so perfectly combined.

Barèges is about an hour's ride from Luz, by a continued ascent. The road all the way from Pierrefitte was constructed by the engineer Polard, of whose abilities it remains a standing monument; the difficulties he had to encounter having appeared to others to be insurmountable. Some parts between Luz and Barèges are very steep, and are not unfrequently carried away by the torrent or by avalanches. On ascending, the gorge narrows, vegetation becomes more scanty and disappears, though here and there, high up on the

wear upon their breasts a red mark, the sign of their degradation; so far, indeed, was the aversion to this unfortunate people carried, that they entered the churches by a separate door, and occupied seats allotted to the rejected caste. The persecutions have long ceased, and time and its attendant improvements have diminished the prejudices, and weakened the feelings of aversion, with which they were formerly regarded. But they are still the race of Cagots; still a separate family; still outcasts; still a people who are evidently no kindred of those who live around them; but the remnant of a different and more ancient family.—*Inglis, South of France and the Pyrenees.*

mountains, patches of land are still cultivated by the peasantry. On approaching Barèges, however, the desolation appears to be complete; not a tree is to be seen, and huge masses of stone, brought down by the avalanches, lie scattered about in all directions. The road extends no further than Barèges, there being merely a path across the Tourmalet to Bagnères de Bigorre. In fact, no spot would seem to be less calculated for the situation of a bath than Barèges, which consists of a single street on the acclivity of the mountain, with the impetuous *gave de Bastan* foaming beneath. For eight months in the year the place is deserted, being left in the keeping of about twenty men, who pass the winter there. As it sometimes happens that the winter occupants are completely shut out from any intercourse with the valley by the snow, they are obliged to lay in a stock of provisions and fuel for three or four months, and on the return of fine weather, assisted by others from below, begin to clear the road, and repair the damage that has been done by the torrent and avalanches. At the time of one of my visits, in May, numerous workmen were employed in digging away the snow beneath which some houses were buried, and in getting the place a little in order for the season, which begins about the middle of June; from July till September it is crowded with invalids, who certainly would not resort thither for pleasure, nor unless they had learned from experience the efficacy of its mineral springs. Thus here, every year, is practically contradicted the opinion of those who, knowing little of the power of these agents, consider that the benefit which persons derive from a visit to a mineral spring is attri-

butable to the accessory circumstances, as change of air, the *agrémens* of the place, the beauties of scenery, &c. These have, no doubt, considerable influence on many slight ailments, but would have very little in such cases as are usually sent to Barèges.

In the centre of the street is a small square, on one side of which are the baths, on the other a military hospital, supported by government, for wounded soldiers, the number of which amounts to about four hundred; that of the visitors being about eight hundred, or a thousand, almost all of them invalids, and many who are not able to walk, or hardly to get about on crutches. There is no society, and, as may be supposed, the climate is very variable, so that existence in the place for several successive weeks would be unbearable, were it not for the benefit anticipated and experienced from the springs. In the bathing establishment there are private baths; but most of the patients bathe in the piscinæ or public basins. The springs, *la Douche*, *la Temperée*, and *Polard*, are the most used; the temperature of the former is 44 degrees, that of the second 33 degrees R., and about 30 degrees in the piscinæ, which are badly ventilated, and filled with vapour, which induces copious perspiration. They are strongly sulphurous, and more energetic in their action than any others in the Pyrenees. The cases in which they are most efficacious are scrofulous diseases of joints and other enlargements, rheumatic and paralytic affections, old ulcers and wounds, especially when there are foreign substances, as bullets, pieces of clothing, &c., lodged in the body (the expulsion of which not unfrequently takes place during the course), and some eruptions on the skin.

St. Sauveur lies on the side of the mountain immediately opposite to Luz, from which it is not more than half a mile distant. It is built on the edge of a wide and deep ravine, the sides of which are clothed with brushwood, and between which the *gave* makes its way with impetuosity three hundred feet below. A neat stone bridge has within the last few years been constructed across the ravine, whence a winding road leads up to the bath. At the widest part of the street stands, on the one side, the church; on the other, immediately overlooking the ravine, is the handsome bathing establishment, with sixteen cabinets, and a drinking fountain. There are two springs, or rather one spring having two outlets, the temperature being 28 and 33 degrees. It is much less sulphurous than that of Barèges, and is sometimes recommended preparatory to the stronger springs, but is more particularly applicable to nervous affections, and other cases peculiar to ladies. Not more than from two to three hundred persons can be accommodated at the same time; the want of room, consequently, renders living and lodgings dearer than at most of the other baths. There is little or no general society, and yet there are few places where those who delight in the beauties of scenery, and in a romantic country, could pass a few weeks in the summer more to their satisfaction. Tractable and well-conditioned mountain ponies are here, as at the other baths of the Pyrenees, always at the visitor's command.

The most frequented of the excursions in the environs, which no visitor who is able omits to make, is the celebrated cascade of Gavarnie, and the Cirque de Marboré, to which, however, there is merely a horse road. After

crossing the ravine at St. Sauveur, a defile is entered, winding between steep and sombre mountains, the sides of which are plentifully covered with brushwood, their summits clothed with pine-trees, and which, separated at their base by the river, gradually recede from each other in proportion as they become higher, the path being cut sometimes on one side, sometimes on the other. While standing on the first bridge, a considerable height above the foaming torrent, I was strongly reminded of the similarity of the scenery to that of some of the finest parts of the Via Mala in the Grisons. Several waterfalls—which are rare in the Pyrenees—add to the interest of the ride. In about another hour, on emerging from the defile, suddenly appears the beautiful valley of Pragnères, which, with numerous cottages and *chalets* on the hill-sides, flocks of sheep and goats tended by peasant girls, cultivated fields and meadows, where

> "Flowers fresh in hue, and many in their dyes,
> Implore the pausing step,"

strongly contrasts with the wild scenery which you have just quitted, and are again about to traverse. Beyond the village of Gedro, the mountains again approach close to each other; vegetation becomes more and more scanty, and at last disappears altogether. You now enter upon the district aptly termed Chaos, where desolation reigns supreme, which is heightened by enormous masses of rock (several being as large as a good-sized house), scattered about pell-mell, one above another, for a considerable distance, the path winding between them, and being frequently hidden from the

view. The bed of the *gave* being also completely encumbered, the water is turned from its course, and, flowing over these masses, falls in numerous cascades, which add greatly to the interest of the scene. The prevailing opinion is that these rocks disrupted from the mountains were forced down to the valley by glaciers.

Altogether the scene is of such an interesting and peculiar kind, that it must be seen to be appreciated.

On approaching Gavarnie, the country has the same wild and sombre aspect, several mountain *pics* are constantly visible; at one part of the road a view is obtained of the *Cirque;* as also, at an elevation of some thousands of feet, of the perpendicular rocky barrier separating France from Spain, with the cleft-like aperture (which, however, is three hundred feet wide), termed the *Brèche de Roland*, from the tradition that this *preux chevalier* made the said breach with his good sword.

From Gavarnie the *Cirque* is seen to great advantage, and appears to be quite close; but an hour's ride is still required before you find yourself at its entrance. This celebrated circle is an almost perpendicular wall of yellowish rock, having the appearance of marble, some hundreds of feet high, extending in a semicircular form, so as to enclose an area of four miles. In the centre are several ridges, rising one above another, over which a sheet of water falls, forming the cascade (though at the time of my visit it was frozen, presenting the appearance of extensive sheets of snow).

A wide and well-constructed road leads by a gradual ascent from Pierrefitte, at the extremity of the vale of Argelés, to Cauterets, passing at first through a beautifully-wooded dell, between lofty pine-covered mountains,

and afterwards through a more wild and sterile district, with scarcely any signs of cultivation.

This celebrated watering-place lies in the secluded valley of Lavedan, surrounded by scenery of the most romantic kind. It chiefly consists in a single street, which widens out into a square. The resident population amounts to about 1,500, and 2,000 visitors could be accommodated in the season, during which period it is generally thronged, especially by the Parisians, with whom it is a favourite summer retreat. Apartments are, consequently, often exceedingly difficult to be obtained, and are mostly very dear. In the square is the Cercle, where there are rooms for reading, billiards, &c.; but there is little general association among the visitors, so that a stranger who does not possess resources within himself would, notwithstanding the magnificence of the scenery, find Cauterets but a dull place. There are tables d'hôte at the principal hotels. Cauterets has not the advantage of shaded walks, the only rows of trees being in an enclosure behind the town (the Parc), and, from its being surrounded by lofty peaked mountains, the summits of which are covered with perpetual snow, the reflection of the sun's rays must be at times severely felt, notwithstanding its elevated position. The bathing establishments, with one exception, are out of the town, some of them being at a distance of more than two miles. An omnibus, however, makes the journey to and fro several times in the day.

The season lasts from June to September, before ano after which periods poor persons are allowed to use the baths on payment of a trifling sum (two or three sous each bath). Beyond the town a gradual ascent of the

valley leads to the principal establishment—la Raillière—a handsome isolated edifice, with a central vestibule, drinking fountain, and bathing cabinets, furnished with marble baignoires and douche apparatus on either side. Some distance beyond this are the springs *du Pré*, *petit St. Sauveur*, and *du Bois*, the latter being perched high up on the mountain's side. The baths in these establishments are dark and dirty-looking; there is also in this direction the spring Mahourat, which is only used for drinking. These springs lie about a league from the town, amidst scenery of the most magnificent description, and at the junction of two foaming torrents, which, obstructed by large masses of rock detached from the mountains, form numerous cascades. From hence the road to the right conducts to the Lac de Gaube and the Pont d'Espagne (the latter being a narrow bridge, thrown across the torrent from one rock to another), which are the objects best worth visiting in the environs.

The temperature of the springs varies from 21 to 40 degrees R. The composition of the water is very analogous to that of other springs in this part of the Pyrenees, containing principally sulphuret of sodium, carbonate, sulphate, and muriate of soda, with carbonic acid and azotic gases in small quantities. The Raillière is the spring mostly used for drinking; it has a high reputation in pulmonary and nervous affections, and in dyspeptic cases.

Besides the above-mentioned springs, however, there are others in a different direction, which are much more sulphurous than the southern group, and are chiefly used for baths. These are termed Bruzaud, situate at the foot of the hill close to the town; Cesar, high up

on the same hill; la Reine, near the former, and des Espagnols.

Cauterets, from the number of its springs, and the difference of their temperature, can be adapted to most of the cases to which sulphurous springs are applicable. The greater number of patients are those labouring under the various forms of indigestion, and pulmonary complaints, or a tendency to consumption. The number of those with rheumatic and cutaneous diseases is likewise considerable.*

* The following remarks of Mr. Inglis in the work already quoted are still not inapplicable in the present day:—

"The inhabitant of the Pyrenean valley is in every thing more primitive than the Alpine mountaineer. In his nourishment and dress he retains the pastoral simplicity, and, I might add, in his morals too. Bread of rye or barley, and milk, and a sort of paste made of Indian corn, are the habitual diet of the Pyrenean peasant; and those who are in comparatively easy circumstances salt some kid's flesh, and sometimes a pig, for high days and holidays. In comparison with the comforts which a peasant of the Grindenwald or the Grisons draws around him, those of the Pyrenean peasant scarcely raise him above the grade of a needy man; for not only are the articles of his subsistence of the simplest kind, but even in the quantity of these he is limited.

"In the dress of the Pyrenean peasant of both sexes, the usages of Spain have been adopted. The men cover their heads with a small bonnet, and their bodies with a large cloak, which descends to the very feet. The women throughout all the Pyrenean valleys are clothed in the same way as at Tarbes; they either wear the capulet or short hood of scarlet, or the capuchin, a cloak of black, both thrown over the head and shoulders, and most commonly they have sandals upon the feet, excepting in the mountains, where the peasant generally walks with naked feet. The mountaineers of the Pyrenees are a handsomer race than the Alpine peasantry, but the dress of the former is less adapted to display the figure.

"That besetting sin of the Swiss—greed, I have not found in the Pyrenees. Crime of every description is rare; theft is very unfrequent, and murder altogether unknown. No traveller need hesitate to traverse every part of the French Pyrenees alone."

CHAPTER IV.

PAU AND ITS CLIMATE—EAUX BONNES AND CHAUDES—BIARRITZ—BORDEAUX—ARCACHON—TOURS.

On leaving the baths for Pau, the traveller enters the department of the Low Pyrenees, passing through a country producing grain, Indian corn, and a variety of fruit, the vines in several parts being trained in festoons, as in Italy.

Numerous country houses and detached cottages mark the approach to Pau, which is situate on an elevated plain of the district of Bearn, of which it was the capital. The inhabitants amount to near 20,000, the number having greatly increased of late years.

A series of streets (de la Halle, de la Prefecture, du Chateau) extends for about a third of a mile from east to west, opening out in the upper part into the Place de la Halle, and terminating near the castle. The chief parallel streets on the south are the Rues du College and Henry IV., between which is the Place Royale. The principal diverging streets are the Rue St. Louis, leading to this Place, and the Rue Bordenave d'Abere, which, taking a northern direction, crosses a ravine, and descends to the Place Grammont, beyond which are two extensive planted areas bordered with houses, the Haute and the Basse Plante. These streets and Places are the most favourite localities for winter visitors.

The chateau, with its antique towers, occupying a

commanding position, forms the most prominent object in the view of Pau from a distance; from its highest tower is presented to the view a magnificent prospect of a richly cultivated country, dotted over with *chateaux* and farms, through which flows the *gave*, now transformed from a foaming mountain torrent to a broad placid river, which is crossed by a handsome bridge. The hills on the opposite side are covered with woods and vineyards, those of the Jurançon being held in high estimation. To the south a magnificent background is formed by the Pyrenean chain, with the *Pic du Midi* towering above the rest.

In the court-yard of the castle are representations in *bas-relief* of the heads of the ancient princes of Bearn. The interior has been recently modernised; several relics of *le bon Henri*,

> "Qui fut de ses sujets le vainqueur et le père,"

are still retained, comprising his statue, his tortoise-shell cradle, and pieces of Flemish tapestry, illustrative of some of the incidents of his life.

The Place Royale, an esplanade planted with trees, likewise commands a charming view of the Pyrenees, and intervening country. Here are the Hotel de France; the Cercle, which is well supplied with French journals, and where cards and billiards are played; and the new theatre. A terrace is now in progress of construction from the Place along the elevated ground overlooking the valley to the park, avoiding the passage through the town. The park extends a considerable distance from the chateau; its avenue of fine old trees is the most frequented place of resort in the afternoon.

Pau offers many inducements, not only to certain classes of invalids, but also to families, to select it for a winter residence. The houses and general accommodation are good, though proprietors are sometimes *exigeant.* Provisions of all kinds are abundant, and most of the luxuries of life are obtainable. Besides the Cercle, there is a well-arranged English club, where some of the principal London journals are received, as also the works of authors highest in repute. The walks and rides in the environs are beautiful and varied; the angler may have ample scope for gratification of his taste; hunting is one of the chief amusements in the winter season. The climate is better than at any other town in the south-western division of France, being drier on account of its more elevated position, and of the gravelly nature of the soil. A recent writer characterises it as "a sort of warm Ventnor, or Penzance, a sort of cool Madeira," which, however, is not strictly accurate. "Pau," adds this author, "is very equable; the variations of the thermometer between night and day, or between one day and another, are less than in any other place in the same latitude. But as to its changeableness, I have not often been in a more changeable place—one day is mild and soft, with misty rain, the next is clear and bright, with hoar frost, or the mornings are cloudy or chill; and when we go out with an extra wrap, out comes the sun, and sends us home in a fever. After a week of clear, frosty weather, there follows a few days of alternate sunshine and clouds, then a gusty, rainy day, then soft, sunny weather, only too warm. We must add to this the unavoidable extremes of southern sunshine and shade, southern in-doors and out-doors.

I protest that, since we arrived at Pau, I have never been without a cold, except during the steady temperature of the hard frost. But then invalids do not sit in northern rooms, or walk on the northern side of hills, and to them a soft equable temperature and warm sunshine are every thing, and even on those who are in health, the genial warmth of a fine day is ample compensation for a few in-door discomforts, and a thousand times better than a dreary English winter.

"Pau has rich colouring during the winter, and warm sunshine a month before green leaves appear; it is, besides, exceedingly deficient in spring flowers, and, therefore, it does not pass through that season of complete and rapid transition which we love and prize in spring."*

"If January and February have been fine, broken weather will probably come in March. Every one should remember that, though this climate is better than that of England, it has its broken winter weather, and also its spring rains, and if they do not come at one time they will come at another. Thus a fine January increases the probability of an unsettled February, and *vice versa*; so also a dry March often ensures rain in April, and often heavy and continuous rain."

Though there is much truth in the preceding remarks, yet an accurate opinion on the climate of a place cannot be formed from a sojourn of a single season, or even of two seasons, but is to be deduced only from the general aggregate of observations made during a succession of years, as I have endeavoured to present in a recently

* Three Months' Rest at Pau, 1860.

published work. It will suffice here to remark that the general character of the climate is sedative, which renders it more especially suitable to those cases of chronic disease which are marked by excitation of the nervous and vascular systems; and that, in consequence of this characteristic, it is not unfrequently found to be too relaxing to persons in health, as well as to some valetudinarians.*

The effect of the general calmness of the atmosphere, to which the above-mentioned characteristic is mainly owing, is manifested in the temperament of the inhabitants, who, Dr. Taylor observes, are more phlegmatic, and slower in mind and action, than is usual among the French. They have not the same vivacity, and their gestures are more calm and easy. In critical times of great agitation, they conduct themselves with great moderation, and are easily governed. "We have frequently remarked," he adds, "in the case of strangers who have arrived from more exciting climates, in whom the temperament was full of tone, and the nervous and vascular system was endowed with much susceptibility, that, after a sojourn of two or three years, and sometimes even before that time, the temperament becomes modified, nervous irritability is diminished, and the pulse permanently falls several beats. An analogous change takes place in the *moral;* activity gives place to indecision; reverie succeeds to intellectual energy, and to habits of persevering exertion; and persons, the subjects of this change, feel heavy and somnolent."

The Eaux Bonnes and Eaux Chaudes are about seven

* See the "South of France."

leagues southward of Pau, up in the mountains. The road crossing the bridge, and passing by the village of Gan, is highly interesting. At the little town of Laruns, in the vale of Ossau, it divides, one road leading up a wild defile, between mountains clothed with box-wood, to the Eaux Chaudes, while that to the left leads by a steep ascent to the Eaux Bonnes, which lies in a *cul de sac*, being closely encircled on all sides but one by lofty and rugged mountains. A road along the hills, traversed by an omnibus, connects these two baths.

The Eaux Bonnes consists of a double row of houses on the bank of a torrent. At the end of the street are the church, and handsome bath establishment, with an assembly room on the first floor. In the vestibule is the drinking fountain, the waters being mostly used internally. There are two springs which supply the establishment; they enjoy a high reputation in cases of chronic disease of the lungs and air passages, patients labouring under these affections constituting the great majority of the invalid visitors. The chief promenades, the Jardin Anglais and de Grammont, lead by a gradual ascent to the Plateau of Gourzy, which commands a delightful prospect of the low country, and of the surrounding mountains. There are interesting places in the environs for excursions and pic-nic parties. At the principal hotels there are tables d'hôte, and rooms for *réunions* in the evening. The heat in summer is often very great in the middle of the day, and the transitions of temperature between this and other periods of the day, when the sun is hidden behind the mountain tops, require to be guarded against.

The position of the Eaux Chaudes is more wild and

secluded than that of the Eaux Bonnes, being in a narrow gorge between box and fir-covered mountains on the edge of the *gave d'Oleron*, which rolls with impetuosity below. There are about twenty-five houses, and the bath establishment, a handsome structure of recent erection. The accommodation, and the station of the guests, are generally inferior to the Eaux Bonnes. The springs are principally employed for bathing, the supply of water being more abundant than at the Eaux Bonnes; they are said to have great efficacy in rheumatic, paralytic, and cutaneous affections. Though these waters have been employed medicinally by the inhabitants of Bearn and the adjacent districts ever since the time of Henry IV. (when they were termed Eau d'Arquebusade, from their supposed efficacy in gun-shot wounds), it is only of late years that a road practicable for carriages has been constructed from Laruns, previously to which many of the inhabitants of the town earned a livelihood by carrying invalids across the mountain to the springs. Although termed *Chaudes*, the temperature of the springs is not much higher than the Eaux Bonnes, but yet it is sufficiently so for bathing, without requiring the water to be artificially heated. In the environs is a celebrated cavern, termed the Fairies' Grotto, which extends a considerable distance under the mountain. Gabas, the frontier of Spain, is about an hour's walk beyond the baths, the scenery being of a highly romantic character. A little farther on are the baths of Panticosa, mostly frequented by Spaniards from the northern districts.

An interesting road leads across the country from the Eaux Bonnes and Chaudes to Bayonne, by Oleron, the

chief town of the district, beautifully situate, and within a three hours' drive of Pau. The strongly fortified town of Bayonne is finely situate at the mouth of the Adour, which is navigable for large vessels; it is interesting from its semi-Spanish aspect and population.

CHAPTER IV.

BIARRITZ.

THE broad and handsome quays are bordered with shops and cafés, the court of justice, the prefecture, and the theatre being comprised in one large edifice, close to the port. After seeing the cathedral, one of the finest in France, and taking a general view, few travellers would be induced to delay their departure from Bayonne. Omnibuses leave almost every hour for Biarritz, which is little more than half-an-hour distant.

Biarritz is not only full of company in the bathing season, but of late years several English families have also made it their winter quarters, there being a resident clergyman and regular church service. The place has very much increased of late; it consists principally of a long street of lodging-houses and hotels, with a small Place on the beach, in which are the church and bath establishment. The line of coast presents a bold rocky aspect, and there is generally a fine sea. Some of the rocks in the immediate neighbourhood are pierced in grottoes, or hollowed out into caverns by the action of the waves, which are accessible at low water. The Port Vieux, a sheltered nook, in which the water is constantly calm, is the most favorite bathing-place.

Notwithstanding the roughness of the sea and the occasional violence of the gales, as the prevailing wind is westerly from the sea, it is not cold and piercing;

and the winter climate is said to be mild, though, unless for families who have resources within their own circles, a sojourn at Biarritz at this time of the year would not be likely to prove attractive.

Pau is now brought within a three hours' drive of the connecting line from Tarbes to the Bayonne and Bordeaux railroad, at the station of Aire. The country on this side of Pau is likewise pretty and highly cultivated, the land being partitioned off into orchards and meadows, by hedges bordering the roads as in England; but on quitting the district of Bearn, and entering that of the Landes, the aspect of the country becomes totally changed. Nothing is seen for miles but extensive marshy wastes, without any sign of habitation, beyond here and there a turf hovel to afford shelter to the peasantry, who are employed to superintend the flocks of sheep, and whose aspect is sufficiently indicative of the malarious influence of the locality. In the winter, and when the ground is covered in many parts with water, they use for progression high stilts, which enable them to see for a considerable distance, and with which they can run and leap the wide chasms, by which the ground is frequently intersected, with surprising dexterity. A man, woman, and child generally go together, walking on these stilts, the woman being usually employed in knitting; and, seen from afar, the group presents rather a grotesque appearance. The soil of this tract of country is loose and sandy, and the road through it was formerly made with piles of wood laid across. A tolerable *chaussée* has, however, been constructed with stone, which was brought from a great distance. Notwithstanding the desolateness and un-

healthiness of this district, the inhabitants are said to be much attached to it, preferring it to other parts.

Few strangers can fail to be struck with the magnificent aspect of Bordeaux. The *coup-d'œil* of its splendid quays and range of buildings, extending in a semicircular form upwards of two miles, of the broad river crowded with shipping, and of the bridge, which is longer than that of Southwark, is *unique* of its kind; while the bustle of its streets, the spacious squares and promenades, and the richness of the shops, impart to it every appearance of a metropolis. The population amounts to about 150,000. The fine avenue of trees in the *Allées de Tourny* and *des Quinconces* are the most usual resort of the inhabitants. Among the public edifices principally deserving of notice are the cathedral, the Gothic church of St. Michael, and the theatre, which, as a work of architecture, is considered to be faultless. The interior of the building, however, does not correspond with its exterior. The great hospital St. André is likewise an elegant structure; its interior arrangement and cleanliness are superior to most of the medical institutions which I have visited. It contains seven hundred beds. The school of medicine ranks high. Notwithstanding its beauty as a city, Bordeaux would not offer much attraction for the prolonged residence of strangers; for though the inhabitants be courteous and hospitable to those introduced to them, a person without occupation would soon experience a want of resources. Society is a good deal divided into coteries, and pleasure is less followed than in many other towns of France. The principal merchants have large houses on the Quai des Chartrons, beneath which

are extensive cellars, where the wines are kept preparatory to exportation.

The climate is bad at Bordeaux; the heat in summer being very great, while the winter, though not very cold, is generally damp, from the winds which blow from the ocean and the marshy district of the Landes. A good deal of rain also falls. The most prevalent diseases are rheumatic and bronchial affections, inflammations of the bowels, pulmonary consumption, scrofula, continued and intermittent fevers.*

The public cemetery, about a mile from the town, is worth visiting: it is a spacious piece of ground, divided into different sections by rows of cypress and plane-trees. Some of the mausoleums and tombs are of fine marble, and all have flowers planted around them, or are decorated with chaplets of *immortelles*. There are

* "The modern word Bordeaux (says Inglis) admits of an easy explanation, for it is almost literally *bord-des-eaux*, or *bordé d'eaux*, which is truth. Bordeaux is in fact surrounded by waters. On the east the Garonne flows, on the west and south three streams are found, and on the north are the rivulets called the Bourde and the Talle. And, besides all these running streams, there are many large marshes at no great distance from the city. So situated, it may be supposed that Bordeaux cannot be a healthy city; the winds which blow the most frequently are west, south-west, and north-west, and these, blowing over the ocean and the Landes, must necessarily be charged with humidity. Accordingly, the atmosphere of Bordeaux is most commonly moist and mild. During the winters, which are generally rainy, the thermometer generally descends below the fourth or fifth degree of Reaumur. This humid atmosphere and high temperature during the summer, together with the vicinity of the marshes, is productive of frequent epidemics, and of various other maladies, among which the most frequent are colds and coughs, intermittent fevers, rheumatism, and particularly those diseases which the French call *Phthisie tuberculeuse des adultes, et Phthisie pituiteuse des vieillards.*"

likewise in the environs several points to which interesting excusions may be made, as the Chateau de la Brede, formerly the residence of Montesquieu; the Chateaux d'Epernon, Lafitte, and Margeaux, where are the celebrated vineyards, which are insufficient to supply a tithe of the wine which is sold in Europe under their name.

The banks of the Garonne, at some parts, are beautiful; gently sloping uplands, clothed with woods or vineyards, verdant meadows, hills extending along the river's edge, occasionally crowned with ruins; modern country-houses and pleasure grounds present themselves alternately to the view on descending by steam-boat from Langon, where the river is crossed by a handsome suspension bridge. The celebrated vineyards of Sauterne and Barsac lie a little way from the left bank. Below Bordeaux, the Castle of Blaye is one of the most interesting objects. There is frequent communication by steamers to La Rochelle, Rochefort, Nantes, and other towns along the coast.

About an hour and a half by rail, south-west of Bordeaux, is Arcachon, situate on the shore of an extensive roadstead, and of late greatly resorted to for sea-bathing, as also as a winter station for invalids labouring under pulmonary disease. There is very good accommodation, and the place is well sheltered, except towards the sea, especially by an extensive pine-wood behind it, through which some pleasant paths and roads have been cut. The emanations from the pines is supposed to exert a beneficial influence on the respiratory organs. The climate of Arcachon partakes of the general character of the southernmost part of the Atlantic coast, being mild

and moist, from the prevalence of westerly winds blowing from the sea, while it is protected in great measure from the strong gales to which Biarritz is not unfrequently exposed. It is suitable to some cases, such as I have had occasion elsewhere to particularise; but in general a prolonged sojourn would prove too relaxing for invalids, and especially to northern and healthy constitutions.

About twelve hours are required to reach Paris by express from Bordeaux; Tours being little more than half-way. There was formerly a tolerably large English colony here; several families passed the winter on account of the cheapness of living, the advantages for education, quiet, and the comparatively mild winter climate, the sky being generally clear, and the air—though at times cold—not relaxing. Of late, however, since the facilities for travelling have so much increased, scarcely any have remained. The town is beautifully situate on the left bank of the Loire, consisting chiefly of a fine wide street, near three-quarters of a mile in length, and of short parallel and diverging streets. It possesses one of the handsomest cathedrals in France. The scenery along some parts of the Loire is highly interesting. The steamboat communication with Blois, Angers, Nantes, and other towns on the river, is, however, now superseded by the railroad. At Orleans, the fine Gothic cathedral, and the principal square, in which is an equestrian statue of Joan of Arc, are the chief objects of interest.

PART II.

ITALY.

CHAPTER V.

CORNICE ROAD—GENOA—TURIN—COL DI TENDA—THE RIVIERA—BATHS OF LUCCA—PISA AND ITS CLIMATE—LEGHORN.

THE distance from Nice to Genoa is about 120 miles by the Cornice Road, which we have followed as far as Menton, from which the new Sardinian frontier is a league distant. On ascending the hill beyond this town, a narrow ravine, spanned by the bridge of St. Louis, will arrest the traveller's attention. From the summit, Monaco, on its rocky promontory, and the adjacent coast, are seen to advantage on the one side; and on the other, Ventimiglia, Bordighera, St. Remo, Porto Maurizio, together with several villages nestling at the base of precipitous cliffs on the shore. Most of the towns which lie on this route, though producing a pleasing effect when seen from a distance—their white buildings contrasting agreeably with the surrounding scenery—are found on a near approach to disappoint the expectation created by the first impression. The accommodation is, however, much improved of late; the road, though at some parts narrow, is kept in good order, but after heavy rains, which fill the beds of the

mountain watercourses, emptying themselves into the sea, the passage is occasionally interrupted for a brief period. Much of the road is cut out of the sides of mountains rising more or less abruptly from the sea, sometimes at an elevation of several hundred feet. Winding round charming inlets, or crossing some projecting headland, it frequently descends to the shore, the rocks being in some places pierced in grottoes for its progress, as in the Alpine passes.

St. Remo, the first town of any importance, has of late years been chosen by a few families for winter quarters, but though the situation is fine, and the climate good, there are no resources, and the accommodation would be found indifferent for a protracted stay.*

Oneglia is a town of some importance, whence there is a road by Ceva to Turin, avoiding the mountains. On ascending the hill beyond Oneglia, a turn of the road suddenly brings into view the capacious bay of Alassio, with towns and villages skirting the shore; a small island adds to the interest of the scene. The views in the neighbourhood of Loano and Albenga are likewise fine, from the striking contrast presented by the rugged mountainous semicircle, and the fertility of the plains. The approach to Finale, the next town of importance, is striking, a tunnel being pierced through the base of a rocky mountain rising precipitously from the sea. On

* "St. Remo," says Murray, "is perhaps the mildest situation on all the Riviera. Here palms, lemon, and orange trees grow with the greatest luxuriance, and the fruit of the date-palm almost attains maturity. On the outskirts of the town are several gardens planted with palms, and during the summer season the traveller will not fail to remark the odoriferous effect of the orange and jessamine flowers as he passes along."—*Handbook for Northern Italy.*

advancing, the scenery increases in interest. At Noli, the gulf of Genoa, with its encircling mountains, together with numerous towns along the shore, and the city itself—

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

are displayed. From Savona the road again skirts the shore, and on approaching Genoa, beyond Voltri, is lined with villas and gardens as far as the lighthouse point, whence are seen the spacious harbour, enclosed between verdant hills, thickly covered with villas, the houses of the town rising amphitheatrically around, together with the range of fortifications carried for some miles along the heights. The entrance is by a large Place, from which extend in a continuous line, the Strade Balbi, Nuova, and Novissima, consisting for the most part of the splendid palaces of the ancient nobles, and forming perhaps the finest street in Europe. Beside these, there are but few streets where carriages can pass in the lower part of the town, which consists chiefly of narrow passages or alleys, parallel with or descending to the quay, thronged with pedestrians and mules, carrying articles of consumption or merchandise. Some of these wynds are lined with rich shops, especially the goldsmiths, in which a brilliant display is made of ornaments, chains, and the gold and silver filagree work, for which the Genoese artists are celebrated.

Most of the palaces are built around spacious courtyards, some being decorated externally with fresco paintings. The most remarkable are the two Durazzi, the Pallavicini, Brignole, and Serra, which contains a saloon, said to be the richest in Europe. The

other palaces contain magnificent collections of pictures, though several of the best have been transferred to Turin.* The Doria palace, interesting from its historical associations, occupies a fine situation, fronting the harbour, and forms a prominent feature in the view from the sea.

A wide marble terrace, extending the whole length of the quay, and overlooking the harbour, is much frequented as a promenade. Opposite are some of the principal hotels. The churches are not generally remarkable for exterior beauty or interior decoration. The Annunciata, which has been recently restored, forms however, an exception. Sta. Maria Carignano is likewise interesting, on account of the general view obtained from its summit of the town, the port, and the sea. Among the charitable institutions, may be named the Albergo dei Poveri, a workhouse on a large scale; the hospital Pamatone, of which the staircase and some of the wards are adorned with statues of Genoese nobles, and others who have been benefactors to the institution. In the large hall of the Banco di S. Giorgio, the statues of eminent citizens will be viewed with interest. The opera-house is a handsome structure; the corps dramatique is generally good; the opera and the cafés being the principal evening resorts.

The Genoese are mostly good-looking; some of the

* Among those which remain may be specified the Crucifixion, by Vandyck; the Tribute Money, by Guercino; Grecian Charity, a Sybil, and a Sleeping Cupid, by Guido; portraits by Vandyck; Philip of Spain, by Rubens. In the Brignoli palace, Family Portraits, the Buyers and Sellers driven from the Temple, the Virgin, the Saviour, and St. John, by Guercino; Cleopatra, and the Assumption, by Correggio.

women of the lower class still wear long veils, resembling the Spanish mantilla, fastened to their hair with gold or silver pins. Though the state of education is somewhat improved of late, the higher classes possess generally 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 that would be an inducement for strangers to make a protracted sojourn. There is, moreover, a deficiency of promenades, the environs being enclosed within walls. The fashionable drive in the upper part of the town is very circumscribed in extent; it commands, however, a good view of the bay and the country around. Neither is the climate such as to offer any compensating advantages; the heat is oppressive in summer and autumn; there is much rain in winter, and the changes of temperature are great and sudden, the hills not being sufficiently high to shelter the town from the north and east winds which blow from the mountains, not unfrequently covered with snow at this season.

A good many of the lower class of inhabitants are employed in the manufacture of velvets, which, however, are inferior to those of Lyons. The manufactory of artificial flowers is an interesting exhibition. Genoa is seen to great advantage from the entrance of the harbour, the prospect being considered second only to that of the bay of Naples. A good general view of the city, including the harbour, and the sea, may also be obtained from the gardens of the villa Negri, a pleasing effect being produced by mirrors fixed in some of the arbours, so as to reflect the various objects beneath.

The scenery during the first portion of the route from Genoa to Turin is pleasing. Half-way, at the strongly fortified town Alessandria, a line diverges to Arona, on the Lago Maggiore, four hours being required for the journey. Beyond Turin, little more than an hour is required to reach the foot of Mont Cenis, at Susa. The intermediate plain country, though fertile, and diversified with vineyards, mulberry trees, fields of maize, wheat, and rice, presents nothing remarkable in a scenic point of view.*

Turin lies in an open country, watered by the Po, which is crossed by a handsome bridge. Its streets are wide, regularly built, at right angles with each other, the principal ones diverging from the Place, in the centre of which stands the castle; on one side is the royal palace. The houses in the Place and several of the streets are built upon arcades, which enables the inhabitants to take exercise in wet weather.

Among the objects most calculated to attract the visitor's attention, may be mentioned the Piazza S.

* A recent writer remarks with respect to the cultivation of the plains of Piedmont:—"There can be no doubt that the fertility of the soil, great as it is, is not nearly developed as it might be under skilful management. The fields are cultivated in the most slovenly and lazy manner; beyond imperfect irrigation, hardly any artificial means are used to assist the crops. The surface is barely scratched over with a most primitive plough, more generally with a hoe or pointed spade. One great hinderance to all improvement is the non-residence of the landed proprietors, who all crowd to Turin. The life of their gay capital has such irresistible charms for the society-loving gregarious Italians, that nothing but necessity will drive them away. Almost without exception, the upper and middle class have not the slightest taste for the charms of country life, or country pursuits."—*The Italian Valleys of the Pennine Alps.*

Carlo, embellished with a bronze equestrian statue of Philibert, the iron-headed Duke of Savoy, and four colossal allegorical figures, illustrative of the principalities of Piedmont; the Pinacotheca, or gallery of pictures, in the castle; the Cambiano collection; the Museum, containing numerous antiquities, with a rich collection of medals, and a fine and well-arranged mineralogical department, comprising specimens of the productions of Piedmont; the Egyptian Museum, containing, besides many large statues and mummies, a collection of the articles employed in the ordinary business of life—arms, implements of agriculture, manuscripts or papyri, discovered in the tombs of Thebes.

The principal churches worth visiting are the Cathedral, San Sudario, and San Filipo Neri. Turin is not inferior to other cities in Italy with reference to charitable, educational, and scientific institutions. The great hospitals, St. John and St. Louis, as also the Maniconico (hospital for the insane), and smaller establishments, are generally well arranged. The University is a handsome building, dating its foundation from the beginning of the fifteenth century; several of its professors have enjoyed a high reputation. Its library contains 120,000 volumes, and a large collection of manuscripts. There are a Royal Academy of fine arts; one of sciences, founded in the middle of last century, and divided into two classes—the mathematical and physical, and the moral, historical, and philological sciences; a Royal Academy of medicine, and a military academy. The opera-house is one of the best in Italy; the *personel dramatique*, without being first-rate, is usually good.

The Carignano theatre is appropriated to the representation of dramas and comedies.

The size as well as the population of Turin have greatly increased since 1848. The number of inhabitants which, in 1846, did not exceed 124,000, in 1858 amounted to upwards of 178,000, being second only in this respect to Naples.

The immediate environs of Turin are pleasing, the Collina being covered with wood, vineyards, gardens, and handsome villas. On the highest hill stands the temple of the Superga, the burial-place of the Sardinian kings, commanding a delightful prospect of the city and surrounding plain, bounded northward by the Alpine range.

Turin is but little resorted to by strangers, except *en passant.* There are not many inducements for a prolonged residence, and the climate is unfavourable for invalids, as well as trying to those in health. "It seems," says Schouw, "that the winter is more severe in proportion as one advances into the plain of the Po, from the Adriatic. The mean winter temperature at Milan, for instance, is lower than that of Paris, while on the contrary the summer is hotter at Turin, which is prevented from receiving the influence of the Mediterranean and Adriatic seas by the Appenines and the maritime Alps. The summer, notwithstanding the city's elevation above the sea, is not less hot than on the shore of the Adriatic, and the winter temperature descends to 0·8; that is to say, to a mean but little higher than that of Hamburg. The annual quantity of rain is 35·29 inches, about the same as at Milan; somewhat more than at Venice and Florence, but less

than at Pisa. The number of rainy days is 87 ; that at Milan being 72 ; and at Venice, 81."*

A native writer (who is likewise the author of a "History of Piedmont," and a correspondent of the "Times") does not give a very favourable picture of his countrymen, especially of the higher classes, in the following passage, though, doubtless, the late political events have given a beneficial impulsion to the social condition of the people, which would render his strictures less applicable at the present day.

"Ever since the days of the first Napoleon the French race has been exhibiting the marks of a general physical decline, such as must invariably result from bad food, scarce fuel, impure air, and sufferings of every description, aggravated by lazy, self-indulgent habits, and all the vices of a decrepid civilisation. The semi-celtic race of Piedmont is also dwindling under the same baneful influences. The populations of Piedmont were startled by the announcement grounded on accurate statistical inquiries, that the mortality of Turin as far exceeded that of Paris as this latter surpassed that of London. It seemed to strike no one that all the habits of the people were calculated to breed disease and shorten life. Nothing is more common, even in the high Piedmontese region, then to find men in perfect health and in full possession of their faculties, and who yet may be termed old at 40. The great enemy of the Italians, and of all southern nations sunken in indolence, is fat. Melancholy is the besetting sin of the Italian temperament ; that vice, aggravated by the injudicious

* Tableau du Climat et de la Vegetation de l'Italie. Copenhague, 1839.

unwholesome diet and sedentary habits, and of the excess of sensuality, which is so vainly ascribed to the enervating effects of the climate. Nothing can equal the laxity of the pores of their skin; they are very subject to take cold; always apprehensive of blood-stroke of excess of blood; they are humoured in these notions by their physicians, who are for ever bleeding, cupping, or applying leeches.* The lancet is a panacea, no less in moral than in physical infirmities, and for every pound of good blood that thus runs waste, cold stagnant lymph, such as may be secreted from maccaroni, overboiled beef, and cauliflowers, is gradually substituted. In all cases of fever, inflammation, and even consumption, the veins are drained to the last drop. The same bilio-lymphatic disposition which so early disables the body, proves equally injurious to the tone of the mind. It is a matter of nerves, they tell you, and it is incredible what a development is given to the nerves at the expense of the muscles. The whole system of education is wrong, from beginning to end, and the mischief is at work in the very cradle, where infants are all but smothered in their old-fashioned swaddling clothes—a frightful barbarous custom, which peoples the streets of Turin and other Italian cities with crippled and bandy-legged persons to an extent unknown north of the Alps. Children sent to nurse in the country return too early to the pampering luxury and indulgence of their parents' house. They are hardly able to sit or stand when they begin to keep the late hours, and even to partake of the fare of grown up people. They are humoured in all their fancies, glutted with sweets,

* The treatment of Count Cavour is a case in point.

wines, liqueurs, and every variety of stimulants. The ruin of their constitution keeps pace with the spoiling of their temper. There is hardly any childhood or boyhood for an Italian, and hardly even the look or manners and tastes of either period. A yard of playground is never deemed necessary in the University Palaces of Turin and Genoa. The same boy was in fact, at the same time, a student at college and a youth about town, a frequenter of cafés and opera houses. It is in his school-boy days that the Italian often contracts those habits of listlessness, sloth, and sensuality which beset him through life. As he never was a real boy, so he never ripens into a true man. *Andiamo a far due passi* is the expression with which the young heroes invite each other to join in a "two step" constitutional walk at Turin.*

* Galenga, Life in Piedmont, 1858.—The king, as is well known, is of very active habits, and a keen sportsman; his example will doubtless, ere this, have produced a good effect. A writer, already quoted, remarks with regard to the spread of Protestantism:—"However much the influence of the Roman Catholic Church in Piedmont may be on the decline, still Protestantism has, as yet, made no corresponding advance. Efforts have been made, and are making, by the Waldenses and others, to preach the Gospel, and many churches, such as the one at Turin, have been raised in the large towns, but the expected success has not been met with. Indeed, it has been calculated, that beyond the limits of the Vaudois valleys, there are not 1,000 Protestants in the rest of Piedmont (at Nice alone, I apprehend there are at least this number). Proselytism from the state church, is indeed, nominally a legal offence, but there is no disposition on the part of government to throw any obstacle in the way of religious liberty. The feeling against the church, he adds, is rather against it as a polity than as a religion; a struggle, in fact, for religious and civil liberty, in opposition to the enthralments of the papacy, and a priesthood, who, by their tyranny over body as well as soul, had drawn on them the intense hatred of all classes, which had its results

Travellers going from Turin to Nice, who delight in wild Alpine scenery, will be gratified by taking the route of the Col di Tenda in favorable weather. Railroad conveyance across the plains is available as far as Coni, near which is the Chartreuse of Pesio, formerly a celebrated monastery (now a place of summer resort), encircled by fine woods of chesnut trees, and remarkable for coolness and the purity of its air. Limone is a small town, at the foot of the mountain, whence a winding road ascends. The summit of the pass is strictly a *col* or neck, being little more than a narrow ridge: it commands a splendid prospect of the Alps, with Monte Rosa high above the rest, while immediately beneath, on the southern side, the road is seen cut out of the steep sides of the mountain in numerous zig-zag and corkscrew-like turns. On account of the exposed position of the road, high winds are very commonly encountered, and the snow is often deep through the winter till the middle or end of May, sometimes interrupting the passage.

Tenda, lying at the southern base of the mountain,

in the revolution of 1848 (viz., abolition of the ecclesiastical courts, in which the priests had the power of inflicting summary punishment, even to death itself; the expulsion of the Jesuits; the suppression of all convents not having educational or charitable functions; the regulation of the vast revenues of the church, and the promotion of national education). The Waldenses are allowed to circulate the Scriptures and religious publications in the native language, and the Bible, a few years ago a prohibited book, is exposed for sale in every little town. But though extensively circulated and eagerly read, it is more used as a text-book to convict the priests of misrepresentation than from any earnest regard to the great doctrines of the Gospel."—*The Italian Valley of the Pennine Alps, by the Rev. S. W. King*, 1858.

is a dilapidated-looking town, beyond which you pass through some fine scenery, and the romantic gorge of Saorgio; the road being cut for miles along the edge of the torrent, and frequently through the rocks by which it is hemmed in. The town of Saorgio, perched upon the acclivity of one of the mountains, has a castle completely commanding the defile, which made efficient resistance to the French during their occupation of Piedmont. The scenery from Saorgio to Chiandola continues to be of the most interesting description. You then ascend another mountain pass, exceeding in savage grandeur, and in the desolateness of its appearance, that of Tenda, and descend to Sospello, beyond which town there lies yet another mountain, the scenery of which is of the same wild character as the former, the road being in several parts cut through rocks of granite and marble. From the summit is obtained a glimpse of the Mediterranean, with the harbour of Villefranche, and the island of St. Marguerite. After passing through the village of Scarena, the road gradually descends to the regions of fertility, and reaches the plain of Nice through olive plantations and orange gardens.

On the coast road east of Genoa, the scenery for some distance resembles that on the Savona side. At Becco, on the top of the hill, where the road passes through a tunnel, there is a beautiful view of the bay, the towns and villages along the shore, with Genoa in the centre, and the encircling mountains in the background. The drive from hence to Chiavari, a pretty town on the shore, with a population of 5,000 souls, likewise presents a variety of interesting scenes. Before

arriving, the road passes through two other grottoes, close to each other, cut through rocks of marble. About four miles further on lies Sestri, in a charming position, close to the sea, and a good halting place. Here the road winds inland, and, crossing the Bracco, the highest pass of the Appenines, descends to Borghetto, whence a level country is traversed as far as the hill behind Spezzia, from the summit of which one of the finest natural harbours of the world, almost enclosed between high mountains, is displayed, forming, with the surrounding scenery, a *coup d'œil* rarely equalled. Spezzia is on the shore, and is frequented in the summer, partly on account of the sea-bathing and its comparative coolness. A little further on the traveller crosses by a new stone bridge, the Magra, which, after heavy rains, frequently overflows its wide bed (so as formerly to interrupt, for the time, all communication between its banks), and arrives at Sarzana, a town of importance, and the last in the Genoese country.

The road from Rapallo to Chiavari is exceedingly varied. "Sometimes you mount long rocky heights, covered with arbutus and frequent stone pines. Many apparently good and picturesque houses are scattered high up on the hill sides. Churches, with white, and often elegant campaniles, are frequent all along the road. Sometimes we are many hundred feet above the level of the Mediterranean, looking down upon its blue waters; sometimes you pass vast surfaces of rock, sloping down to the sea, with as even a surface as a revetment wall, and, sometimes, as at Rapallo, you are on the very level of the shore. There is the same luxuriant vegetation at Chiavari as on other parts of

this coast. The aloe in particular grows luxuriantly, even in the very sand, and in some points of view, where they constitute the foreground, and the fantastic mosque-like cupolas of the churches are seen in the distance, the scene assumes almost an Oriental character."*

After a few miles drive along a fertile plain, lately part of the duchy of Modena, the traveller arrives at Carrara, which lies at the foot of a steep hill, in a valley enclosed by sterile, snow-tipped mountains. Adjacent are the marble quarries which supply the studii of Rome and Florence with the *materiel* whence emanate those creations of the chisel which excite the admiration of the spectator. A good deal of the marble is likewise worked on the spot, in chimney-pieces and other decorative objects. The studii on the road-side are often visited *en passant*. Crossing the hill, whence an extensive tract of country is displayed to the view, the road descends to Massa, the environs of which, abounding in vines, oranges, &c., resemble a beautiful garden. The town itself contains nothing remarkable except the palace, a large structure in the square. The climate is mild, but no other inducement is offered for the sojourn of strangers. Some miles farther on, Tuscany is entered at Pietra-Santa (leaving Viareggio, a place of resort in summer for sea-bathing, on the right), and, crossing another steep hill, the fertile plain is traversed, which extends to Lucca.

This town, enclosed by ramparts, doubtless formerly merited its title of *L'Industriosa*. Its streets are clean, regularly built, and paved with flag-stones; they have

* Handbook for Northern Italy.

now, however, a deserted appearance, the population not being in proportion to the size of the town. The palace is a handsome edifice, fitted up with taste, but, since the junction of the duchy of Lucca to Tuscany, it has been untenanted. The Lucchese have the reputation of being good-tempered, courteous, and also moral, as compared with the inhabitants of some other parts of Italy. The railroad to Florence, through Pistoia and Prato, passes through a country agreeably diversified with farms, cultivated lands, neat villages and towns. Near Pistoia are the Baths of Monte Catini, which are a good deal frequented by the Florentines.

The Baths of Lucca are about fourteen miles from the town, and are much resorted to in the summer, this being one of the coolest spots in Italy, and free from mosquitos. They are situated in an elevated and pleasant valley, near the highest ridge of the principal Appenine range, on the little river Lima, a tributary of the Serchio—and are divided into three parts or separate villages. The Ponte Seraglio, and the Bagni alla Villa, occupy the bank of the river about a mile distant from each other, and are connected by a good carriage road, bordered by chesnut trees—the Bagni Caldi are situate at a considerable elevation on the brow of the hill overlooking the Ponte Seraglio; and this, though less fashionable, is perhaps the preferable situation for invalids, being much cooler than the valley in the day, and exempt from the humidity which so often prevails there at night.

As this is the most frequented summer residence of English visitors remaining in Italy, a more detailed account from a local guide, published by an Englishman,

may not be unacceptable. "The plan of the valley of the baths is something of the form of a horseshoe, having in its interior the three villages, and the mountain on which stands the Croce di Ferro. Turning the sharp bend which the road takes on arriving, the traveller is struck by the position of the contiguous mountains on the right, which descend with but a few degrees' inclination from the perpendicular close upon the street, barely leaving room for the houses at their feet. At a glance, he perceives that he is in the bosom of a high and lofty region. Hills upon hills rise in quick succession, at every turn he makes in his progress to the Villa, apparently shutting out all chance of further passage in that direction; and, when the main village comes in sight, a wider expanse of plain is seen forming a space not unlike an amphitheatre, backed by the more elevated parts of these lower branches of the Appenines. In this plain are situated many picturesque villas and detached cottages, besides the striking old village of Corsena, all lying in a cultivated and delightful ground, spread out in variegated forms and patches. On the right, crowning the summit of a hill, is seen Benabbio, and beyond the direction of the valley appear some other villages. The population of the surrounding districts is animated and healthy; longevity is common, and families for generations past have lived together in houses built by their forefathers. Their simple manners and excellent morals present a contrast to the natives of other parts, where there is an influx of strangers; they are industrious, intelligent, orderly, and attached to religion. The climate is exceedingly temperate and healthy, and is subject to none of those uncertain

changes met with at many favourite watering-places. At the height of 555 feet above the level of the sea, the valley is not situated in too cold a region; at the same time it experiences a moderation of the heats known to exist in the plains below. I have never found the thermometer higher than 80 F., and this was considered unusual."

"The Ponte Seraglio is divided into two parts by the Lima, over which is the stone bridge. At its extremity is the Piazza del Ponte, the most frequented place of resort, consisting of substantial houses, the lower part of which is occupied by shops and cafés—the upper portions being let in apartments. The *Cercle de Réunion*, or club; Paganini's Hotel, and further on along the river, the Hotel de l'Europe, are in this part. Beyond is the Casino, an elegant building, with portico and façade, and a terrace for promenading. The road to the right of the piazza, in the direction of the Villa, passes the market, the Hotels de France, and Croix de Malte, and a row of good-looking houses. This is a beautiful drive, and one of the principal promenades. On approaching the Villa, the road divides into two branches; that on the left leading to the English chapel, the palace, and the Bagni alla Villa; the other keeps straight on through the village. The Villa is nothing more than a long street, bordered by a number of lodging-houses and shops, having excellent gardens attached to them. The first object noticed on entering, is the Hotel Pelicano; next comes the Theatre; and a few yards farther on, the Palazzo Communale. Peltini's boarding and lodging-house is also conspicuous. This main road crosses the Lima by a bridge,

and is continued along its left bank up the valley, towards the Fabrica di Ferro. The return to the Ponte is by a pleasant and shady road. The Strada Letizia, on the same side, forms another delightful drive, having rows of acacias along its whole distance. It passes by the English cemetery, over two furious torrents, and meets the Lucca road in the western half of the Ponte. The Casa Nicolai, the Casa Cardinali, forming one side of the piazza; Gregory's, near the chapel—are also among the principal lodging-houses. The palace is a plain structure, on an elevated platform, cut out of the slope of the mountain, and charmingly placed for commanding a beautiful view of the valley before it. The English chapel is a neat building, with cypress and shrubs growing around. The service is performed by the clergyman who does duty at Pisa in the winter. The *cercle* has a large garden pleasantly laid out. It contains an assembly room, reading, billiard, and refreshment rooms. The Casino is tastefully fitted up. Balls are occasionally given at the theatre."

The springs rise from the hill, but beyond their high temperature do not possess active medical properties. There are ten sources, the principal—Bernarbo, has eight bath-rooms attached. Its temperature is 33° R.—the others, at the Bagni Caldi and Alla Villa, are less hot. The water contains sulphate of lime and magnesia, muriate of soda and magnesia, with a trace of iron. A course of the baths may be recommended in rheumatic affections, deranged digestion, and some other disordered conditions of health; but the place is principally frequented on account of it being a cool and agreeable summer retreat.

The road to Lucca winds round the base of pasture-covered mountains, the sides of which are sprinkled with numerous villages and hamlets, and is here and there bordered by avenues of acacia trees. About three miles distant from the baths is a striking piece of ancient architecture, the Ponte del Diavolo, which crosses a narrow gorge between the mountains on either side of the river.*

Pisa is fourteen miles distant from Lucca, the railroad extending to Florence on the one side (with a branch from the Empoli station to Siena), and on the other to Leghorn, which is likewise fourteen miles distant. The plain in which the town stands is continued to the sea five miles off; some of the intervening land is at times covered with water; of late years the means adopted for drainage have improved the salubrity of the district.

Pisa is of considerable extent; it is encircled by high walls, and is divided into two unequal parts by the Arno, which flows through it with a semicircular bend. The quays are handsome, the streets wide, clean, and, as in most towns in Tuscany, are paved with flag-stones. When Pisa was the capital of a republic, the population amounted to upwards of 150,000; it does not, however, now much exceed 20,000 souls, which imparts to the town a melancholy and deserted aspect. Three stone bridges cross the river; the central one is the most usual medium of communication: its extremity on the sunny side, and the adjacent Place, being the only parts which exhibit much movement. The houses extending

* The environs of Lucca baths have been fully described by the authoress of *The Byways of Italy*—whose family long resided here.

along this quay (termed Lung' Arno), for about a mile and a half, are those usually let to visitors. Here are the principal hotels; the Tre Douzelle, the Victoria, and the Grand Bretagna, where parties not unfrequently take up their quarters for the winter. Several of the churches and palaces will well repay the trouble of a visit. The little church La Spina, the architecture of which is much admired, forms a conspicuous object on the left bank of the river. Over the door of the Lanfieducci palace has hung for upwards of a century, a chain, to which is attached a traditional account of escape from slavery. The inscription over it, "Alla Giornata," is probably indicative of hope long deferred.

The chief objects of interest, however, viz., the leaning tower, cathedral, baptistery, and Campo Santo, stand close together in a spacious Place beneath the walls. The cathedral—a large edifice of black and white marble—is one of the handsomest churches in Italy. Its interior contains some good painting; the fine Gothic aisles, and general aspect, are well calculated to favour devotional feeling, and will scarcely disappoint the visitor's expectation. The bas-reliefs on the bronze doors are admirably executed, and well preserved. The lofty and elegant arcades, which enclose the quadrangular space of the Campo Santo, produce a fine effect, especially when seen by moonlight. The walls are painted over with frescoes, illustrating subjects *á la Dante*—some in a good state of preservation. Beneath the arches are ancient sarcophagi, monumental inscriptions, finely-sculptured bassi-relievi, &c. Part of the earth is said to have been brought from Jerusalem, whence the name is derived.

The leaning tower is an elegant circular structure, eight stories high, supported by immense marble pillars, between which a winding stair ascends to the top, whence may be obtained a good view of the town and surrounding country, as far as the sea. The tower, like other *campanili* near cathedrals, served as a belfry; it declines thirteen feet from the perpendicular. The cause of this declination has given rise to much controversy; but the general opinion is, that it depends upon the foundation having given way on one side.

There is an Academy of fine arts, and a handsome theatre, where operas are given; but Pisa does not possess many resources for recreation, and would be a dull place of sojourn for those who are alone, or for families who have not many acquaintances among the Italians: in fact, few persons remain there who do not seek to derive advantage from its climate; and on account of the great facilities for travelling, and the consequent accessibility of other places of winter resort, Pisa has lately had comparatively few visitors. The town and environs are but indifferently provided with promenades, with the exception of the *Cascina*—an extensive park, about two miles distant—with a fine avenue of ash and poplars, three miles in length. "The *bandita reale*, as this immense establishment is called," observes Valery, "draws its revenue from its woods, and the luxuriance of its prairies. More than two thousand cows are kept there, and fifteen hundred horses. But the principal curiosity of the domain is the herd of camels, whose ancestors were brought to these shores, during the Crusades, by a grand-prior of Pisa. A score are employed in the work of the farm; more than sixty stray

through the pine-forests, or along the sands that border the sea. These sands, with the sea, the camels, the purity and brightness of the sky, the solitude and silence—give to this picture a something oriental, novel, and poetical, which pleases the fancy, and transports it to the desert."*

The University of Pisa ranked high among those of Italy some years ago. The number of students amounted to about six hundred, of which nearly one-half attended the medical classes. The lectures are delivered at the Sapienza—the lecture rooms inclosing a spacious quadrangle. On the first floor of this edifice is the public library, containing upwards of forty thousand volumes not only of works of science, but also of general literature. The hospital is on one side of the cathedral square; the general wards are spacious and lofty, but cold in winter.

The Certosa is an object of interest, in the neighbourhood of Pisa, though it has of late much declined from its pristine importance, as is also the case with the *Chartreuses* in other localities. The mineral springs of St. Giuliano, termed also the baths of Pisa, are about five miles distant; they have a temperature of 27 to 31 degrees R. Their position is, however, highly unfavourable for a summer residence; viz., at the base of the mountains, which rise steeply on the north side, and fully exposed to the sun's influence. They are consequently but little resorted to.

Pisa is in a great measure sheltered from north and east winds by the range of mountains, which rise at a few miles distance to an elevation of 3,000 feet. Its

* Travels in Italy. Translated by Clifton.

climate in winter is considered, next to Rome, the mildest and most equable in Italy. The high walls afford likewise some protection against cold winds. The plain being fully exposed to southern winds blowing from the Mediterranean, and over marsh land, the sirocco is at times unpleasantly felt. Rain is more frequent than in most towns of Italy. The quantity has been estimated at nearly as much during the year as that which falls in Cornwall. It must, however, be borne in mind, that as the rain falls in large quantities at a time, mostly in autumn, the weather is less variable than in England, and longer periods of fine weather intervene. The number of rainy days is 160 in the year. The concave bend of the Lung' Arno concentrates the sun's rays, which even in winter and spring are at times powerfully experienced; there being a difference of several degrees between this part and others in the town less sheltered from cold. The air is not so dry as at Nice, but it is less soft and relaxing than that of Rome. The climate is not so liable to great and sudden variations of temperature as are Florence, Naples, or Nice. Cold winds, are, however, frequently severely felt in the more exposed quarters of the town, especially in the earlier part of spring. The mean annual temperature is 15·84; that of winter being 7·82; spring, 14·82; summer, 23·23; autumn, 17·31. The general temperature of Rome is somewhat higher in winter than that of Pisa; but much lower than that of the Lung' Arno. In spring, Pisa is better sheltered from cold winds than Rome; the winds most prevalent at Pisa being the west, south, and south-west, which is frequently charged with moisture.

This kind of climate agrees well with patients suffering from pulmonary disease, having the character of excitability, and is therefore opposed to that of Naples or Nice. Many persons predisposed to phthisis, or affected with laryngeal or bronchial complaints which simulate that disease, especially if young, would derive benefit from wintering at Pisa; several gouty and paralytic patients, as also those labouring under the irritative forms of dyspepsia, and other disordered conditions of health, whether depending upon exhaustion, or long residence in tropical or unhealthy localities, or upon other causes, would likewise frequently derive much advantage from the climate. For those who require mental recreation and amusement, and are able to partake of it, Rome is preferable. Some, however, who, having resources within themselves, would not be dispirited by the dulness, would find Pisa agree better with them for a prolonged sojourn, than the too calm atmosphere of Rome. With some again a short stay, as of a few weeks, would best agree.

Comparing the climate of Rome with that of Pisa, M. Carrière remarks :—"The Roman climate is warmer, notwithstanding the tolerably powerful influence of the north winds, which in winter occasion abrupt variations of temperature. That of Pisa is very mild, notwithstanding the comparative deficiency of heat, on account of the preponderance of humidity, and the rarity of the intervention of winds, which bring with them cold and dryness. We cannot, therefore, say that the Pisan climate is milder than that of Rome; it is characterised by a different kind of mildness. The oppression which both produce must also be appreciated in a different

manner; in fact, the overpowering influence of the Roman atmosphere is not the same as that of Pisa. Here, it is the excess of humidity which weakens; there, it is the excess of heat, with other causes, which act upon the nervous system. We must conclude that the oppression which is felt either at Pisa or Rome is not exercised in the same manner, and that its degree is greater or less in the one or other town in proportion to the temperament and the state of health. The peculiar mildness of the Pisan climate diminishes the exaltation of the sensibility, and calms pulmonary irritation, in defined conditions of temperament. In cases of nervous temperament it will be favourable—in lymphatic temperaments it will have an opposite effect. This quality of the air, which is efficacious during the first stage of phthisis, and at the beginning of the second, may even become quickly fatal, when the affection has already undermined the bodily powers.*

Dr. Sigmund thus sums up the peculiarities of Pisa:—"A mild temperature, a moderately, but constantly moist, and mostly calm air, absence of snow. Pisa is warmer and less moist than Venice, warmer and moister than Lucca or Florence, colder and moister than Nice and Rome, colder and less moist than Naples. It is less subject to high and lasting currents of air than the above mentioned towns.

"The disadvantages are the considerable depression of the temperature in the evenings, the comparatively smaller number of clear sunshiny days, and the prevalence of the south-west and east winds."†

* Du Climat de l'Italie.

† Südliche klimatische Kurorte, 1859.

The mortality in Pisa is stated to be as large as in Naples or Rome, which, inasmuch as it is not exposed to the anti-hygienic influences prevailing in these cities, show it to be unhealthy as a permanent place of residence.

The bustling port of Leghorn presents a forcible contrast to the tranquillity of Pisa. It has a population of upwards of 60,000, including the families of foreign merchants, and others not natives of Tuscany. The streets are wide and well-built, some of them being intersected by canals, as at Venice. From the spacious square, a street of shops, displaying the merchandise from various countries, leads to the harbour, which is one of the most capacious and well-protected in the Mediterranean. As Leghorn is a free port, all articles of foreign importation may be obtained as reasonably as in their respective countries. Except the Jews' synagogue, and the English cemetery, there are few objects particularly worthy of notice. The climate is cold and variable in winter, and exceedingly hot in summer—at which time, on account of the neighbouring sea-marshes, it is a good deal infested with mosquitos—several of the villas on the adjacent hills (Montenero) are, however, tolerably cool as summer residences. From the end of August to the middle of October, there are usually a good many visitors at Leghorn for sea-bathing.

A road, traversed by a diligence, runs along the coast to Piombino and Grosseto, the chief town in the Tuscan Maremma; whence it is to be continued to Civita Vecchia. Although much has been done by means of drainage and cultivation of this extensive tract of land, it is still very unhealthy in the summer months, at which period a large proportion of the in-

habitants migrate to the mountainous regions, returning in the autumn. According to Professor Savi of Pisa, the malaria of the Maremma is not occasioned solely by stagnating water on the land exposed to the sun's heat, but also from dry soil impregnated with saline principles, whenever heavy rains succeed to the summer heats. The quantity of sea-weed collected along the shores, when saturated with rain water, is likewise productive of noxious emanations; the prevalence of the siroccal wind passing over the Mediterranean; the consequent greater humidity of the air, and the drinking of impure water—are so many additional causes of the cachectic aspect of the inhabitants, and of the pernicious fevers to which they are subject.

From Leghorn to Florence, about four hours are required by rail, the road passing through the richest part of the territory. Corn, grapes, and olives are cultivated in the same field; the vines, gracefully festooned from tree to tree, produce a pleasing effect. The soil yields two and sometimes three crops in the year. The peasantry appear cheerful; but as in the towns, though no abject poverty is seen, the people are not so prosperous as before the late political changes, being as yet in the transition state. Many of the women in the villages are occupied in the manufacture of the straw-hats exported from Leghorn; they are mostly good-looking; with the exception of the large, flexible, broad-brimmed straw-hats, their style of dress is not unlike that of the lower classes in England.

CHAPTER VI.

FLORENCE—THE FLORENTINES—ENVIRONS—CLIMATE—SIENNA.

FLORENCE lies at the north-eastern extremity of the extensive and fertile Val D'Arno, which is bounded by the Appenine chain in these directions, and expands towards the south and west. The river flows through the city and the plain, emptying itself into the sea beyond Pisa. It is crossed by four stone bridges, and by two suspension bridges on the outskirts. The Sta. Trinitá bridge is regarded as a model of lightness and architectural beauty.* The spacious and handsome quays are termed as at Pisa, Lung' Arno. On the left bank of the river, eastward, rises the hill St. Miniato, crowned by a church and convent, and constituting a prominent feature of the view.

Florence is a cheerful-looking and animated city, with a population of about 120,000 souls, encircled by high walls: the principal streets are wide, clean, paved throughout with flag-stones, and lighted with gas. From the foot of the old bridge, a street of shops (Por Sta. Maria) leads to the market-place, and by a short diverging street, to the Piazza del Granduca. In this spacious square are collected the imposing mass of the Palazzo

* The old bridge (Ponte Vecchio) was erected in the middle of the fourteenth century, a bridge having existed at this part from the time of the ancient Romans. In 1594, goldsmiths were allowed the exclusive privilege of having shops on this bridge, and have ever since continued to occupy them.

Vecchio, with its lofty characteristic tower; the adjoining elegant structure, the Loggia dei Lanzi; a fine central fountain, embellished with a colossal Neptune, and the equestrian statue of Cosmo, the father of his country, presenting, as an *ensemble*, a novel and striking effect.

One side of the square is principally taken up by the post-office, from which a handsome new street leads to the Piazza del Duomo. Several good streets, the Via Larga, Via de Servi, &c., lead from this piazza northwards. In the Via Larga is the English church, which is inconveniently distant from the more frequented parts bordering the quays. In the opposite direction, the Via Rondinelli and other streets connect the Piazza del Duomo with the Piazza Sta. Maria Novella and the Piazza della Trinita, close to the bridge of the same name, in the centre of which stands a lofty granite column, surmounted by a statue of Justice. This square, with the adjoining street and quay, are a central point of reunion. Here are Vieusseux' old-established library and reading-rooms, the principal café, the Casino Nobile, and some of the finest palaces. The Strozzi, in the Via Legnaiolo, and the Feroni at the corner of the quay, will especially attract attention, from the massiveness of their architecture, which is a characteristic feature of many of the Florentine palaces built during the period of the intestine wars between Guelph and Ghibelline, when "each house was a fortalice." Some of the streets consequently present an imposing and rather sombre aspect. The Rinardi, Cappone, Ghirardesca, and Pitti palaces (the last-named being the former Grand Ducal residence), are also among the most remarkable. "The architecture of the palaces of

Florence," says Valery, "seems singularly grand, solid, and gloomy; the masses of rocks abounding in the country that served for the colossal constructions of Etruscan antiquity were also used by the first Florentine architects. The state of public manners, the quarrels of powerful families, the continued riots, contributed likewise to the erection of these fortress-like edifices. The Strozzi palace is regarded as the *chef d'œuvre* of the grand and imposing architecture of Florence; it does not seem an assemblage of stones, but as if cut out of a single block. Nearly three centuries have passed away since Vasari, and the eye cannot discover the slightest trace of disunion. This solid structure is a daring defiance of time by man. The palace seems as new as when first built." *

At several of the principal houses the visitor will not fail to remark an aperture in the wall of the ground floor, closed by a small iron door with a knocker. As the Tuscan land-proprietors have, from time immemorial, received from the cultivators half the produce of the soil in lieu of rents, this means was adopted for the retail sale without opening the street door; the flask (with the requisite sum) is passed in by the purchaser, and is returned filled with oil or wine, which is of a better quality than that usually sold at the shops. From this custom originates the sign of the "Hole in the Wall," adopted by some public-houses in England, as an indication of good liquor to be there obtained.

The most striking public edifice is the Palazzo Vecchio, built at the close of the thirteenth century, in the days of the greatest prosperity of Florence.

* Travels in Italy.

Beneath the battlements are painted the escutcheons of its different governors, or *gonfalonieri.* One of the shields bears merely the inscription, "Libertas." On each side of the steps is a colossal statue, Hercules slaying Cacus, by Bandinelli, and David, by Michel Angelo. Around the court-yard are pillars with relievi in stucco; the walls and ceilings of the portico being ornamented with arabesques and frescoes. The great council-chamber, on the first floor, now scarcely ever used, has its ceiling and walls decorated with fresco paintings, chiefly indicative of historical events in the life of Cosmo. Around the hall are statues of Bandinelli, Michel Angelo, and other distinguished men; the group of Adam and Eve, by the former sculptor, occupying its extremity.

The adjacent Loggia contains several fine statues. The Perseus of Benvenuto Cellini, in bronze; the Judith of Donatelli; and a group by Giovanni de Bologna, will especially attract attention. Valery observes with reference to this edifice, that it "may safely be called the finest portico in the world. From the arcades of the Loggia, the ancient rostra of Florence, the people convoked by the old palace bell were harangued; there the installation of the Gonfalonier took place; the generals received the baton of command, and citizens the knightly insignia; thence the decrees of government were promulgated."

The Piazza del Duomo contains the Cathedral, Baptistery, and Campanile, or belfry. The former, termed St. Mary of the Flower (the lily, which grows wild in many parts of the vale of Arno, is emblematical of Florence), was erected by Arnolfo di Lapo, the archi-

tect of the Palazzo Vecchio, and is considered to be, next to St. Peter's, the largest church in Italy. It is constructed of white and black marble; the façade is, however, still unfinished. The cupola, which served as the model for St. Peter's, was erected at a subsequent period by Brunelleschi. The lofty arches and finely stained glass windows impart to the interior a grand but somewhat sombre aspect. It contains the tombs of several distinguished individuals, as also the celebrated gnomon, which was considered by Lalande as the greatest astronomical instrument extant.

The beautiful quadrangular Campanile is built of variegated marble. From its summit may be enjoyed one of the best views of the city; the course of the Arno, and of the semi-circle of Appenines by which the plain is enclosed,

> "Monti superbi la cui fronte Alpina
> Fa di se contra i venti argine e sponde,
> Valli beate per cui d'onda in onda
> L'Arno con passo signoril cammina."

The Baptistery, or Church of St. John, contains nothing very remarkable. The finely executed bassi-relievi on its bronze doors, illustrative of scriptural subjects, are greatly admired, and are duly noted in detail by the guide-books. The most interesting, however, of the Florentine churches is the Santa Croce, likewise erected by Arnolfo di Lapo, at the close of the thirteenth century. It has been styled the Pantheon of Florence; and, though outwardly a plain-looking brick edifice, its interior, in the finest style of Gothic architecture, is well calculated to favour religious

contemplation, the beautifully stained glass windows adding greatly to the effect. Along the side aisles are tombs and monuments to the memory of several of the most illustrious men to whom Florence has given birth :—

> "Here repose
> Angelo's, Alfieri's bones, and his,
> The starry Galileo, with his woes,
> Here Machiavelli's earth return'd to whence it rose."

A handsome monument to Dante was some years ago added to the number. The adjoining cloisters form the burial-place of some of the chief Florentine families. Of the other churches, the Santa Annunciata, with its cloisters, the Santa Maria Novella, in the square of the same name, and the San Spirito, on the opposite side of the river, are the best worth visiting. The Capella dei Medici, containing the tombs of the dukes of Tuscany, is one of the richest edifices existing. It is of an octagonal form, completely lined with variegated marbles, inlaid with precious stones, designating the arms of all the Tuscan cities. The cupola is likewise celebrated for the richness of its fresco paintings. Though the works of this chapel have been in progress for two centuries, they are still unfinished.

Some of the palaces possess superior paintings. The Feroni has a small choice collection ; the best private gallery, however, is in the Corsini palace, which is of a more modern and lighter style of architecture, and forms a principal ornament of the Lung' Arno, of which the façade occupies a considerable space. Among the pictures will be more particularly noted the magnificent water-pieces, with shipping, the battles, &c., by

Salvator Rosa; the Judith and Holofernes, by Allori; Guido's Lucretia; the Poesia, and other pictures, by Carlo Dolce. The Borghese palace, near the Duomo, is likewise a large edifice of comparatively modern construction. The ground floor is now appropriated to a club and reading-rooms. On the opposite side of the street is the Bargello or public prison; the court-yard, with its projecting staircase, and the inscriptions in relief around, present a characteristic appearance, forming an additional illustration of the sombre style of Tuscan architecture.

From the angle of the Piazza del Granduca, occupied by the Palazzo Vecchio and the Loggia, the buildings termed the Uffizi extend to the Lung' Arno, enclosing an oblong space with a colonnade on either side, beneath which are booths for the sale of fancy articles. Around the court, in niches, have recently been placed statues of some of the most celebrated native poets, painters, artists, &c. The ground floor is appropriated to the courts of justice. Occupying a portion of the first floor on one side, is the celebrated Magliabecchian Library, which contains more than 150,000 volumes and 12,000 manuscripts. A copy of every work published in Tuscany is added to this collection. It is open to the public from nine till two, and again in the evening. The whole extent of the second floor is taken up by the Florence gallery, where, in separate compartments, are ranged the productions of the Tuscan, Flemish, French, and other schools, which are not so appreciated as they would be, but for the absorbing interest of the Tribune. Here the Venus de Medici first attracts attention; and the Faun, the Arrotino, and Appolino, subsequently

come in for their share. Of the pictures, Titian's Venuses, St. John, Leo the Tenth, and the Fornarina, by Raphael; Herodias, with the head of John the Baptist, by Luini—will be more especially remarked, even among so many *chefs d'œuvre.* On the opposite side, the principal apartments are those of the Venetian school, containing some of the finest Tintorettos, Titians, and Palmas; and the Hall of Baroccio, so termed from the large picture of the Madonna del Popolo of this painter. Among the other fine pictures in this room are the Madonna Adolorata, by Sasso Ferrata; Philip of Spain on horseback, by Velasquez; St. Clovis, a large picture, by Carlo Dolce. Here may also be admired some of the finest specimens of the *pietra dura* manufacture, for which Florence is celebrated.

Two rooms are entirely filled with the portraits of distinguished painters of all countries. The cabinet of gems is, next to that at Dresden, the richest in Europe. That of the bronzes is likewise highly interesting. The gallery does not possess many superior statues beyond those in the Tribune, and in the Hall of Niobe, a few of the busts of the Roman emperors, and the wild boar in the vestibule.

The Palazzo Pitti, on the opposite side of the river, constructed like the Strozzi, of immense blocks of stone, is a heavy sombre-looking building. The rich collection contains but few ordinary pictures; some of the most striking are two large landscapes by Salvator Rosa, and two by Rubens; Titian's Mistress; the Madonna and Infant, by Murillo, one of his best pictures; the Descent from the Cross, by Andrea del Sarto; the Madonna della Sediola; Julius the Second, Leo the Tenth, and a

Magdalen, by Raphael; the Conspiracy of Cataline, by Salvator Rosa; the Fates, by Michel Angelo; St. Peter, by Carlo Dolce; St. Sebastian, by Titian; and Cleopatra, by Guido. Here are also the Venus of Canova, and several other objects of interest.

The Pitti Library contains 80,000 volumes and 1,500 manuscripts, including one of Tasso, several of Machiavelli and of Galileo, &c.; it can only be visited by express permission. Besides the Magliabecchian, the other public libraries of Florence are, the Laurentian, of very ancient date, containing only manuscripts, to the number of 9,000, including the Pandects; a MS. of Virgil, two of Tacitus, one of Plutarch, the Decameron, and several by Dante. The Riccardi library contains 23,000 volumes and 3,500 manuscripts; the Marucelli contains 45,000 volumes.

Adjacent to the Pitti Palace is the Museum of Natural History, one of the richest on the continent as respects the mineralogical and zoological departments, and which, moreover, possesses a large collection of wax models, illustrative of vegetable structure, comparative and human anatomy. The models in the latter compartment, are of the natural size and colour, exhibiting all the parts of the body, both conjointly and in detail; a separate room being allotted to each division of anatomy, as osteology, myology, &c., and one obstetrical chamber, showing the progressive development of the embryo. Three wax representations of the plague, in small glass cases, may be seen in a separate room. Behind this building and the Pitti Palace are the Boboli gardens, open to the public on stated days. They are planted for the most part with ilex and other

evergreens, divided by high hedges in the formal Italian style. From these gardens the plan of those of Versailles was taken. They are adorned with statues placed at intervals; from the higher parts a good view of Florence may be obtained.

The three principal streets on this (left) side of the river commence at the extremity of each of the three bridges, viz. :—the Via Guicciardini, at the old bridge; the Via Maggio, at the Trinità; and the Via Seragli, at the Carraia, converging toward one long street, which terminates at the Porta Romana. Immediately beyond this gate a handsome wide avenue of evergreen oaks leads up the hill to the Poggio Imperiale, a royal villa. From the hill on the left of this a fine prospect of Florence and the valley may be enjoyed. The best point for a general and extensive view is, however, the Bello Squardo, a villa in this direction, belonging to the Albizzi family, once the abode of Galileo. From the roof the whole of the city is seen, with the Arno pursuing its course through the plain, which, as well as the hills, is thickly dotted with towns, villages, and villas, whose whiteness forms a pleasing contrast with the surrounding verdure, the more dusky hue of the olive, and the clear blue of the sky. The ancient town of Fiesole, placed between two of the opposite Appenines, forms a striking feature in the scene.

The view from Fiesole itself, or from the heights on descending the Bologna road, has been repeatedly descanted upon both in poetry and prose, since the time when Ariosto wrote of the Vale of Arno,

> "A veder pien de tante ville e colli
> Par che'l terren vele germogli, come

Vermene germogliar suole, e rampolli;
Se dentro un mur, sotto medesmo nome
Fosser raccolti, i tuoi Palazzi sparsi;
Non ti sarian da pareggiar due Rome."

The entrance to the city from this side is by the gate of St. Gallo, built about a century ago, in imitation of the arch of Constantine, and the only one of the Florentine gates that has any architectural pretensions.

Florence possesses five theatres—the opera (Pergola) is a long, ugly-looking building outwardly, but its internal decoration is neat and tasteful. The orchestra is excellent, but the singers are usually mediocre. First-rate operatic singing is not frequently heard in Italy, where the scale of remuneration is much lower than in London or Paris. A box may be obtained for four or five dollars, and the price of admission to the pit is but three pauls (about 1s. 4d.)

The Goldoni, Cocomero, and two other theatres are for dramas, comedies, and light pieces.

There are at Florence several institutions for the encouragement of the arts, science, and literature, and for charitable purposes; as the Academia de' Belle Arti (in which is the *pietra dura* manufactory, for inlaying tables, &c., with precious stones), the Archæological Academy, the della Crusca, &c. The Società della Misericordia is peculiar to Tuscany, having been instituted in the beginning of the fifteenth century, at the time of the great plague: the number of its members is seventy, two-thirds being high ecclesiastics and nobles, one-third consisting of the manufacturing and trading classes. Its object is to render assistance to the sick poor, for whom the members perform many kind offices, and supply them

with the necessaries of which they may stand in need. The society also undertakes the burial of poor persons, and in cases of accident sends to the spot where assistance is required, to convey the person to the hospital, or to his own residence. The brethren meet in the building in the Piazza del Duomo, where their affairs are conducted by a committee, of which one or more members are always in attendance, to indicate to the assistants on duty the place where their services are required. The sick are carried in covered litters on the shoulders of the giornanti or assistants, who maintain a profound silence, and are clothed from head to foot in a black domino, in order to conceal the persons of those engaged in the procession. Ten, twelve, and often more assistants accompany each litter, and relieve each other in supporting the burden. There is a branch of this establishment at Pisa.

Another praiseworthy institution is that of the Buonuomini, of which Forsyth gives the following account, but which is not now in a flourishing condition :—" A society of twenty gentlemen, called the Buonuomini di San Martino, has been for four hundred years collecting and distributing alms among poor persons, who are ashamed to beg. The rank of these philanthropists, and the objects of relief, induce the rich to contribute, and sometimes to bequeath, considerable supplies. All bequests are turned into cash, and the receipts of every year are distributed within the year to hundreds who are starving under a genteel appearance; decayed gentlemen, whose rank deters others from offering relief; ladies who live in garrets, ashamed of their poverty, and who steal down to mass before daylight; industrious

women, whom the failure of the silk manufactories leaves without resource; such are the objects to whom the Buonuomini go privately every week to visit and relieve. They are a kind of benevolent spies upon the domestic miseries of Florence, and accustomed to search out the retreats of suffering delicacy."

Florence presents many resources for amusement and occupation of various kinds, and more advantages for a prolonged sojourn of persons in health than any other city in Italy, though of late it has been much less animated in point of society than formerly. Being no longer the residence of a court, and a *corps diplomatique*, most of the English residents whose object was amusement have left. Apartments and living are more reasonable at Florence than at Rome or Naples. Several of the villas in the environs are preferable for a permanent residence.

The Borgo Ognisanti, a street continuous with the western end of the Lung' Arno, leads to the Leghorn and to the Prati railroad stations outside the walls, as also to the Cascina, extensive grounds attached to the farm, agreeably planted with evergreens. This is the afternoon promenade for carriages and pedestrians. The Cascina grounds are now connected with the Lung' Arno, by the extension of the quay on the river's bank. A broad pathway, continued for more than two miles along the sunny side of the Arno, and the open space opposite the farm, are the usual points for reunion; on stated days the military band performs. A suspension bridge connects the promenade with the opposite bank, on which rises the Mount Oliveto, a hill planted with cypresses, &c., within the grounds of the villa Strozzi,

commanding an extensive view. This eminence, with the convent, constitutes a leading feature in the prospect from the Cascina, whence also the tower of the Palazzo Vecchio, and part of the city, backed by a semicircle of hills, appear to great advantage.

The upper class of Florentines are courteous in demeanour, fond of amusement, possessing a taste for music, but having little general information, and are not addicted to intellectual or serious pursuits. The tone of manners has improved within the last quarter of a century; open cicisbeism, formerly so general, is quite out of date. The lower classes are generally industrious, quick-witted, and some years ago seemed tolerably well satisfied with their political condition: their promises are, however, not always to be depended upon, and strangers sometimes complain that the tradespeople, and those with whom they have to do, are tricky, and over sharp in their dealings. Drunkenness is rare, but disputes frequently occur, and though producing much declamation and gesticulation, seldom give rise to serious consequences.

The following remarks may serve to convey some notion of the social condition of the Tuscans within the last two or three years:—"In the lower ranks of female life, a state of the most dense ignorance prevails. Even girls who enjoy a very respectable position in the world remain quite ignorant of the arts of reading and writing. The idea of a girl in Italy is indissolubly connected with that of a being devoid of all moral sense, invariably preferring wrong to right, and who can only be kept from harm by the most incessant watchfulness. In the social life of Italy, vice presents

itself to the sight under a veil too thin to hide its features from the least observant eye. The drawing-rooms of the land are filled with faithless wives and false husbands. How, indeed, could it be otherwise. The whole training of the Italian girl tends to render her a slave to impulse, and a prey to temptation. Marrying at her parents' bidding a man she does not love, and with her mind, in all probability, already half corrupted by the conversation she hears in her mother's drawing-room, she follows readily in the train of the ladies she sees around. To resist the contagion of example requires strength of mind, and this does not spring from the mockery of education that Italian ladies receive : learning to dance, to sing, to conjugate French verbs, and to play the piano. From empty minds and idle hands evil naturally ensues. To fill up the void of life, recourse is had to the excitement of coquetry, to indulgence in gossip and tattling. The light literature of France, which constitutes their only study, tends further to her mental and moral degredation ; its pages attiring vice in the most seductive garb. Finding their value estimated solely by the standard of their good looks, dress becomes to Italian women, in all classes of society, an absorbing passion."

As regards the estrangement of the Italians from the English, and the uncongeniality of their tastes and characters, the same writer observes :—" Excluded from the real business of life, without public duties of any kind to engage his mind, and with no profitable avocation to occupy his time, the Tuscan noble, or gentleman of independent fortune, seeks refuge from the approaches of ennui by a headlong plunge into the

whirling gulf of pleasure and dissipation. A career of such a kind, whose only aim is self-indulgence, whilst it destroys the sense of right, infallibly imparts a tone of frivolity to the character. The English nobleman, or gentleman, brought up under influences widely different, with many opportunities of useful occupation, and a consciousness of public duties, as landowner or magistrate, and with the means of satisfying his love of excitement in the wide field of political life, acquires a certain seriousness of thought, and solidity of character, which but ill harmonises with the tone of Italian society, where the advent of a new prima donna holds the same place in interest as the advent of a new prime minister does in England."*

The change which the political state of the country has lately undergone, and the more general diffusion of knowledge, will, doubtless, ere long, be productive of beneficial effects in improving the social and moral condition of the population.

The environs of Florence, as might be expected, abound in pleasant drives and walks; though, in some directions, the view of the country is shut out for some distance by high walls bordering the road. Fiesole, with the ruins of the ancient city and its convent, is one of the objects most frequently visited. A delightful walk may be taken also through the gardens, ascending the course of the Arno, eastward of the town.

An interesting excursion in spring, summer, or autumn, may be made to the monasteries of Vallombrosa and Camaldoli—the former, about twenty-eight miles distant (half of which is carriageable), lies in a

* Life in Tuscany, by Miss Crawford, 1859.

wild secluded part of the Appenines, and was visited by Milton, who refers to it in his sublime poem ;* it was also praised by Ariosto as being in his time,

> "Ricca e bella, ne men religiosa
> E cortese a chiunque vi venia."

This establishment is, however, no longer celebrated for its riches ; political circumstances, and the changes consequent upon advancing civilisation, would appear to be gradually diminishing the number of these institutions. Even the Grande Chartreuse, near Grenoble, has at the present day comparatively few brethren ; in proportion as the old ones die off, there are but few applicants for replacing them. Some, as the Chatreuse near Coni, already mentioned, have for several years been applied to other purposes ; and it may be anticipated, that before the close of the present century, most of them in Europe, which have withstood the mutations of so many ages, the inmates,

> "From their retreats calmly contemplating
> The changes of the earth, themselves unchanged,"†

will have ceased to exist. Eustace in his work on Italy, observes, with reference to their permanence up to this time :—"Whatever be the merits or demerits of these monastic establishments, there is, it must be confessed, something very striking in their duration. Kingdoms and empires rise and fall around them ;

* "Thick as autumnal leaves that strew the brooks
In Vallombrosa, where th' Etrurian shades,
High over-arch'd embower."—*Paradise Lost*, 1st *Book*.

† Rogers.

governments change; dynasties flourish and fade; manners and dress undergo continual alterations, and languages themselves die away and give place to new modes of speech. Enter the gates of Camaldoli or La Verna, the torrent of time stands still—you are carried back to the sixth or the tenth century. You see the manners and habits, and hear the language of those distant periods. You converse with another race of beings, unalterable in themselves, though placed among mortals, as if appointed to observe and record the vicissitudes from which they are exempt."

The author whom I have just quoted says on this subject:—"Judging from the paucity of inhabitants in many of the large religious establishments, it would seem that conventual institutions are on the decline. The extensive monastic building, the Certosa, is now occupied by only twenty-four friars. Amidst the turmoils of a stormy age, when the strong hand of power smote down the weak, the convent and monastery had many claims to reverence and regard: in them too was the torch of knowledge kept alive during the long night of ignorance that darkened the land. But with the change of times, with the substitution of the rule of law for that of brutal might, and the diffusion of knowledge everywhere, monastic establishments, as sanctuaries for youth and age, or as calm retreats for the scholar and sage, have become utterly useless."

There are at Florence two large hospitals, a foundling hospital, and a Casa di Lavoro, or workhouse, by which street-begging is much lessened. At the Ospedale degl' Innocenti nearly three thousand foundlings are annually received. The manner in which infants in

most parts of Italy are swaddled up in cloths, somewhat after the fashion of an Egyptian mummy, the head only being left to move freely, is often productive of distortion of the limbs, and other bad consequences, as has already been observed. The Spedale Santa Maria Nuova is one of the finest hospitals in Europe, and the oldest in Italy (having been founded in 1287, by the father of Dante's Beatrix). The handsome façade was subsequently added by Buontalente. The wards are spacious and lofty. Smaller wards are appropriated for the more interesting cases, which serve for clinical instruction; pupils, after having attended the university classes at Pisa, being obliged to attend this hospital. Buffalini, who has long enjoyed a European reputation, is still professor of medicine. The St. Bonifazio is also a fine establishment, appropriated to chronic cases and to the insane. The hospitals here, and the courses of medical instruction, as in most other parts of the continent, are superintended by government; patients are admitted on application, without any other recommendation than that of their requiring assistance.

The diseases which prevail most in Florence are pleurisy, bronchial and pulmonary inflammation, which in winter and spring carry of a great number of the poorer people. Among the town practitioners the frequently repeated abstraction of small quantities of blood is still a very common practice; this has the effect of debilitating patients, without effectually checking the progress of inflammatory attacks—which, not being treated at the outset with sufficient energy, frequently entails a long convalescence, with subsequent constitutional debility, and induces consumption at a

later period. Nervous complaints, rheumatism, gastric irritation, and diseases of the eyes, as also, of late years, miliary fever, are also extremely prevalent.

The climate of Florence is extremely variable; in the summer months the circle of hills, concentrating the sun's rays upon the town, renders the heat oppressive; and the glare from the houses and pavement is exceedingly trying to the eyes. This cause, together with the cold winds in spring, sufficiently accounts for the great prevalence of diseases of these organs. In summer, likewise, the depressing southern winds are the most frequent. These likewise predominate in the autumnal months, and are usually accompanied by rain. In winter the weather is much colder, and this season lasts longer than at Rome, Pisa, or Naples. Northerly winds prevail; the transitions of temperature are great and sudden. The *tramontana*, sweeping over the Appenines, is sharp and piercing; while the heat of the sun is at times inconveniently felt in sheltered parts of the city. Thus, in less than a minute, by passing into a different street, the change from summer's heat to winter's cold may be experienced, rendering the system more susceptible to catarrhal affections, inflammation of the lungs and air-passages, than would be those living in a climate uniformly cold. The Italians guard against these transitions by the practice of wearing large cloaks, without which they seldom stir out in the colder months. Foreigners, who are less cautious in this respect, frequently suffer from the effects of their negligence.*

* "So much has been written about the warm sun, the blue sky, and the balmy air of Italy, that an idea strongly pervades the English

The mean winter temperature is 6·8 R., that of summer 24°, more than a degree higher than Rome. Florence is one of the stations where it rains most, notwithstanding the number of rainy days in the year is less than at some other towns.* The violence of the storms, which causes a great deal of rain to fall in a short time, often occasions inundations. Thus, Florence is sharp and cold in winter, while in summer the heat becomes intense; the transition from one season to another is sudden and perceptible. This variation of the climate produces its effect upon the population; Florance having given birth to so many illustrious characters, distinguished by their mental powers, and in the arts, sciences, and poetry. It also tends to produce the agitations, changes of opinion, and political disturbances which have so frequently been recorded in history. Dante refers to this characteristic in the following lines:—

> "Quante volte del tempo che remembre
> Legge, monete, officii e costume
> Hai tu mutato, e rinovate membre."—*Purg.* c. iv.

Varchi, the historian, agrees with the poet, and observes, "The nature of the Florentines leads them often to disagree among themselves. They are easily led away by love of pleasure and frivolous amusements. They

mind that warm suns, blue skies, and balmy airs, are the almost perpetual inheritance of that fortunate country. But such an idea experience proves to be delusive, for in many an Italian November day the wind blows icy cold; in many a December day the sun refuses to shine; and in many a January and February day the skies are covered with leaden clouds, from which the rain pours mercilessly down."—*Life in Tuscany.*

* The number, according to Mondat, is 110; the fine days 160; variable 95.—*Topographie Medicale de Florence.*

are excessively sensitive in disease, whence inflammatory affections assume a nervous character."

The weather in October and November is usually fine and warm. Invalids proceeding to Rome will frequently benefit more by remaining these months, and even part of December, than by going on at once. They should not return before the middle or end of April, at which period the weather is delightful, and the Vale of Arno appears in all its beauty.

From the end of November till April Florence is less adapted than any other place of resort in Italy to persons labouring under pulmonary, bronchial, or rheumatic complaints. It generally agrees well with dyspeptic and nervous patients, who seek mental recreation, and I have known it suit several asthmatics better than any other continental town. Those of a strumous, inert, and lymphatic temperament, likewise generally find the climate suited to them. The best situations are the Lung' Arno, the Piazzas St. Trinità, Santa Maria Novella, and the adjacent streets. The Via de'Servi, near the cathedral, has some good houses, but the situation is colder. The best street on the left side of the river is the Via Maggio.*

* In a small work published by Galignani, "Brief Advice to Travellers in Italy," the authoress (Mrs. Carleton) says, "Fair Florence stands first of the above-mentioned cities (Rome and Pisa) for badness of climate and company. Naples comes next, both being of a mixed kind. Florence is cold in winter, hot in summer, and damp at all times. It is the winter that is dangerous to health, being foggy, windy, and rainy, and exceedingly apt to attack the throat; the teeth and eyes have their share of the compliment." She prefers the town to the villas for the summer, in which I differ from her; the villas raised above the level of the valley, being more exposed to the air, and less affected by the sun's rays.

The principal hotels are the Italia, in the Borgo Ognisanti; the Grand Bretagna; and the Arno on the Lung' Arno; the Nord, in the Piazza St. Trinità; the York, near the cathedral: the Hotel Schneiderf, on the opposite quay, is now an English boarding-house; the apartments and general accommodation are excellent.

The distance from Florence to Rome is about two hundred and twenty miles, which are passed over by the courier in thirty hours. The country is pretty as far as Sienna (connected by a railroad with the Florence and Leghorn line, at the Empoli station). This city, formerly of considerable importance, now contains scarcely more than 20,000 inhabitants. Living is cheap, and the population is cheerful and intelligent. The local society is good, and the Italian language is spoken in its greatest purity. On account of its elevated position, Sienna is one of the coolest summer residences in Italy. It has, moreover, the advantage of being free from mosquitoes. The cathedral, constructed of black and white marble, is one of the oldest, as well as one of the finest, in Italy. Besides the magnificent chapel del Voto, the interior contains several objects of interest. The other churches possess some good pictures. The Piazza del Campo is a characteristic feature of Sienna, having been in former days frequently the scene of popular tumults, as well as of festive assemblages.

Sienna is supplied with water by subterranean aqueducts fifteen miles in length. Among the chief edifices are the Palazzo Pubblico; the Palazzo del Magnifico; the Institute of Fine Arts, containing some good pictures; the University, founded in 1203; and the Public Library,

one of the richest in Italy, possessing 50,000 volumes, and 6,000 manuscripts.

On the western side of the city is the promenade of the Lizza, adorned with statues, and much frequented for its coolness in summer.

"E in su la Lizza il fresco ventolino."—*Alfieri.*

The mean temperature during five years of the seasons at Sienna, was 6·8 in winter; 12·12 in spring; 22·9 in summer; and 13·4 in autumn. In summer, the north-west wind and the sea-breezes almost entirely neutralise the effect of the heat, which is so oppressive in the plains. The quantity of rain is greater than that of the surrounding districts, thirty-five inches being the annual average: the number of rainy days is 104. The resident population is for the most part strong and healthy, contrasting with the inhabitants of the lower country. Sienna is sometimes preferred as a sunmer residence to other parts by English families, who remain all the year in Italy.

Passengers by the diligence from Florence to Rome are conveyed by the railroad beyond Sienna; the journey *en voiturier* takes four days. The road is for the most part hilly, and has rather a *triste* appearance, especially about Radicofani, a wretched-looking town, perched on the summit of a bleak mountain, and the frontier of Tuscany. At the hotel, on the road below the town, the accommodation is, however, better than might be expected from the appearance of the place. Descending the mountain, the road passes through Aquapendente, a dirty and comfortless town in a beautiful situation, and afterwards skirts the lake of

Bolsena, where the scenery is highly interesting. The country, however, is extremely unhealthy as far as Viterbo, a large walled town, abounding with monks and ecclesiastical seminaries, situated in a dreary district, which the malaria seems to have depopulated—

> "All sad, all silent! o'er the ear
> No sound of cheerful toil is swelling;
> Earth has no quickening spirit here,
> Nature no charm, and man no dwelling."

From the hills beyond the malarious vale of Baccano, is descried the

> "Vast and wond'rous dome,
> To which Diana's marvel was a cell,"

and soon after, crossing the Tiber at the Ponte Molle, the traveller arrives by the Via Flaminia at the Porta del Popolo.

CHAPTER VII.

ROME—ITS CHARACTERISTICS—ENVIRONS.

The portion of the valley of the Tiber occupied by modern Rome is enclosed between two ranges of diverging hills: the Pincian, the Quirinal, and the Viminal on the east; on the west, the Monte Mario and the Vaticano, with which is nearly continuous the Janiculum, while towards the south are the Aventine, the Capitol, and the Esquiline. The river makes a considerable bend, of which the concavity is directed towards the Pincian and the Quirinal hills. The city is encircled by high and massive walls, dating from various epochs, and comprising a circuit of several miles.

The symmetrical aspect of the Piazza del Popolo, its fine obelisk in the centre, its fountains, adorned with statues, with a church and handsome buildings on either side, together with the promenade road winding up the Pincian on the left, and the long vista of the Corso in front, rarely fail to impress strangers who arrive by the Florence road with an idea of the magnificence of Rome, which is not realised on a closer inspection, for although the relics of antiquity, the obelisks and fountains, with which it is embellished, and the numbers of the various religious communities so constantly met with, impart to Rome an appearance distinct from that of any other city, yet, as an

ensemble, it cannot be termed handsome. It possesses only one good bridge, but few large squares, and no wide streets, so that only in exceptional instances can its palaces be seen to advantage.

The Corso extends southwards, in a straight line, for more than a mile, terminating near the Capitol and the ruins of the Forum. From the same point (Piazza del Popolo), the Via Babuino on the left, and the Via de Ripetta on the right, diverging from the central line of the Corso, leads, the one to the Piazza di Spagna, the other to the left bank of the river. From the Piazza di Spagna a series of streets is continued almost in a straight line, crossing the centre of the Corso, to the bridge of St. Angelo, at the opposite extremity of which is the imposing circular mass of the castle of St. Angelo—

> "Superba mola,
> Che fe' Adriano all'onda Tiberina,"

whence a street leads to the Piazza de S. Pietro.

On the line of the Corso is the Piazza Colonna, a square of considerable dimensions, deriving its name from the Antonine column, one of the finest vestiges of ancient Rome, standing in its centre, covered with relievi illustrative of the victories of Marc Aurelius, and surmounted with a statue of St. Paul. The side of the Place opposite the Corso is wholly taken up by a modern building, not in very good taste, formerly the post-office, bnt now serving as barracks for the French troops. A street to the right, through the market, leads to another spacious square, the Piazza Navona, with an obelisk and fine fountain in its centre. Here, on stated days, a market is held for fruit, vegetables,

and various wares: on these occasions, the place being filled with groups, is seen to most advantage.

Near the end of the Corso, to the left, is another large space, Trajan's Forum, excavated many feet below the level of the adjacent streets, and filled with portions of broken columns. The centre is occupied by Trajan's pillar, likewise covered with relievi, illustrative of victories gained, and surmounted by a bronze statue (St. Peter). This served as the model of the column erected to Napoleon on the Place Vendome. A short distance beyond the Forum are the principal relics of the ancient city, comprised in the Foro Romano—now termed Campo Vaccino—between the arch of Septimus Severus, at the foot of the Capitol, and the Coliseum—the extensive ruins of the palace of the Cæsars occupying the Palatine hill on the right. On the high ground to the right of the arch of Titus is a villa, with extensive gardens tastefully laid out, and long in the possession of an English gentleman, which is open on stated days, and whence may be enjoyed delightful views of the environs, and of the course of the Tiber. Farther on, opposite the arch of Constantine, a road diverges, leading to the extensive ruins of the baths of Caracalla. Beyond the Coliseum the road is continued to the square of St. Giovanni in Laterano, situate at the outskirts of the city, and near the Naples gate. In the centre is a fine obelisk; and on one side the Scala Santa will be remarked, which pilgrims and devotees ascend on their knees; though the number seeking absolution by this means has of late greatly diminished. The roof of the college, adjoining the church of St. Giovanni, commands an extensive prospect of the Campagna. A little fur-

ther on, and close to the walls, stands isolated the church of Santa Croce in Gerusalemme, near which are the emains of ancient aqueducts.

The parts of the city mostly frequented by visitors are the Piazza di Spagna, the Corso, and adjacent streets, viz., Babuino, leading to the Piazza del Popolo; the Condotti, and the Croce, connecting the Piazza di Spagna with the Corso. The Piazza itself, though spacious, contains no remarkable buildings, and but for its fine fountain, and the flight of steps leading up to the Pincian, would present a very ordinary appearance, which is not improved by the recent addition of the statue of the Immaculate Conception. At the top of these steps is the Trinità de Monti church, which is principally attractive to strangers on account of the singing of the French nuns on stated days—at matins and vespers. There are several good houses in this neighbourhood, as in the Via Gregoriana, which is also a favourite locality. To the left of the church is the Medici villa, now the French Academy of Painting. The grounds belonging to the villa are extensive and shady; being on a higher level than the Pincian promenade, they offer a cool retreat during the prevalence of the sirocco wind, and in the warmer months.

The Piazza di S. Pietro is unique in appearance. The lofty massive pillars of its colonnades, ranged in triple rows in a semicircle on either side, enclosing a vast area, the centre of which is embellished with two splendid *jets d'eau*, and the finest obelisk in Europe, together with the façade and dome of St. Peter's, form a striking *coup d'œil*. The interior of the church is surpassingly grand: its size, and the harmony of its proportions, can

only be properly appreciated after the several parts have been repeatedly viewed in detail.

> "Vastness which grows, but grows to harmonise,
> All musical in its immensities:
> Rich marbles—richer paintings—shrines where flame
> The lamps of gold; and haughty dome that vies
> In air with earth's chief structures, though their frame
> Sits on the firm-set ground."

There are, however, no paintings, though the magnificent mosaics might easily be mistaken for paintings without a close inspection. The most remarkable are the Raising St. Petronilla, the Communion of St. Jerome, and the Transfiguration. From the dome, to which the ascent is easy, the most extensive prospects of Rome and the adjacent country may be enjoyed.

The Pantheon, now transformed into a church, is a noble remnant of antiquity, and in admirable preservation. It is of a circular form, having an aperture twenty-six feet in diameter in the roof; the interior is adorned with several elegant fluted marble pillars, between which altars are placed. The portico consists of sixteen circular granite pillars, each of which is a single piece, thirty-nine feet high, and fourteen feet in circumference, with an entablature and pediment of proportionate magnitude.

Among the other principal churches, which the stranger will be gratified by visiting, may be mentioned the St. Giovanni in Laterano, whence there is a good view of part of the Campagna, with the aqueducts and Tivoli, and in the vaults of which is a *chef d'œuvre* of Bernini—the group of the Saviour dead, and supported on the lap of the Virgin; the Santa Maria Maggiore,

rich in mosaics; the Santa Maria degli Angeli, formerly part of Dioclesian's baths, several of the colossal granite pillars of which still support the roof; the Jesuits' church—after St. Peter's, the richest in Rome; the San Stephano Rotondo, formerly a temple of a circular form; and the S. Pietro in Vincoli, in which will be admired the figure of Moses seated, which is considered the *chef d'œuvre* of

> "Quel ch'a par sculpe e colora
> Michel piu che mortale, Angel divino."

The church of St. Paul, two miles from Rome, now nearly completed, surpasses all the others, St. Peter's excepted, in size and richness of decoration.

The Doria is perhaps the handsomest of the Roman palaces, and contains one of the richest galleries of pictures, among which the attention will be more especially attracted to the two celebrated Claudes, viz., the Molino, and the Sacrifice to Apollo; the Madonna, by Sasso-Ferrata; the Flight into Egypt, the Assumption, and the Visitation, by Annibale Carracci; a Magdalen, by Murillo; Belisarius, by Salvator Rosa; and Queen Joan of Naples, by Leonardo da Vinci. In the Borghese palace will be particularly remarked Diana and her Nymphs, by Domenichino; the Cumæan Sybil, by the same painter; the Deposition from the Cross, by Raphael; the same subject, by Garofolo; four pictures of the Seasons, by Albano; and Cæsar Borgia, by Raphael.

The Barberini contains three of the best pictures in Rome, viz., the Cenci, by Guido; the Fornarina, by Raphael; and a Female Slave, by Titian. Joseph and Potiphar's Wife is also one of the finest pictures.

In the Sciarra Palace will be especially noticed two small landscapes by Claude; Moses, by Guido; Modesty and Vanity, by Leonardo da Vinci; Gamesters, by Caravaggio; the Magdalen, *delle Radici*, by Guido; Landscapes, by Paul Brill; Beheading of St. John, by Valentin; Portrait of a Youth, by Raphael; Shepherds Regarding a Skull on a Tomb, by Schidone. In the Quirinal palace are Saul and David, by Guercino; the Ascension, by Vandyck; and the Annunciation, by Guido, which forms the altar-piece of the Pope's private chapel. The Rospigliosi also contains a few good pictures, but the principal attraction to this palace is the celebrated fresco painting, Aurora, on the ceiling of one of the apartments.

> "O! mark again the coursers of the sun,
> At Guido's call their round of glory run;
> Again the rosy hours resume their flight,
> Obscured and lost in floods of golden flight."—*Rogers.*

But perhaps the most interesting, as well as the largest, of all the private collections, since the dispersion of Cardinal Fesch's, is that of the Corsini Palace.*

In the Palazzo Spada is shown the statue of Pompey, said to be the same at the base of which "great Cæsar fell." Here likewise are—a fine picture, representing

* The following are a few of the best pictures:—Several representations of the Madonna, by Carlo Maratti; three heads of the Saviour, by Carlo Dolce, Guido, and Guercino—the latter is the most esteemed; Madonna and Infant, by Caravaggio; Herodias with the Head of St. John, by Guido; a large Murillo, the Madonna and Child, one of the finest productions of this painter; a splendid landscape, by Poussin; Sleeping Cupid, by Guido; an Interior with Cattle, by Teniers; Prometheus Bound, by Salvator Rosa; a Water-piece, by the same; and a similar subject by Vernet.

the Death of Dido, by Guercino; Paul III., by Titian; Cardinal Spada, by Guido; and a Head of Seneca, by Salvator Rosa. In the court-yard is an admirable perspective, from which the plan of the great staircase of the Vatican is said to have been taken.

The Palazzo Colonna contains the handsomest saloon in Rome, and some good pictures, as do also several other palaces mentioned in the guide-books, where will be found detailed accounts of the different galleries, of which I have only mentioned a few of the most striking pieces. In the garden of the Colonna lies an immense fragment of an entablature, supposed to have been part of the Temple of the Sun. Here also are some of the ruins of the baths of Constantine.

The pictures in the Vatican are few in number, but all choice ones. Among them may be particularised the large picture of the Transfiguration, by Raphael, considered his *chef d'œuvre;* the Communion of St. Jerome, by Domenichino, second only to the former, and placed opposite to it. These pictures are seen to great advantage from the outer rooms, by looking through the doorway, the light being thus more strongly concentrated upon them. In the same room is the Madonna di Foligno. In the adjoining rooms, the Martyrdom of St. Peter, by Guido; St. Sebastian, by Titian; the Saviour with the Globe at his Feet, by Correggio; and Cows, by Paul Potter.

The walls and ceiling of the Stanze di Raffaelle are covered with the celebrated fresco paintings of this great master, the description of which, with those of the Loggia, or open galleries, would fill a volume. Among the statues, the first objects naturally sought

for are the Apollo Belvedere and the Laocoon, which—the latter especially—have a fine appearance by torch-light. They are judiciously placed by themselves in separate cabinets, as are also the Antinous and Meleager. The celebrated Torso, immediately at the top of the staircase, produces a good effect, seen through the long vista of the gallery. In the Hall of the Nile, the statues of Minerva, Esculapius, Demosthenes, and the large group of the Nile, will be more particularly remarked. Some of the figures and colossal masks in this hall are also seen to the greatest advantage by torchlight. In other parts of this immense edifice, which may be repeatedly visited with interest, are the museums of the Egyptian and Etruscan antiquities; the richly decorated hall of the library, the Sistine Chapel, containing the celebrated fresco of the Last Judgment, by Michel Angelo, the Mosaic manufactory, &c., which have been repeatedly described, but of which no description can convey an adequate idea :—

"I peregrini marmi in varie forme sculti
Pitture e getti, e tant' altro lavoro,
Mostran che non bastaro a tante mole,
Di venti re insieme le ricchezze sole."

Ariosto.

"Go, and insatiate o'er and o'er,
Th' exhaustless Vatican explore;
Thro' labyrinthine courts pursue,
Thro' galleries lengthening on the view,
Hall after hall, dome after dome,
Treasuries of Egypt, Greece, and Rome,
Where all above, around, beneath,
The marble generations breathe,
And plunder'd tombs their wrecks supply,
To line the walls with imag'ry;

And golden roofs their radiance throw
O'er rich mosaics spread below,
And fountains in perpetual play
Temper with sparkling show'rs the day."
Sotheby.

The ascent to the square of the Capitol is by easy steps, on the side of the modern city, and also from the Forum. In the centre stands the fine equestrian statue of Marc Aurelius, of bronze gilt, though but little of the gilding remains. The large hall, with the tower, occupy the extremity of the Place. On one side is the rich collection of sculpture, where will be more particularly noticed, on the ground floor, the bas-reliefs on the sarcophagus of Severus; in the centre of the first room, on ascending, the celebrated gladiator—

"Whose manly brow
Consents to death, but conquers agony;"

with several other fine statues. Among those in the adjoining apartments, the most remarkable are the Faun, in rosso-antico; the Centaurs, in nero-antico; Caius Marius; a Prefica, or hired mourner; the colossal Hercules, in bronze gilt; and the busts of the emperors, senators, and philosophers of ancient Rome, especially those of Augustus, Caligula, Galba, Virgil, Socrates. The Venus of the Capitol is one of the finest and best preserved pieces of ancient sculpture, preferred by some to the Venus de Medicis. It is kept in a separate cabinet, and only opened on special application.

The building on the opposite side of the Place contains the gallery. Among the best pictures may be enumerated, a Cumæan Sibyl, by Domenichino (inferior to that in the Borghese palace); another Sibyl, by

Guercino; Romulus and Remus discovered with the Wolf, by Rubens; Marriage of St. Catherine, by Correggio; the Resurrection of St. Petronilla, an immense picture by Guercino—from which the Mosaic copy in St. Peter's was taken; and the Europa, by Paul Veronese.

In another compartment is the ancient bronze statue of the Wolf, which was struck by lightning; the bust of Brutus; and other relics of antiquity.

One of the best points for a general view is from the tower of the Capitol, whence is seen on the one side the modern city, with St. Peter's; and on the other, lying immediately beneath, the ruins of ancient Rome—

> "Partout confusément dans la poussière épars
> Les thermes, les palais, les tombeaux des Cesars,"

with the stupendous mass of the Coliseum pre-eminently conspicuous above the rest:—

> "Around the wrecks of Rome
> The Coliseum lifts its brow sublime;
> And, looking down on all that moves below,
> O'er all the restless range,
> Where war and violence have work'd their change,
> Tow'rs motionless, and wide around it throws
> The shadow of its strength—its own sublime repose."*

Beyond the ruins lies the "weary waste" of the Campagna, intersected by the remains of aqueducts—

> "Arches on arches, range by range, extending"

towards the Latian hills, on which are seen the towns of Frascati and Tivoli; the whole forming a prospect unequalled for variety and interest.

* Sotheby's *Italy*.

Another point, whence are seen to great advantage the city and its environs, is the Monte Mario, which, though less extensive, is perhaps a more interesting view than that from St. Peter's dome, inasmuch as the church itself forms a prominent object. The same may be said of the view from the Villa Doria Pamphili, and from the fountain Paolina in this direction, though within the walls. On the opposite side of the city there is a good view from the Piazza di Monte Cavallo, the centre of which is occupied by the antique colossal groups of Castor and Pollux, with their horses. The Quirinal Palace (the Pope's summer residence), occupies one side of the Place. From hence a long street leads to the Porta Pia, passing the Quattro Fontane, where another long street, or series of streets (leading from the Piazza di Spagna and the Pincian hill, to St. Maria Maggiore), intersects the former at right angles. Outside the Porta Pia, from the grounds of the Villa Patrizi, there is likewise a delightful prospect of the environs. About a mile along this road is the Villa Torlonia, the grounds of which are tastefully laid out.

The Villa Borghese, immediately outside the Porta del Popolo, is the most interesting of the villas near the city. Its beautiful grounds, formerly shaded by the ilex and lofty maritime pines, and the usual resort of carriages, equestrians, and pedestrians, were in great part destroyed during the siege by the Committee of Public Safety, the trees being cut down under pretext of their interfering with the defence, although the city was not menaced from this side, and thus has Rome lost one of its principal attractions. The magnificent private collection of statues, &c., in the house, escaped,

however, without injury. It is especially remarkable for its symmetrical arrangement, there being corresponding objects on either side in each apartment. On entering the great hall, the attention will be particularly attracted to the alto-relievo in the centre, of Curtius on horseback, throwing himself into the gulf; the colossal statues and busts on each side, and the old mosaic pavements. The Saloon of Hercules is likewise extremely interesting, being filled with the statues of the demigod, and bas-reliefs illustrative of his history. But the principal saloon surpasses every thing else in the richness of its treasures, and the symmetry with which they are disposed. The series of porphyry busts of the emperors, ranged along three sides of the apartment, add greatly to the effect. In the rooms on the first floor are, the group Apollo and Daphne, by Bernini, and the Venus Vincitrice, of Canova, for which the Princess Pauline Borghese sat as a model.

The Villa Albani likewise contains a rich collection of statues, and is adorned with marbles, frescoes, and mosaics. The alto-relievo of Antinous, the Apollo and small Hercules of Glycon, in bronze, will be particulary remarked. The grounds are agreeably laid out.

The Villa Ludovisi is visited only by special permission. Its extensive grounds are laid out in the formal Italian style. On the roof of the hall is Guercino's Aurora, one of the finest frescoes in Rome, though inferior to that of Guido in the Rospigliosi Palace. The Doria Pamphili grounds are likewise extensive, though from their distance not so accessible. The fashionable afternoon promenade is, however, on the Pincian hill, which is also one of the most favour-

able points for viewing Rome and St. Peter's. From this spot Claude Lorraine was accustomed to watch the sun make his "golden set," and to note the varied tints occasioned by the "bright tract of his fiery car," which few painters besides himself have been able to represent with such fidelity, without appearing to exaggerate.

The population of Rome amounts to about 170,000. The streets are narrow, paved with small squares of basalt, and are not particularly clean. The Corso is almost the only one which has a foot pavement. Except the principal ones, where gas has been introduced of late years, they are but indifferently lighted at night. Next to the Ponte St. Angelo, the Sisto bridge is the most frequented medium of communication between the opposite banks of the river. Near to this is the Jew's quarter. A little lower down the Ponte Rotto forms a fine feature in the view from the left bank, at the point where stands the temple of Vesta.

There are five theatres; at the Apollo and the Valle, operas are given; the Argentina is appropriated to the performance of dramas and comedies. The Mausoleum of Augustus has been tranformed into an amphitheatre, for equestrian and other performances.

The English Church, immediately outside the Porta del Popolo, is conveniently situated, and appropriately fitted up; it is capable of containing a congregation of 800. The resident clergyman has lived many years at Rome. A theological library is attached to the church. The Protestant burial-ground, at the opposite extremity of the town, close to the walls, and at the base of the Pyramid of Caius Cestus, will be viewed with interest.

A club, composed of Romans and visitors, is held in the Piazza di Spagna. Here is likewise Piale's library and reading-room; a second similar establishment has been more recently opened. There are two other good booksellers in the Piazza Colonna.

Living, as respects the necessaries of life, is not very expensive at Rome, considering it is deserted by visitors for more than half the year. It is, however, more so than at Florence, especially where carriages or other luxuries are concerned. The markets are well supplied, and provisions abundant, most of the produce of the country for many miles round being brought to the capital. The common wine is bad, and often disagrees with strangers; the Velletri and Gensano wines are more potable. The French wines, mostly coming from Cette, are of problematical quality.

Rome possesses many charitable institutions. The hospitals are richly endowed, deriving their property from government grants, the *Mont de Pieté* donations and bequests. Their organisation and administration are, however, but indifferent; the largest of them, St. Spirito, for patients of the male sex labouring under acute and chronic disease, contains about 1,400 beds. The number occupied varies greatly, according to the season, being much smaller in winter and spring than at the close of summer and in autumn, when the malaria fevers are prevalent. The hospital St. Giacomo, on the Corso, is appropriated to the reception of surgical cases. The other principal charitable establishments are, the Hospital della Consolazione, close to St. Giovanni in Laterano; the St. Gallieano, in the Trastevere, for cutaneous complaints; the hospital for convalescents

(received from the other hospitals); a hospice, for abandoned orphans (who are received at the age of seven years, educated, and maintained till twenty); the Sta. Maria del Refugio, for female penitents; the San Michele, on the bank of the Tiber, containing about 1,000 inmates, divided into four classes—old men and old women; young men and young women. These latter are instructed and taught trades. The females, if they marry on attaining the age of twenty, are portioned with 100 scudi; the males, on quitting the establishment at the same age, receive 30 scudi.

The University, termed the Sapienza, was founded at the close of the thirteenth century. About fifty professors occupy the different chairs in the five faculties. It does not, however, rank high among the Italian universities.

Rome is amply supplied with pure water, brought by the three remaining aqueducts, the Felice, Vergine, and Paolina, the surplus of which serves to keep in perpetual play its numerous fountains, of which the Fontana de Trevi is the handsomest; seen by moonlight, when the main points of its sculpture are brought into more prominent relief, it produces a particularly fine effect.

Besides its churches, Rome has comparatively few public buildings of any architectural pretension; it has scarcely any commerce, being unfavourably situated in this respect, at a considerable distance from any other place of importance; as also from the seas, and having no navigable river, which circumstances, added to its unhealthiness during great part of the year, render it ineligible for being the capital of a united Italy.

The above imperfect sketch may perhaps serve to convey to those who have not visited Central Italy a general idea of Rome, than which few places offered, two or three seasons ago, more resources for amusement and recreation. The innumerable works of art which fill its galleries and studii; the remnants of fallen grandeur must, under any circumstances, prove a source of attraction. If fond of walking, whichever way the visitor directs his steps, some object of interest will be found; if of driving or riding, few places are better adapted for this exercise than the environs of the city. For those who delight in reading, there is not, however, so much resource as at Florence. The numerous church ceremonies on fete days, are likewise a source of interest to those who visit Rome for the first time. Except upon those occasions, however, the churches are not fully attended; the bulk of the congregations chiefly consisting of women and persons of the lower class, and there certainly seems to be more straining after effect in the public ceremonies than a desire to encourage fervour of worship; nor are the discourses from the pulpit, though not unfrequently marked by energy of gesticulation and expression, generally remarkable for eloquence.

As may be expected, the members of the different ecclesiastical bodies, from the prelate in his old-fashioned gaudy coach, to the mendicant friar, form a not inconsiderable portion of the population, and their appearance, clad in the same costumes as were seen centuries ago, constitutes a feature peculiar to Rome. Few pageants exceed in magnificence that of the Pope's being carried in state into St. Peter's on the occasions

when he performs high mass, preceded by a long double file of cardinals and prelates, attended by his guard of nobles, in their rich uniform, and by the Swiss, in their antique costume. The benediction of the people on Christmas and Easter Days, from the balcony of the church, was a striking scene some years ago, when the number of persons assembled and kneeling on the spacious Place (many from a considerable distance) often amounted to more than 150,000.

Of the other sights at Easter, those best worth attending are the illumination of the exterior of St. Peter's, which is unique in its way; the whole façade and dome, from the dim outline being visible, bursting out in a few seconds into a blaze of light, and the girandola, or display of fireworks, from the Pincian hill. The carnival, which formerly was better kept up at Rome than elsewhere, has since the recent political events been shorn of its spirit: masking in the streets being prohibited, and the Romans having apparently lost all zest for the amusement under the depressing influences to which they have been subjected. It appears to be everywhere gradually falling into disuse.

CHAPTER VIII.

THE ROMANS—MALARIA—CLIMATE OF ROME.

THE Roman population is more sedate and reserved in its demeanour than the rest of the Italians, and forms a strong contrast in this respect with their neighbours, the Neapolitans. They cultivate the fine arts less than the Tuscans, and are but little addicted to literary, scientific, or intellectual pursuits; most of the upper classes being content with a monotonous daily round of existence, their drive along the Corso in the afternoon, and *réunion* in the evening, varied by a visit to the opera. In fact, like other Italians, they are habitually inclined to indolence, to which they are further predisposed by their climate, and their having no stimulus or motive to exertion. As Eustace, who was a Catholic clergyman, justly observed many years ago, "In a free country, mental improvement brings with it its own reward, oftentimes rank and fortune. It is both necessary and fashionable, and cannot be dispensed with by any individual who means to attain or keep a place in society. In a despotic government these motives are wanting; the drudgery necessary for the acquisition of information is rewarded only by the consciousness of intellectual superiority—an advantage of too little weight in countries where mental attainments are too much undervalued to attract attention or excite envy. Hence, after having passed through the ordinary course

of college education, or loitered away a few years with a private tutor, the noble youth of the continent, if not employed in the army, sink into domestic indolence, and fritter away life in the endless frivolities of a town society."

That there has not been any very material improvement since Eustace wrote, may be inferred from the observations of a recent French writer, which most visitors who have been in the habit of wintering in Rome will be disposed in a great measure to corroborate. "After making calls," says M. About, speaking of the upper class, "and the drive in the Villa Borghese and on the Pincio, they go in to dine, and dress to go out for the evening. Each house has its day of reception once a week, without play, music, or conversation, only an exchange of salutations and frivolous common places. A ball is given now and then to break through this ice, and shake off ennui."

"You think, perhaps, that people brought up in Rome, amidst so many *chefs d'œuvre*, are connoisseurs, and take an interest in the arts—undeceive yourself. Ostentation is a Roman disease, and exacts that every gentleman should have a palace in town, and a place in the country, carriages and horses, servants and liveries. They stint themselves in their interiors, but a picture gallery is indispensable. Their minds resemble a well weeded garden, from which ideas have been carefully expunged. After they have passed through their last exercises and obtained their diplomas of ignorance, they are dressed in the London fashion, and lounge about the public promenades till they are married. Assiduous at mass and at the theatre, they smile, yawn,

applaud, and make the sign of the cross without passion."*

The Roman nobility, says the same writer in a later work, is divided into three categories, the feudal, the nepotic, and the financial. The relations of a Pope are noble by right. The young men are brought up by the Jesuits; they learn not to think, and they do not forget this teaching; they marry without love ignorant young girls, who are equally indifferent. As regards the noble Roman ladies, they are handsome and elegant; they *s'ennuient*, and cultivate cicisbeism to console themselves for the nullity of their husbands.†

The aspect and tone of general society in the salons is, however, much the same as in other capitals, there being nothing observable contrary to *les bienseances*, for at the present day it may be truly said—

> "Society is smoothed to an excess,
> And manners differ hardly more than dress."

The middle class bear themselves more independently, and are less tricky than the people of some other parts of Italy. The reproach of immorality cannot be said to attach to them as a body more than to the same class in other parts of the continent. In good seasons, many of the shopkeepers and artisans will frequently not put themselves out of the way to serve a customer, nor abate anything of the price asked. The last two seasons, however, having been very indifferent, there has been much less *exigeance* in dealings with strangers; so many of the inhabitants who live by them

* Question Romaine.

† Rome Contemporaine.

having greatly suffered by their absence. Many of the lower orders and the peasantry of the hilly districts are remarkable for personal beauty, which, however, soon fades in the females, who are apt to become very stout after five or six and twenty. The Trasteverini, who regard themselves as the descendants of the ancient Romans, are a particularly fine looking race, haughty, and somewhat sullen in their demeanour, intermarrying among themselves, associating little more than is necessary with others, and though ignorant and superstitious, they are generally moral in their domestic relations. Street robberies and murders were of late years much less frequent than formerly. The recent political changes, having produced much impoverishment and disbanding of troops have, however, rendered the streets and roads less safe, and have tended to increase the number of mendicants, who were at all times a great annoyance to strangers. When attempts at assassination do occur, they are mostly confined to the inferior classes, and originate in private quarrels, or from jealousy.*

Literature and science being at a low ebb in the

* "The Roman common people," says M. About, "are not only addicted to gambling and superstition, but, though habitually sober, when they do drink, the glasses are not very small ones. When the women have drank, they become coquettish, the men jealous, and then the game of knives comes on." As respects the passion of the lower orders for gambling in the lottery, and their superstition, he says:—"The son of a coke dealer fell from a house and seriously injured himself. The father, before calling in a surgeon, composed a terno, with the age of his son, the house at which the accident occurred, and the number of feet from which he fell. He gained a prize, but his son died, and more than one father envied him his good fortune."

Roman states, comparatively few books are published. As Rome has little commerce, and no manufactures but those of mosaics, cameos, and other objects of taste, a great portion of the inhabitants mainly depend upon the influx of strangers for the season, which is as generally calculated upon as at a watering-place.* Without its climate, antiquities, and works of art, Rome would speedily lose a large portion of its population, as house-rent and taxes are high as compared with other parts of Italy, and the summer is unhealthy from malaria.†

The abundance of flowing water maintains, however, an agreeable freshness, and is especially serviceable in a city where the air is so seldom agitated by wind during the hottest part of the year. According to Pliny, at the time when Agrippa was Edile, there were no less than 700 reservoirs and 500 fountains; the number was even increased in the reign of Trajan. Nardini states the ponds or reservoirs exposed or covered in different parts of the city amounted to near

* Rome is the least industrial and commercial town of the whole state, and the surrounding country resembles a desert. One must go very far to find any attempt at industry, or a temptation to engage in commerce. The taxes are put upon the first necessaries of life.—*About, Question Romaine.*

† The opinion I expressed as to Florence being better adapted than Rome for the capital of Italy is, I find, corroborated by a popular writer who has long resided in that country:—"Our own impression," says Mr. Trollope, "is, that the Italians will make a deplorable mistake if they finally select Rome as their capital. We think, as Massimo Azelio, one of the best thinkers in Italy, has recently argued at length in a pamphlet on the subject, that Florence would on many grounds be the better choice."—*St. James's Magazine*, June, 1861.

1,400. A large quantity of water was then required for the supply of the numerous public baths. The extensive ruins of the baths of Caracalla, Dioclesian, Titus, &c., testify to the universality of the practice of bathing, which, though abused at that period, has fallen into comparative disuse among the modern Romans, there being now but few bathing establishments, and these by no means of a superior order; on which account, doubtless, several diseases, formerly of rare occurrence, have become more common.

Medicine and surgery are likewise in a very backward state in Rome, as compared with most capitals of Europe. The most prevalent diseases are, in winter, inflammation of the lungs and air passages, rheumatism, and ophthalmia, though these complaints are less frequent and fatal than at Florence and Naples. Gastric irritation and visceral engorgement are also of frequent occurrence, especially in the warm months. Consumption is not frequent, unless when it ensues upon neglected inflammation. Sudden death, called by the Italians *accidente*, frequently occurs, to which the stillness of the air and the indolent mode of life predispose. Nervous affections are also very general, especially the morbid sensibility of the olfactory nerves, with respect to flowers and perfumes, which sometimes exists in such a high degree as to occasion convulsive attacks. This peculiar antipathy to perfumes is likewise met with in some other Italian cities, and English residents, who have become acclimated, are also liable to be affected in a similar manner. Intermittent and other fevers are endemic in the summer and autumn, at which periods the hospitals are crowded with patients from the country,

and, as bark is the principal remedy employed to combat the disease, the consumption of this medicine is enormous. The insalubrity of the seasons is in a direct ratio to the heat and to the quantity of rain that has fallen. One of the most common exciting causes is exposure to currents of cold air, or chills in damp places, after the body has been heated by exercise; irregularity of diet, poorness of living, or, in fact, any circumstances which tend to depress the powers of the system, may act as predisposing causes. Thus, strangers resorting to Rome are much less liable to be affected the first year of their residence than in the subsequent years, when the body has become relaxed and enervated by the influence of the climate. The wearing of flannel is a good precautionary measure. There is no doubt that malaria frequently remains for some time latent in the constitution, giving rise at a future period to various diseases, which are seldom attributed to it. Neuralgic complaints may often be traced to this cause, as may likewise some paralytic and other affections, as well as intermittent fevers, which frequently do not appear while persons are under the excitement of travelling, but subsequently, perhaps after the interval of several months from the time that the person was exposed to the influence of this poisonous agent.

The late Dr. J. Johnson, who, from his long residence in India, was one of the persons best calculated to give an opinion on this subject, agreed with others who have investigated the nature of this noxious agent, when he said, "It rises from the soil with the watery exhalations of the day, and falls with the dews of night. It appears to be in mechanical mixture with the air, not in chemical

solution. Being heavier than the atmosphere, it gravitates to the surface in still weather, and, when carried along with the winds, it does not appear to rise very high or extend very far, except in such a state of dilution as to be nearly harmless. (There are, however, exceptions to this.) Thus, a current of air coming from a malarious ground, is strained, as it were, by passing through a wood or grove of trees; a portion of elevated ground, or a high wall, will often arrest its progress. Hence the suburbs of Rome are more exposed to malaria than the city, and the open streets and squares more than the narrow lanes in the centre of the metropolis. The low, crowded, and abominably filthy quarter of the Jews, on the banks of the Tiber, may probably owe its acknowledged freedom from the fatal malaria to its sheltered site and dense population."

Dr. Folchi, physician to the Hospital St. Spirito, observes on this point, "The atmospheric vicissitudes which prevail during the summer season produce two important effects—a serious disturbance in the functions of the skin, and a subtraction of the thermometrical vital fluid furnished by the activity of the nervous system. The consequence of the former condition is an alteration in the intestinal mucous membrane; of the latter, an alteration of the ganglionary system. Thus, the essence of intermittent fever consists in a disturbed equilibrium of the elements of life, and principally of the nervous fluid, which the febrile movement tends to bring back to a healthy condition."*

The circumstance of the saturated soil being freely exposed to the action of the sun's rays, and the conse-

* Sull' origine delle febbre intermittenti in Roma.

quent decomposition of animal and vegetable matters upon its surface, after heavy rains, or in stagnant waters, is the principal cause of the greater prevalence of malaria in modern as compared with ancient times, when great part of the now exposed and deserted Campagna was covered with wood or buildings. The plantation of trees is, therefore, a means of diminishing the evil, as has been found to be the case in the Tuscan Maremma, where the fixed population has greatly increased within the last twenty years. Trees, and plants which have an abundance of leaves, are most advantageous for this purpose. Where the vine is cultivated, the malaria seldom prevails. Not only is the air filtered, as it were, by passing through the foliage, but it is further purified by the chemical changes occasioned by the superabundance of azote being absorbed, and oxygen being emitted.

To this natural remedy, viz., plantation and cultivation of the ground, there are, however, obstacles, which in many parts are insurmountable to colonization on a large scale :—1st. The extent of unhealthy district to be acted upon would entail a great sacrifice of human life, and of capital at the outset, without the likelihood of any corresponding return for a long series of years. 2nd. The deficiency of magazines, stables, roads, and habitations : 3rd. The want of a certain quantity of available soil for the production of fruits, wine, grain, and fodder for cattle : 4th. The comparative absence of water for drinking and for irrigation : 5th. The earth, being in many parts too soft and argillaceous, from the inundations of the Tiber and other causes.*

* See the observations on the climate of Italy in the Appendix.

Even in those portions where cultivation might be readily undertaken, the crops would be of inferior quality, for which it would be difficult to find a market —there being already a sufficiency of produce for Rome itself; that which might be obtained by cultivating the Campagna would not repay the expense of transport for exportation; which, from the deficiency of roads, or of any navigable river, would be attended with considerable outlay. Much, however, has been, and more could be done, towards improving the quality of the air—by the drainage of marshy lands, preventing the accumulation of rain, planting trees near ponds and collections of water not drainable, and also along the shore of the Mediterranean—the relaxing south wind, most prevalent in summer and autumn, being one of the most powerful predisposing causes of the fevers, and the consequent visceral disease, to which are subjected more especially the inhabitants of the country, whose houses are not raised above the level of the plain, and who are consequently exposed to the action of this noxious agent not only by day but also at night, when the body, having been relaxed by the heat, the skin is more capable of absorption, as is especially the case during sleep. Hence the necessity of the rule for those travelling by night through the Pontine marshes, or other unhealthy localities, by all means to avoid sleeping. In winter there is, however, little reason to apprehend the effects of malaria in any part of the city in persons not predisposed.*

The climate of Rome is milder, and the winter

* Two or three English physicians reside during the winter at Rome.

shorter, than in most other parts of Italy. The air is soft, comparatively seldom agitated by sharp winds, and is at times oppressive, especially during the prevalence of the sirocco, which, however, mostly agrees well with pulmonary invalids. The tramontana, or cold northern winds, are sometimes severely felt in the winter and spring, usually lasting three days; the neighbouring hills are not sufficiently high to protect the city from this influence; and cold winds are the more sensibly felt, from the general softness and relaxing qualities of the air. Rome may be considered humid, as compared with other places of resort in Italy. The common causes of dampness are the stagnation of the air, the occasional fogs from the Tiber, and the exhalation from the earth after sunset, sometimes to such an extent as to wet the pavement. Within the short space of half an hour at this time of the day, there is a marked difference in the temperature, on which account strangers, and especially invalids, should be provided with an extra garment to put on when out of doors. The variations of temperature beween the narrow streets, and especially between the cold picture or sculpture galleries, and sunny places, are very great, and require to be particularly guarded against. Two thermometers, which were placed at the same time, the one on the sunny, the other on the shady side of a window, exhibited the difference between 91 and 45 degrees.

The mean annual temperature (deduced from twenty years' observations), is 15·46; the mean temperature of the different seasons as follows:—winter, 8·1; spring, 14·29; summer, 22·91; autumn, 16·49. Sir James

Clark states the mean winter temperature to be ten degrees higher than London; seven higher than Pau; and one higher than Nice. More recent observation has, however, shown, that the difference between London and Rome is not so great; and that Nice has a winter temperature higher than Rome by more than a degree. In spring, Rome is five degrees above London, three above Pau, four below Nice, about the same as Naples, and four below Madeira. With respect to steadiness of temperature from day to day, Rome precedes Naples and Pau, but comes after Nice and Pisa.

"The north winds, which have easy access to the basin of Rome," says M. Carrière, "are often in conflict with the warm and moist winds of the south. This contest, which occurs in winter, and more rarely in the spring, proceeds in general by abrupt transitions; then not only does the temperature become modified, but the depression of the thermometer becomes complicated with a movement in the hygrometer. The air in losing its heat likewise loses its humidity.

"Thus the inconstancy in the conditions of the atmosphere, and a certain humidity which varies according to the winds and seasons, constitute the leading features of the climate. This inconstancy especially prevails during the first weeks of winter; a clear alternates with a cloudy sky; dryness with rain. This condition lasts during the period of winter rains, which are distributed with uniformity throughout. After December, when the humidity descends from a high to a very low point, following the law of succession of the winds, the northern influences predominate; cold, dry winds prevail, with a certain degree of continuity, but they do

not agitate the atmosphere much, and give place at the end of two or three days to the antagonistic and collateral winds. The air is tolerably calm, and the sun shines. The beginning of January resembles February. When this month approaches its termination, some recurrence takes place towards the cold of winter. This moist air, of which the humidity is seldom too great, and the temperature not changing too abruptly, except at certain seasons that may be foreseen from the regularity of their return, have for their immediate effect to allay pulmonary irritation. But this climate does not suit all periods of pulmonary disease; when the exhaustion is not too marked, it acts favourably: in the opposite case it adds a new cause of weakness. Another inconvenience resulting from this quality of the air is hemoptysis. The spring at Rome is generally mild, with occasional days of wind, and the weather settled. May is warm, and in July the power of evaporation is at its height. The unfavourable season for Rome and its campagna lasts till September. October is the favourite month of the Romans; it is to them as a harbour after bad weather; abundant rains water the earth, and reanimate vegetation; the sun shining in the intervals of rain imparts the appearance of a second spring. November retains some analogy with October, being characterised by the alternation of rains with sharp cold."*

During a period of sixty years (1782 to 1842), north and northerly winds have generally prevailed in the morning and evening—occasionally the whole day in the bad season. During the healthy season, if the

* Du Climat de l'Italie.

morning is refreshed by the northern winds, the rest of the day, as well as part of the night, are under the influence of the southerly wind, to which must be added the west wind, which, blowing regularly as a sea-breeze, causes some modification of the temperature. According to Colandrelli, the south-east, the south, south-south-west, and the west, the warm and cool winds of Italy, prevail in the proportion of 62 to 100.* This preponderance of warm winds, however, is far from having an absolute regularity. Thus, M. Carrière observes in 1842, they were as 284 north to 132 south; in 1841, 207 north and 224 south; in 1840, during which the north predominated in autumn and the beginning of spring, 222 north, 87 west, south-west, and south. In 1839, the calculations gave 221 south for 177 north; and 293 south for 179 north. Colandrelli states that the south-west (from Africa, passing over the sea, and Albano) is next in frequency to the south wind, which meets but few obstacles in its passage; next in frequency is the north-north-east, which enters by the valley of the Tiber; then the south-east, or siroccal wind, which is felt at Rome less than at the other parts of the Mediterranean shore: the north-west (mistral), which is powerfully felt at Provence, and in the bay of Naples, presents the weakest proportion at Rome. The east, south-east, and south winds favour most the fall of rain.

The average number of rainy days, from observations made during 39 years, is 114; the minimum having been 56 (in 1828), the maximum 158 (in 1784). In this respect Rome may be considered intermediate between the vale of Arno and Genoa on the one hand,

* Annali dell' Osservatorio Astronomico.

and Nice and Provence on the other. A third more rain falls at Rome than at Nice, somewhat more than at Florence, but much less than at Pisa. It appears also that more rain falls at Rome than at London, where the number of rainy days is on an average 178 in the year; the mean quantity of rain being 31 inches. It must, however, be borne in mind, with reference to the number of days on which rain falls, that small quantities at a time, or showers, are very common in England; while at Rome the rain falls more violently, and in larger quantity at particular seasons, leaving a longer interval of fine weather.

Dr. James Johnson justly observed, in a work published many years ago on "Change of Air," with reference to the transitions in temperature, and the relaxing effect of the climate, "The very circumstance which forms the charm, the attraction, the theme of praise in the Italian climate, is that which renders it dangerous, because deceitful, viz., the long intervals of fine weather between vicissitudes of great magnitude. This is the bane of Italy, whose brilliant suns and balmy zephyrs flatter only to betray. They first enervate the constitution, and, when the body is ripe for the impression of the tramontana, that ruthless blast descends from the mountains on its hapless victims."

We cannot, however, wonder that so many of our countrymen, who do not see the dark side of the question, should have allowed themselves to be captivated by the bright skies of Italy, and the delightful temperature of a large proportion of the winter days, when it may be truly said that

"Ein sanfter Wind von blauen Himmel weht,"

on comparing them with the fogs, humidity, and variable weather of their native land; and there is no question that persons in health may, by taking due precautions against the transitions of temperature, derive all the advantage and gratification afforded by the climate during the winter months, without danger of their health being prejudicially affected; but that, on the other hand, a long residence in Italy (especially at Rome), or even returning thither during several successive winters, does, in many cases, materially impair the health—frequently without the cause being suspected, or, at all events, enervates the constitution, thus diminishing the vigour of the body and the energy of the mind.*

The relaxation and oppression of spirits produced by the stillness of the atmosphere, especially during the prevalence of the sirocco, may generally be removed in some degree by a canter on horseback; the person thus carried rapidly through the air, without active exertion, being in much the same condition as if he were himself stationary, and the air agitated by winds. Many people, after two or three months' residence at Rome, feel themselves relaxed and out of health; this indisposition may generally be removed by an excursion for a fortnight or three weeks to Naples, Florence, or even to Albano.

On the whole, Rome may be considered as one of the best residences in Italy for patients labouring under consumption, though, in the advanced stages, little benefit can be expected; and, since the climates of the continent have been better understood by the profession in Eng-

* See remarks on travelling in the Appendix.

land, the number of those who are sent out while labouring under irremediable disease is much less than formerly. Comparatively few invalids, seriously affected, have consequently of late years resorted to Rome; the great majority of the English being composed of families, and travellers for pleasure. In the tendency to consumption, and in the early stage of this disease, much advantage may, however, be frequently derived from wintering at Rome, either wholly or in part; but persons similarly circumstanced should not, in general, remain throughout the summer in Italy. Consumption is less frequently met with in the hospitals than at Florence, Genoa, and Naples. The period from the close of winter to the spring is the most preferable. In some cases Pisa agrees better than Rome, in others Nice, especially as regards counteracting the predisposition. In some bronchial and laryngeal diseases, which are not unfrequently mistaken for disease of the lungs, and which, in fact, frequently superinduce disease of these organs, the climate will often produce permanently beneficial effects, and contribute materially to their removal. Those cases marked by a tendency to inflammatory action, or accompanied with much local irritability, are in general the best adapted for Rome. Many dyspeptic, rheumatic, and gouty invalids, especially if of an irritable habit, will likewise derive benefit from passing the winter at Rome, or between Florence, Rome, and Naples. Rome generally agrees well with elderly people, and many attain there a great age. It does not in general suit patients with neuralgic or nervous affections; neither would a prolonged residence be advisable for those liable to cerebral congestion. As

regards nervous affections, M. Carrière says, "Because the Romans are subject to nervous disorders, and an enervated sensibility, it must not be inferred that inhabitants of England, or the south of France, presenting analogous conditions, should be prohibited from residing there. The irritability among the Romans is developed by the heat, which powerfully impresses the nervous system. In the north, on the contrary, irritability is produced either by a deficiency in the equilibrium of the sensitive activity, or in that which results from the more or less abrupt variations of temperature; or that which arises from fatigue of the mind, or of the senses. In these instances the climate will be favourable, by subjecting the sensibility to an equality of impression well fitted to restore the equilibrium, and to occasion a cessation of the disorder. It would produce a contrary effect where the irritability is accompanied with general weakness. Nervous affections of the digestive organs are relieved by the mild influence of the climate."

It must be borne in mind that the active medication employed in England would not be well supported by those who have long resided in Italy; for those, however, who have not been long enough to become acclimated, it is not generally necessary to make any material alteration in the treatment of acute disease, such persons not being much more susceptible to the action of remedies than they would be in their own country.

As respects a summer residence in the environs of Rome; the higher grounds of Tivoli and Frascati, now speedily reached by the railroad, though famed for the beauty of their position, are considered to be damp as

compared with Albano, which, indeed, is the usual resort both of Romans and strangers at this season. It is cool, and said to be more healthy than Naples or its environs. From its elevated position, commanding an extensive view of the Campagna, it is fully exposed to the sea breeze, which sets in at ten in the morning, and tempers the solar heat. The thermometer seldom exceeds 72 Fahrenheit, when placed in a southern exposure. The fine avenues of trees and wood belonging to the Villa Doria, enable visitors to take exercise at any time of the day.*

Civita Vecchia is three hours distant from Rome by rail; the country traversed is undulating, uncultivated, and devoid of interest, there being no habitations except at the former post stations. This town is only interesting as the port for the landing and embarkation of travellers.

* "Frascati and Tivoli," says M. About, "no longer merit their reputation for the purity of their air. The most healthy quarters of Rome, as the Pincio, have become unwholesome of late years. The fever makes progress, while the cultivation is diminished."

CHAPTER IX.

PONTINE MARSHES—NAPLES, AND THE NEAPOLITANS—CLIMATE—SORRENTO AND CASTELLAMARE — ISCHIA — PALERMO — MALTA, AND ITS CLIMATE.

THE most frequented road from Rome to Naples traverses the Campagna, intersected by long lines of aqueducts as far as the hills near Albano, between which and L'Aricia the country is picturesque. Beyond Velletri it is carried in a straight line through the Pontine marshes; a great part of the way along the bank of the canal into which the water is drained. Throughout this distance, not a habitation is to be seen except the half-way post station, and scarcely a living being,

> "Save the herdsman and his herd,
> Savage alike."

and an occasional wayfarer along the road. The marshes are bounded on the east by the chain of Apennines, on the acclivities of which are two or three towns (formerly the resort of banditti), and by Terracina on the south. The Circean promontory, seen from a considerable distance, is the only striking object to attract the attention. Terracina is situate on the shore, at the base of a bold and precipitous rock, washed by the sea, and where the marshes terminate: it is also formerly celebrated in the annals of *brigandage;* but those days are gone, the governments having pretty effectually put a stop to the system of highway robbery, as it was formerly methodically pursued. When any

thing of the kind now takes place, the idea and plan generally arise *à l'improviste* among some of the peasantry or idlers in the towns, if they think a favourable opportunity presents itself. As, however, a reward and pardon are offered to those who will give up their accomplices into the hands of justice, the perpetrators are generally discovered. The couriers and diligences in Modena, the Romagna, and some other parts of Northern Italy, are, nevertheless, still escorted by a dragoon riding on each side of the carriage.*

The aspect of the few people seen at the post stations of the Pontine marshes, and of the towns at their extremity, is much less unhealthy than some years ago, the malaria not having been so destructive since the improved drainage, by which many parts are now rendered capable of cultivation.

Shortly after leaving Terracina, the traveller enters the Neapolitan territory at Fondi, which, as well as Itrï, is a miserable town, where many of the male inhabitants, covered with ragged cloaks, stand idling in the streets, and looking as if they regretted the *bon vieux temps*, when some of their ancestors could levy forced contributions with comparative impunity. Between Itrï and Mola di Gaeta, the scenery is highly interesting. From this town, delightfully situate on the shore, a fine view may be enjoyed of the bay, with Vesuvius—

"che fa col foco
Chiara la notte, il dì di fumo oscuro."

* Travelling has of late become less safe, on account of the number of soldiers and others thrown out of employ in consequence of the recent political disturbances.

Hence the country is level and extremely fertile, being termed the Campagna Felice. Having passed through Capua, which, whatever might have been its attractions in the days of Hannibal (whose soldiers, we are told, were so captivated thereby, that they passed many months in slothful luxury), certainly does not at present offer very strong inducements for a prolonged sojourn—a long suburb is traversed, and the traveller drives to the quarter where strangers most do congregate. This is at the southern extremity of the Strada Toledo, which divides the city into two portions, extending from Capo di Monte southwards to the Castel dell' Uovo, a distance of near a league. The railroad from Capua is of no advantage to travellers from Rome.

Naples has a south-eastern aspect. There are five principal entrances; that by the bridge della Madelena, not far from the sea, is the most striking. Between it and the town is an extensive space, along which handsome buildings have latterly been erected, forming a fine approach. Continuous with the Porta Capuana is the Poggio Reale, a wide road ornamented with trees and fountains. The third entrance, del Campo, leads to the Place appropriated to military exercises, whence a beautiful sea and land prospect is enjoyed. On the north is the grand entrance by Capo di Monte, passing the royal palace. On the western side, the Grotto of Pausilipo forms the chief entrance, opening upon the Mergellina. "Descending the smiling hill of Pausilipo," says Valery, "shaded and decorated by festoons of vines and the graceful umbelliferous pine, we reach the shore of the Mergellina, a charming spot, so happily sheltered that it only loses its foliage one month in the year. The

fishermen, remarkable for the beauty of their antique shapes, are also interesting on account of their laborious peaceful life, their domestic existence, their well-gotten wealth; they seem the virtuous troglodytes of the Neapolitan people."*

Naples is second only to Paris in the amount of its population; the crowded and bustling aspect of its streets contrasts strongly with the tranquillity of Rome. The author of a popular work already quoted gives the following account of the street population:—"The noise of Naples is enough to drive a nervous man mad. It would be difficult to imagine the eternal bustle and worry of the streets: the people bawling and roaring at each other in all directions; beggars soliciting your charity with one hand, while with the other they pick your pocket of your handkerchief; the carriages cutting their way through the crowd, with which the streets are thronged, with a fearful rapidity. It requires the patience of Job to carry on any dealings with the people, who are a most unconscionable set. Every bargain is a battle, and it seems to be an established rule to ask on all occasions three times as much as is just."†

* This writer appears to have fallen into a considerable error in one respect, which it is surprising was not corrected by his English translator. He says, "Naples, the third city of Europe for population, has fewer foundlings by far than London or Paris, as may be seen from the following comparison:—At London, where there are 44,000 births, there are 20,000 infants *exposed*.—At Paris, with 29,000 births, there are 10,000 infants exposed.—At Naples, with 15,000 births, 2,000 infants exposed. Hence we find that the infants exposed amount in London to nearly half the births." The truth is, there are proportionately fewer foundlings in London than in any large continental capital.

† Diary of an Invalid.

The city is seen to great advantage from the sea; the line of white buildings extending in a semicircle for miles along the shore, and rising one above another on the acclivity of the central hill, the summit of which is crowned with the Castle of St. Elmo; the islands of Capri, Ischia, and Procida in the bay, with Cape Misenum on one side, Vesuvius and the coast of Sorrento on the other—are generally acknowledged to form one of the finest panoramas in Europe. Most of the houses are lofty, and the streets narrow, of which the inhabitants experience the advantage in hot weather. With the exception of the Largo del Castello, in which are the palace and the theatre of St. Carlo, and of the space in front of the handsome church, St. Giovanni e Paulo, built after the design of the Pantheon, there are no spacious squares or Places. The parts fronting the bay, where strangers mostly reside, are the Santa Lucia, Chiatamone, Chiaja, and Strada Vittoria. The public garden of the Villa Reale extending along the Chiaja, between the houses and the sea, is prettily laid out with shrubs and parterres of flowers, among which wind several shady walks, of which, elsewhere, there is a great deficiency at Naples. The Castel dell' Uovo stands on a rock, which is only connected with the land by a drawbridge between the Chiaja and the port. The Mole always presents an animated appearance, both from the movement among the shipping, and also from the number of idlers there assembled, listening to an improvisatore, or a reciter of Ariosto, or laughing at the antics of Punch; their love for whom, which used to form a national characteristic, has, however, somewhat declined of late years.

Of the above-mentioned situations, the Santa Lucia is the least eligible for invalids, on account of its being more exposed to cold winds, which several of the houses are but ill calculated to exclude.

The number of churches at Naples remarkable for beauty of architecture, or richness of interior decoration, is small compared with Rome or Venice. Those best worth visiting are the St. Giovanni e Paulo, the Santa Maria Maggiore, and the San Martino, which is extremely rich in paintings and precious marbles. It stands on the hill, close to the Castle of St. Elmo. From the balcony of the adjoining convent an enchanting prospect is displayed—

"Earth one bright garden, one bright lake the sea."

The flat roofs of the houses, seen from this position, present a curious and novel aspect. Naples possesses fewer objects of general interest than the other large Italian capitals. The interior of the Royal Palace contains some good pictures, but the most interesting public establishment, to which repeated visits may be made with satisfaction, is the Museo (formerly termed) Borbonico, which almost equals the Vatican in the richness of its collection of statues, and contains, besides a picture gallery, the fresco paintings, mosaics, gold and silver ornaments, gems, domestic utensils, Etruscan vases, &c., discovered in the excavations of Pompeii and Herculaneum.* The process of deciphering the

* Among the most celebrated statues may be mentioned those of Marcus Balbus, father and son, on horseback, found in Herculaneum; Agrippina, seated; several busts of gods and Roman emperors; a

rolls of papyrus is extremely curious, and has of late made great progress.

The Albergo dei Poveri is a fine establishment, containing a population of 6,000 souls, paupers and orphans. The men and boys on one side, the women and girls on the other, are employed in various avocations, as tailors, shoemakers, manufactories of linen and cloths, pins, type-foundry, &c. A chapel and infirmary for the sick form a part of the establishment.

There are at Naples four or five large hospitals. The principal one, the *Incurabile*, stands in the centre of the city, in an elevated position, and contains about 1,400 beds; the wards are of considerable length and breadth, clean, and tolerably well ventilated. As at the other Italian hospitals, patients are admitted on application, and are attended by *sœurs de la charité*, and subordinate male and female attendants. Small bleedings, frequently repeated, are a very general practice, as in other parts of Italy; and numerous sign-boards may be seen in the streets, at the barber-surgeons', representing the figure of a man with blood flowing in a full stream from the arms, legs, and neck. Stimulating, tonic, and laxative medicines

colossal Flora; Homer, Aristides—the latter also discovered in Herculaneum, and one of the finest specimens of the Grecian chisel extant; the Venus Calypige; the magnificent group of the Toro Farnese; the Hercules of Glycon, found in Caracalla's baths: and a large statue of our Saviour on the Cross by Michel Angelo. The cabinets of antique bronzes and the Etruscan antiquities will also afford gratification for many an hour. In the picture gallery will be especially remarked Leo the Tenth between two Cardinals, by Raphael: a Landscape, by Claude; the Guardian Angel, by Domenichino; Titian's Danaë; a Child sleeping near a Skull, by Guido.

are not frequently exhibited, but sedatives are more commonly used.

Though possessing most of the resources of a metropolis, Naples—which, during the first few weeks' sojourn, is so enchanting—is not in general a favourite place of abode; when the environs have been visited, the town itself is not found to possess the attractions of Rome, or even of Florence, whose neighbourhood abounds in walks and rides, in which respect Naples is deficient; the continual view of the bay, the chief object of attraction, being, after a time, not unfrequently considered monotonous. Neither is the society so agreeable as at Rome, which is also more suited to persons of contemplative or studious habits. These latter may, however, find scope for the indulgence of their taste in the Royal Library, annexed to the Museum, and containing 250,000 volumes, with upwards of 1,700 papyri found in Herculaneum. The Brancacciana Library contains 50,000 volumes. There is also a scientific library connected with the university. The Monte di Misericordia is an institution founded in the year 1600, for affording relief to the poor by granting loans; the debts of deserving individuals, if not exceeding 100 ducats, are paid; poor patients are sent to the baths of Ischia at the expense of this establishment.

The manufactures at Naples are mostly silks, woollen, and cotton articles, carpets, paper, gloves, artificial flowers, glass, and crystal.

The environs of Naples can scarcely be surpassed for scenic beauty and interest; whether you muse o'er Virgil's tomb; view the stupendous grotto of Pausilippo, and the ruins of Pozzuoli; stroll around

the Lake Avernus, the classic shores of Baiæ and Misenum—

"Where Cæsars deign'd with revellers reside;"

whether you sail to the islands of Ischia, Procida, and Capri, or proceed by rail along the coast to Castellamare, and to the orange groves of Sorrento; or whether, after traversing fields of lava, you explore the streets of Pompeii, the city of the dead, indulging in reflections which its associations are calculated to excite—

"Here radiant porticoes appear,
Halls that painted columns rear,
Courts where central fountains play'd,
Galleries that the noon-sun shade;
Here, Isis' mystic fane, and there
Each marble-structured theatre!
What though no roof the radiant courts enclose,
Fantastic figures beaming from below,
Along the rich mosaic brightly glow,
All that from Raphael's fairy pencil flows,
In graceful arabesques the walls adorn,
Wing'd nymphs that float in air, and wind the wreathed horn."

Sotheby's Italy.

The ascent of Vesuvius is practicable on mules for about a mile further than the hermitage. As this is a work of difficulty and labour, it should not be attempted by invalids, who, if desirous of ascending, should be carried up in a *chaise à porteur.* The last eruptions have very much altered the aspect of the mountain. The form of the crater is likewise so much changed as to be no longer recognisable by those who had seen it in its former state. The panorama of the city, the bay, its shores and islands, the chain of mountains in the

background, together with Pompeii, lying immediately beneath, is one of the finest in the universe.

The Neapolitans have more vivacity than the Romans. Most of the upper classes have but little general information, and, like those of Genoa, seem to care for little else than the enjoyment of the passing hour. Eustace, speaking of them (though his account would be somewhat overcharged if written at the present day), attributes the dissoluteness of manners to the enervating influence of the climate, the absence of moral principle, the facility of obtaining absolution, the formation of marriages from motives of *convenance*, the absolute nature of the government, which, by restricting the whole power in the sovereign and in the ministers, deprives the nobility of motives for exertion or employment. "Hence," says he, "without motive for exertion, they allow the nobler faculties of the soul, which have no object to engross them, to slumber in lethargic indolence; while the sexual appetites, whose indulgence is always within reach, are in full activity, and engross all their time and attention. Hence their days are spent in visits, gaming, and intrigue, and their minds are confined to the incident of the hour, the petty cabals of the court, and the vicissitudes of their own circle. They are never called to the country by the management of their estates, which they leave entirely in the hands of their stewards; they live in the capital, forgetting themselves and their duties in an uninterrupted vortex of dissipation, and have neither opportunity, nor perhaps inclination, to harbour serious reflection. Idleness, therefore, is the curse and misfortune of the Neapolitans, and, indeed, of all foreign nobility. It is the bane

which, in despotic governments, enfeebles the powers and blots out all the virtues of the human mind. To it we may boldly attribute the spirit of intrigue which at Naples so often defiles the purity of the marriage bed, and dries up the very source of domestic happiness."

Among the middle classes information is more diffused, and literature and science are more cultivated. The state of medicine and surgery is higher than at Rome, and fully equal to that of Northern Italy. Most of the shop-keepers and lower classes are covetous and over-reaching, and the stranger will require to look pretty sharp in his dealings with them; so that the account from the "Diary of an Invalid," introduced a few pages back, holds equally good at the present day in this respect, and also as regards the picking of pockets. The lower orders are, however, mostly good-humoured, and quick at repartee, though passionate, and disinclined for more exertion than is sufficient to enable them to exist from day to day: nowhere is the "*far niente*" better exemplified, both in the higher and lower ranks, than in the Neapolitan states.*

* That but little improvement has taken place in this respect appears by the following extract from a communication of the special correspondent of the *Morning Post*, March, 1861, headed "Naples Social and Economical:"—"Of all the calamities with which Southern Italy is cursed the worst and most widely spread is the ignorance of the people. Examine the intellectual condition of either the upper, the middle, or the lower classes, the low standard of education—in the lowest the absence of any education whatever—stares you in the face; the 'upper ten thousand' in Naples have no better object or aim in life than the *dolce far niente*. Loitering and lounging, gossip and scandal, gambling and intrigue—in this sickening round of vice the Neapolitan noble fritters away his whole existence. Nor is this to be wondered at: he has received no other education at his college,

The Lazzaroni, as a body, may be said to exist no longer. Many of the lower classes are exceedingly well formed, and are able to go through a great deal of hard labour. Since the annexation to Piedmont some reforms have already been effected. Associations have been formed among the working classes for mutual instruction and improvement.†

The climate of Naples is at times exceedingly changeable with respect to variations of temperature, which are great, frequent, and sudden. The hills behind the city are not sufficiently high to protect it effectually, and the thermometer often sinks below the freezing

or from the priest, his tutor, than to learn by rote a few rules of grammar, to perform a few exercises in rhetoric, or to act a part in a French play; and, when he has finished this miserable routine, he is only fit to receive and hold by those prejudices of his order which have supplied the place of both knowledge and principle amongst his own family and his own friends.

"The middle classes form unquestionably by far the best educated portion of the Neapolitan population, and many individuals from these classes exert themselves to diffuse in their own country the literary and scientific treasures, or the artistic and industrial results, secured from more favoured lands. The most distinguished members of the middle class cultivate, not without success, science and letters, but a great difference is observable between the character and standing of the commercial class, and of the same body in Northern Italy. In Naples the prejudice prevails to the fullest extent, that trade is something low and vulgar and degrading; and, accordingly, there is no sound commercial education for those who wish to devote themselves to mercantile pursuits.

"When from the higher and middle we pass to the lower classes

---

† By the most recent accounts, though Naples itself is quiet, the country is in a very disturbed state, from the prevailing organised brigandage and reactionary movements which the government find it difficult to control.

point. Cutting winds prevail, especially in spring; the Sta. Lucia is particularly exposed to their influence, while at the same time the sun has great power, rendering invalids extremely susceptible. "Naples," observes M. Carrière, "is expanded along the shore, and its extent becomes more and more circumscribed towards Capo di Monte. Its general form is that of a vast triangle, the base of which rests on the shore of the bay, the apex being the hill at the extremity of its principal street. The two sections along the shore represent two semicircles, with the central quarters at their back: they have not consequently the same aspect.

of the Neapolitan population, we find the state of matters a thousand times worse. It is very seldom indeed that you meet with a man of the humbler classes who is able to read and write. The lower Neapolitans have been literally steeped in superstition—the work of the priests and monks—partly through the stupidity and ignorance of their teachers, partly through the systematic policy of the government, by which ignorance and bigotry have been studiously encouraged as the best support of despotism. This system has produced its terrible fruits. In many parts of the Neapolitan dominions the peasants are little better than brute beasts; they are utterly deficient in noble sentiments; they are characterised only by a savage ferocity, they are unwilling to listen to, and indeed are unable to comprehend, reason of any kind; they have but one thought, the wish to gratify their passions, and for this gratification they will shrink from the perpetration of no crime.

"Schools of all kinds are wanted in Naples, and schools in which the first principles of morality, and the first truths of religion, shall be taught to the children of a people singularly gifted by nature in intellectual qualities. The attempt to establish any of these schools will assuredly call forth the most serious opposition of the priests. We behold all the patrons, and creatures, and instruments, of every abuse, political and social, banded, as if by a common instinct, against all reforming measures. Foreign mercenaries and native sinecurists, the clergy of all grades, and these domestic enemies, constitute the most formidable allies of the foreign foes of Italy."

Thus, the hilly (western) side presents its concavity to the west-north-west; the other looks more towards the south-east. The former is exposed to the mistral, rendered moist by its passage over the sea, which blows powerfully along the quays of the Mergelline to the borders of the Sta. Lucia quarter. It is no longer felt at the entrance of the Strada Toledo. The long ridge of Pausilippo, that which fills the space between the shore and the Capo di Monte, forms a tolerably efficient barrier against the north; the north-east passes between the Capo di Monte and the Capo di Chino; the east finds an obstacle in the Somma. The south-east and south sweep along the maritime acclivities of Vesuvius, or across the bay from over the mountains of Castellamare and Sorrento; consequently the least frequent winds are the east, the south-east, and the north, and the most frequent are those from the sea and the shores, where nothing opposes their passage, or even moderates the intensity of their action. The prevalence of northern winds in proportion to southern, may be estimated as six to nine."*

De Renzi states that autumn is generally the rainy season; the largest quantity of rain falls in November

* M. Carrière recommends invalids to reside in the tolerably wide and airy streets opposite the palace and the neighbouring squares, separated from the sea by ranges of houses: also the quarters with wide st eets, near the Capo di Chino and the upper extremity of the Strada Toledo, where the influence of the western winds is weakened, and where the air is freshened by that of the south-east.

Few persons who might be induced to select Naples for a winter residence, would, however, be disposed to isolate themselves in these quarters, where they would be away from the shore, and deprived of the advantage of being able to walk at all times on the Villa Reale.

and October. In December, when there is a preponderance of the northern winds, there is commonly but little rain, the weather being clear. January is even a drier month than December. The driest months of the year are July and August; storms are not of unfrequent occurrence. The south-west wind brings clouds and rain. The south and south-east (*ostro* and *sirocco*) produce very analogous effects, inundating those exposed to their influence with a warm and invisible vapour, which, while it penetrates, depresses the muscular energies and the mental powers. In a moral point of view, it perfectly explains the Neapolitan inertia, and the quiet fatalism of eastern populations. The north-west wind is severely felt in the Sta. Lucia quarter; it is somewhat moderated in the Villa Reale and the Mergelline; it is cold and not often dry, as it is elsewhere, on account of its passage over the sea.

Hail and snow are occasionally seen at Naples. The frequent variations from dryness to moisture, and from warmth to cold, favour the disengagement of electricity. The mean annual temperature of the city is 16·5; the mean of winter is 9·8; spring, 15·2; summer, 23·8; autumn, 16·8. The maximum of temperature is 38·7; the minimum is 5° below zero. The western winds modify the local influences; so that, notwithstanding the rapid transitions in the condition of the atmosphere, the thermometer seldom rises very high or descends very low.*

Professor Wagner, in his appended observations on climate to Förster's Italian Guide, says:—"Naples is exposed to all winds, hence the summers are not so

* Topographia e Statistica Medica della città di Napoli.

hot. In winter the thermometer is often some degrees below 0°. At the end of autumn and in spring, cold and showers are frequent; the average number of rainy days is 80; of which 30 in autumn, 24 in winter, and only 8 in summer. The number of clear and serene days amount to 90; that of cloudy ones to 70; and of the variable to 120. Hail is tolerably frequent. In winter Naples is exposed to south and south-west winds, which bring rain. In summer the north and north-east predominate. The daily range of temperature is greater than at Rome."

As may be inferred from the above accounts, a protracted sojourn at Naples is not suited to many invalids labouring under pulmonary disease. In chronic bronchial cases, with but little general or local excitability, and accompanied by free expectoration, the first two or three months of winter might, however, generally be passed with advantage in this climate, which suits also those nervous and dyspeptic patients, where there is atony or torpor of the functions, with depression of spirits. Those whose general health is disordered from a residence in tropical climates, but without existing disease, may usually pass the winter very well at Naples. It is, however, too exciting for gouty patients of an irritable or plethoric habit; neither is it well calculated to benefit those suffering from rheumatic affections. Neuralgic complaints are not unfrequently relieved; such patients should be careful to avoid exposure to cold winds.

The sirocco is more severely felt than elsewhere in Italy. The weather during April and May is generally delightful, though in the latter month the heat in the

middle of the day is so great, that scarcely any body is to be seen in the streets, most of the inhabitants taking their siesta, in order to appear in the evening.

Mrs. Carleton does not speak favourably of Naples as a *residence*, having, as she says, "defects that can hardly be compensated by its surrounding beauties; the climate is changeable, the rains abundant, the water bad, the gnats innumerable, the noise incessant, the baths limited, the language detestable; in all which respects, except rain, it is the opposite of Rome—in cheapness and masters inferior, and only equal in roguery.

"The coolest and pleasantest summer residence in the neighbourhood of Naples is Sorrento. Castellamare is also one of the most beautiful places near Naples, but it is also the dampest, being placed on the side of a hill, covered with high trees from the foot to the summit. These cool groves are intersected by delightful walks, in which respect it is superior to Sorrento, where the pedestrian toils along narrow, hot, and dusty roads, shut out from the garden of the Hesperides by stone walls; but then it has the advantage of Castellamare in rides. The latter is not only damp but dear, being the most fashionable of all the Neapolitan watering-places."

Of these localities M. Carrière observes, "The summer heat, so oppressive in southern Italy, is tempered at Sorrento by the predominating influence of the northern winds, which blow almost without interruption during the dog-days, and maintain the air in an agreeable state of coolness. At Castellamare, the mountains being near to the sea, there is less freshness, and more

rain-bearing clouds. Castellamare is nevertheless celebrated for the purity of its air. Galen praised the salubrity of Stabiæ, anciently a summer place of abode, of which Castellamare now occupies the site. In cases of general debility, Sorrento would be preferable. Castellamare would be more favourable to derangements of nervous sensibility, resulting from the fatigue consequent upon the pursuit of pleasure, from over exertion of the mind, or from the annoyances of business."

The mineral springs of Castellamare are frequently used by the summer visitors. Their medicinal virtues were celebrated by Galen and Pliny. The principal springs are the Aqua-media; the Sulphuro-chalybeate; the chalybeate of Pozzano; the Acetosella; the sulphurous water of Muraglione. The Sulphuro-chalybeate resembles in some measure the Pyrmont water, and is employed in atonic and lymphatic habits. The waters have a temperature varying from 12 to 16 R.; they are but slightly gaseous, the Muraglione being the most so.

These waters are applied to meet various indications; the Media, in visceral obstructions, and abdominal congestion, hemorrhoids, amenorrhœa, &c.; the Muraglione in the same class of cases, where a less energetic action is required, and in nervous complaints; the Acetosella in renal affections, calculous deposits, &c.*

At Naples there are two mineral springs rising from a dirty part of the beach, opposite Sta. Lucia, which are a good deal used for drinking, both by the higher and lower classes, in the summer; a string of carriages being frequently seen waiting, while the water is

* Les Eaux de Castellamare, par Dr. de Rivaz.

handed in turn to their occupants. The springs are both cool: one of them has a slight sulphurous impregnation. The sulphuretted hydrogen, however, speedily escapes after the water has been drawn from the spring, and the saline substance is in very minute quantity. The other, or Aqua-ferrata, is, as its name implies, a chalybeate spring. It has not an unpleasant taste, but the saline and ferruginous impregnation is very slight. Each pint contains about seven cubic inches of carbonic acid gas. It may be useful in some forms of dyspepsia from debility of stomach, and as a refreshing drink in summer, though its medicinal properties would be but inefficient in most cases where tonics are required.

The most powerful and efficient waters in this portion of Europe are, however, those of the island of Ischia, situated between the bays of Gaeta and Naples, from which it is distant seventeen miles, and three miles from the small island of Procida. The nearest point of land is Miniscolo, whence the island may be reached in two hours and a half.

Ischia is the largest and most beautiful of the islands near Naples. It is fifteen miles in circumference; its length from east to west is five miles; its breadth from north to south three miles. Seen from the mainland, or from the sea, its aspect is that of a pyramid, majestically rising out of the waves. This appearance is caused by the volcanic mountain Epomee, which is not more than half as high as Vesuvius; its summit is but the termination of ground gradually rising in plateaus from the sea, covered with the richest vegetation. The towns of Ischia and Foria have not a very favourable

exposure, being on the shore, and exposed to the south and west. Casamicciola, on the northern acclivity of the Epomee, a little way from the sea, is the usual place of resort. It is a cool and agreeable residence, the air being even more fresh than at Sorrento or Castellamare.

From the summit of the Epomee, where there is a hermitage (St. Nicholas), the view extends over a panorama, comprising more than eighty miles in circumference, from Cape Circello to Capri and Vesuvius, including the towns and villages along the shore of the bays of Naples and Baiæ, with the range of the Abruzzi mountains in the background.

Besides the Epomee there are several other extinct volcanoes in the southern and western portions of the island. "The soil of Ischia," observes Dr. C. de Rivaz, "being volcanic, and the fires which produce it not being entirely extinct, but still manifesting themselves by smoke, or by warm aqueous vapours which escape from the base and sides of the Epomee, and also by the subterranean heat, which in several parts is very perceptible, it may readily be conceived that the waters which are there found would be more or less hot and charged with mineralising principles; and in fact there is no place so rich in this respect; the temperature of all the springs observed varies from 25° to 80° R. The most used are Pontano, the Bagni d'Ischia, Castiglione, Gurgitello, Cappone, Bagnofresco, La Rito, St. Restituto, San Montano, Francesco I^mo. Citaro, Olmitello, and Nitroli. The greatest number of these springs rise in the northern part of the island, principally in the neighbourhood of Casamicciola.

"The chief productions of the island are grapes, figs, and other fruits. The oranges and lemons are finer than on the mainland. The wood of chesnut trees on the slopes of the Epomee afford a grateful shade. Excellent milk is supplied by the numerous goats on the island. The population amounts to about 25,000 souls, two-thirds of whom are cultivators of the soil; the rest being artisans, sailors, and fishermen. Their manners are simple; they are industrious and hospitable. Many antiquities have been found on the island, most of which are transferred to the museum at Naples.

"The Gurgitello is the most celebrated of the waters of Ischia, and the most employed of those in the environs of Naples. Several springs of this water arise in the vale of Ombrasco, on the northern side of the Epomee, and a few minutes' walk from Casamicciola; the temperature is from 50° to 56°. There are at this spring several lodging-houses, and a large hospital for poor patients. The baths are supplied from three large reservoirs. There is also a reservoir for the mud deposited from the water, which is not unfrequently used in cases of disease of the bones. These waters are employed for the most part externally, and in the form of douche, in cases of paralysis, gout, rheumatism, visceral obstructions, scrofulous enlargements, and cutaneous complaints."

About a mile distant from Casamicciola are the Stufæ de Castiglione, upon a hillock, composed of an irregular mass of blocks of lava, which advance into the sea. They occupy two small chambers, a superior and an inferior, the former being cut in the lava, about seven feet in height and breadth, and ten in length, having

but one aperture, viz., the low door for ingress, with an air-hole above it for breathing. The Stufæ of Caccinto, of St. Lorenzo, and Testaccio, are but crevices in the hill-side.

These vapour baths, by their powerful and prolonged action upon the skin, are very efficient in long standing and obdurate cases of gout, rheumatism, sciatica, chronic dropsies, scrofulous tumours, and enlarged glands, badly united fractures, paralyses, and inveterate cutaneous complaints.

Steamers leave Naples every few days for Sicily and Malta, making the voyage to Palermo in about sixteen hours. The view of Palermo from the sea is second only to that of Naples. The city is situated along the bay, and occupies part of an extensive plain, encircled by verdant hills, partly sheltered from the east by Monte Catalfano, and from the north by the Monte Pellegrino. It is enclosed by walls, and defended by bastions and fortifications. Opposite the larger port is the battery of the Lanterna—the small port is likewise protected by a battery. Two fine long streets, crossing each other at the handsome Piazza Villena, divide the city into four quarters; one of these streets (Toledo) leads from the Porta Nuova to the Porta Felice; the other (Maquedo) leads to the Porto Vicario. There are sixteen gates. Among the principal public edifices may be specified, the Royal Palace, the University, the Jesuits' Church, the Ospedale Grande, the Theatre San Fernando, and the Monte di Pieta. The public garden commands an extensive prospect over the bay and adjacent country, embellished with numerous villas and gardens. Outside of the Porta Felice is the Foro (for-

merly) Borbonico, a spacious area, paved and furnished with seats, and ornamented with a statue. The Botanical Garden is also a favourite place of resort in the environs.*

The average winter temperature is higher than that of Naples; nevertheless, north winds are at times severely felt, especially in February and March. The climate generally is more agreeable than at Naples, on which account it has been more resorted to of late years. The accommodation is not, however, very superior; most of the visitors reside in a large hotel, lodgings in good situations being scarce.

"A mere traveller," says Mrs. Carleton, "would never suspect that the soft and balmy air of Palermo was unfavourable to diseased lungs; yet it is so, being of an exciting nature, but in a less degree than the treacherous breeze of Naples, which may be called irritating. However, the fatal malaria lurks in the surrounding country, and the admirers of fine scenery must not be tempted to lead a rural life in the beautiful spots that abound in the neighbourhood. With respect to accommodation, as Palermo is not a usual resort of invalids, they must not expect to find English comfort, English doctors, and snug lodgings. To conclude, notwithstanding the advantages that have been enumerated, those who have wintered at Palermo speak well of it;

* "The Sicilians," says Zuccagni, "are distinguished by great perspecuity and vivacity—the mildness of their climate renders them cheerful; they are passionately fond of music, poetry, and theatrical exhibitions, and have much elevation of character; the numerous charitable institutions bear evidence of their benevolent disposition. The rich and middle classes are addicted to magnificence and show."—*Corographia dell' Italia.*

and the pleasantness and steadiness of its temperature, and the beauty of its situation, will always make it agreeable to visitors."

Possessing the advantages of an Italian climate, with a higher temperature than other places of resort in Italy, Malta has been partially frequented by invalids ever since Queen Adelaide was induced to select it for a winter residence. It is about sixty miles in circumference, eighteen in length, and twelve at its greatest breadth. Owing to the comparative want of high ground, it is not perceived on approaching, until within a few miles. The highest point is not more than 600 feet above the sea. This deficiency of high lands has been signalised by one of the Italian poets,—

"Giace Malta fra l'onda, occulta e bassa."

Nature has provided the island with the finest and safest harbours known. The great Porto di Libera Pratica, encloses four others, wherein large fleets may anchor. There is also the quarantine ports. Malta has neither rivers, lakes, nor marshes; it possesses, however, no less than eighty fountains, as also many caverns and grottoes, containing fine stalactites and stalagmites. The most extensive of these is the grotto of Calypso.*

* The Maltese are said by Zuccagni to be strong, active, courageous, and sober. They are the most skilful seamen of the Mediterranean. Love of their country and of religion prevails among them, and though passionate, and somewhat suspicious, they are in general quiet and orderly. The females are mostly slim and of short stature, their countenance is animated and expressive, the eyes and hair black, and their general complexion slightly bronzed. They arrive soon at maturity, and exhibit traces of age at a comparatively early period.

Eight principal roads traverse the island, two lengthwise, and six crosswise. Valetta, the capital, strongly fortified by nature and art, stands upon a peninsula between the two natural harbours, the Grande and the Marso-Muscetto. Three gates open from the fortifications; the Porta Reale, leading to the interior of the island; the Porta Marina, to the large port; and the Porta di Marso, to the port of the same name. The town is intersected by twenty-one streets, ten lengthwise, and eleven transverse, crossing each other at right angles; several of them are spacious and handsome, having foot-pavements. The principal street passes through the centre from the Porta Reale to the Piazza, in which stands the government Palazzo, whence it is prolonged by a steep descent to the Fort St. Elmo. The other streets pass over ground more or less uneven. Many of them are not carriageable; in some, flights of steps are cut. The Strada St. Orsola terminates in the Queen's Square, where are several fine buildings; another Piazza (Baracca) on the bastion of St. John, commands an extensive sea view. Malta possesses several public fountains, supplied by the aqueduct Vignacourt, which brings the water from springs at the western side of the island. Among the principal edifices may be specified the church of St. John Baptist, containing the Sarcophagi of the Grand Masters of the Order; the Jesuits' Church, St. Agostino; the Protestant Church; and the Palazzo Governatore, formerly the residence of the Grand Masters. It contains some good pictures, and an extensive armoury. The palace is surmounted by a tower, formerly the observatory, now used for announcing the arrival of ships. It communi-

cates with the public library, a fine building containing 40,000 volumes, and some antiquities found in the island. There are, besides, an exchange, a university, a theatre, a commercial palace, the union club, &c.

The mean winter temperature of Malta is 13° (somewhat lower than that of Madeira); that of spring, 17°; autumn, 19°. At certain periods, chiefly from the middle of September to the middle of October, and in the spring, it rains with almost tropical violence, mostly in the night. The sirocco, coming directly from Africa, is extremely oppressive and relaxing; it prevails especially in August and September, the ground being at this time parched up for want of rain. There is, moreover, a great deficiency of shaded promenades, which circumstance renders Valetta extremely disagreeable as a summer residence. The winter climate is tolerably equable; south winds sometimes prevail for several successive days. The predominating wind, however, is the north-west, which is agreeable. The air is generally pure and clear, and, except during the occasional prevalence of the north-east wind, the weather from the middle of October to the middle of January is delightful. After this, it becomes unsettled, and in the two following months is often tempestuous and rainy.

Dr. Liddell states the climate of Malta to be more especially suited to chronic bronchitis, asthma, scrofula, dyspepsia, hypochondriasis, and a generally disordered condition of health. It usually agrees well with elderly people.

The accommodation is very good, the houses excellent. Villas with gardens and orange groves, may also be obtained in the environs. The best parts for a

winter residence are those with a southern and eastern aspect, near the Baraccas. Casal Lia, three miles distant, is, according to Dr. Liddell, a well-sheltered residence, adapted for pulmonary invalids, and close to the public garden of St. Antonio.

A medical writer (Dr. Burgess), observes—"Malta, which has long been a favourite resort for phthisical patients, stands prominently forward in the army reports as yielding a high mortality among the troops stationed there; nor is this to be wondered at, when we bear in mind that Malta is a rocky, partly undulating island, elevated in the centre, open and exposed on the south and east sides, and consequently the coldness and variableness of the weather, during winter and spring, are experienced to their fullest extent. In autumn, the sirocco becomes frequent; in winter and spring, fresh breezes from every point of the compass are common, which occasionally increase to a heavy gale. Almost every person affected with pulmonary complaints, complained of the depressing effects of the sirocco."

Dr. Davy remarks, however, with reference to the army reports, in his work on Malta and the Ionian Islands, that though the troops are subject to tubercles, the natives are comparatively exempt, as also the English residents. He ascribes the prevalence of disease among the troops to irregularities of living, and the frequent vicissitudes of temperature to which they are exposed on sentinel duty, in hot barracks, and guard-rooms.

There is now so much greater choice of accessible places of winter resort, that Malta has of late been less frequented than formerly.

CHAPTER X.

ROAD BY ST. GERMANO TO ROME—MONTE CASINO—FROM ROME TO FLORENCE BY PERUGIA—BOLOGNA—PARMA—MILAN—THE LAKES—VERONA.

On leaving Naples to return to Rome, the traveller, who has already passed by Terracina and the Pontine marshes, will be gratified by taking the route through Caserta to Capua. The amphitheatre stands by the road-side, three miles from the town, and, though larger than those of Verona or Nismes, is not in such good preservation; a great part of the outer circle being in ruins. Like the Coliseum, it is constructed of large blocks of travertino, without the use of either mortar or cement, their mere weight being sufficient to keep them together. A little beyond Capua, the road to Rome by St. Germano, the ancient Via Latina, branches off to the right from that by Terracina, and is thirty miles shorter. The country is likewise more beautiful and interesting, especially on approaching St. Germano, which town lies at the base of a rocky pinnacle, crowned by a ruined castle, and at the extremity of a fertile plain, enclosed by mountains. High up on the mountain, immediately behind it, stands the celebrated Benedictine Abbey of Monte Casino, which forms a striking feature in the distant view, and is an inducement for travellers to take this route. The ascent is by a steep and stony road (in many parts cut into steps, and only

practicable for pedestrians and mules), through immense detached masses of bluish rock, with which the side of the mountain is covered, and between which grow tufts of long rank grass, forming a chaotic and curious scene. It requires an hour's good walking to reach the abbey, and few prospects can compare with that which is exhibited from the platform. The desolateness and the wild sublimity of the mountains, grouped together in a variety of forms, and enclosing, as in a frame, the plain and town of St. Germano, will leave a lasting impression on the mind. The abbey is a splendid quadrilateral edifice, its several parts being built round five spacious court-yards; the cells are neatly fitted up. There is a collection of ordinary pictures, and the library is large, containing many valuable published works and manuscripts. The richly-endowed church is resplendent with paintings and precious marbles; it contains also some fine specimens of carved wood-work. The number of monks amounts to about forty; and there is a seminary of eighty boys and young men, who are educated for the priesthood. Travellers can be boarded and lodged for a few days. Ladies are permitted to see the church, but, as in other monasteries, are not permitted to enter the rest of the building. The view from the summit of the mountain is, however, alone sufficient to repay the trouble of the ascent. This institution has not been suppressed like most monasteries in Italy.

On leaving St. Germano, the road traverses a beautiful but thinly populated country, where scarcely a house is to be seen, except the half-way inn at Melfi. Before arriving at Ceprano, formerly the frontier town of the Roman states, the traveller passes beneath the ancient

fortress of Rocca D'Arcé, on the summit of a rocky mountain, and afterwards through the old towns of Frosinone and Ferrentino, with narrow dirty streets, and a scowling, brigand-looking, pauper population. From Ferrentino to Valmontone the country is flat, deserted, and uncultivated, though the environs of Valmontone are interesting. Beyond this a drive across twenty-five miles of the Campagna brings the traveller to the entrance to Rome, by the Porta Maggiore, which, having been cleared of the stones and rubbish by which it was encumbered, is now the finest gate of the city.

Those who have leisure and inclination may, by diverging a little from this route, explore the ancient Volscian cities, Arpino and Arquino, the Isola di Sora, and the Pelasgic fortress of Alatria.

The road from Rome to Florence, by Perugia, branches off to the right beyond Baccano, and is much more interesting than that by Sienna, the country being diversified with hill and dale, woods, and cultivated lands. The towns and villages are cleaner, better built, and there is an air of greater neatness and comfort among the people than elsewhere in this territory.

Nepi and Civita Castellana, placed on the edge of deep ravines, the precipitous sides of which, thickly clothed with trees and brushwood, seen from a distance, have a striking and picturesque appearance. The position of Narni is also very fine; crowning a commanding eminence, at the base of which flows the Nar (across which are seen the remains of an immense bridge, built by Augustus); it overlooks an extensive plain, surrounded by mountains, at the opposite extremity of which stands Terni, a neat, well-built town, in a delightful situation.

The celebrated cascade, formed by the Velino, is about five miles distant, and is surrounded by scenery of the most interesting kind.

Between Terni and Perugia the country is agreeable and hilly. Crossing the mountain La Somma, the traveller descends to Spoleto, where a fine aqueduct, with lofty arches, stands near the road-side. At Foligno, a town of 12,000 inhabitants, the roads from Florence, Ancona, and Rome meet. Perugia is a large town, of great antiquity, standing on a steep hill. It is now comparatively deserted, its 40,000 inhabitants having diminished to 12,000. There were formerly no less than 103 churches, and 30 monasteries and nunneries. The principal square contains the public palace, and two or three other fine edifices. The frescoes in the exchange (Cambio), by Perugino, merit notice. Perugia possesses Etruscan antiquities; a gallery; an academy of fine arts, in the same building as the university; an archæological cabinet; a public library of 30,000 volumes, and other objects of interest, so that a passer through might find agreeable occupation for a day or two.

Descending from Perugia, the traveller soon arrives on the classic shore of the lake of Thrasimene, and, a few miles farther on, skirts the base of the hill on which stands the ancient Etruscan city of Cortona (now a large dilapidated-looking town, with a population not exceeding 5,000), and shortly after arrives at Arezzo (likewise an ancient Etruscan city), a neat town, the birthplace of Petrarch, whose house is shown, and possessing a fine cathedral. Beyond Arezzo the road passes through a beautiful country to Florence, follow-

ing for the last few miles the windings of the Arno, between cultivated and well-wooded hills.

On leaving Florence for Bologna, by the handsome Porta St. Gallo, the traveller begins to ascend the "Alpestri Apennini," and soon enjoys a delightful view of the Val d'Arno, "girt by her theatre of hills."* During a succession of ascents and descents, the road presents many fine views of mountain scenery. The prospect from le Maschere, of a valley encircled by mountains, grouped together in picturesque forms, is strikingly fine; as is also the view of the stern and rugged mountains near Covigliajo. From a hill above Loiano a view of the plains of Lombardy presents itself, bounded on the north by the chain of Alps, and on the east by the Adriatic.

> "D'Italia quanto il Po ne irriga, e quanto
> L'Appennin, l'Alpe, e d'Adria il mar ne serra."

More wooden crosses will be seen on the road-side between Florence and Bologna than in any other part of Italy. They must not, however, always be regarded as "memorials frail of murderous wrath," but indicate the spot where any accident attended with loss of life has occurred. Shortly after leaving Loiano, you descend to the plain, and arrive at Bologna, situated at its southern extremity.

The city has a population of about 70,000 souls; the streets are clean, and are lined with arcades, on which the houses are built. The principal square, containing the old Palace, the church of St. Petronio (the patron saint), and other public buildings, with a fountain in

* Most travellers from Florence to Bologna now take the railroad to Pistoia, instead of the direct road across the mountains.

its centre, embellished with a statue of Neptune, has a striking and antique appearance. The two leaning towers are ugly square piles of brick, standing close together, and inclining towards each other. Asinelli's tower is upwards of 300 feet high; a fine prospect may be enjoyed from its summit. It declines four feet from the perpendicular. The other tower is about half as high, and has a declination of eight feet. Bologna possesses a large and handsome theatre, and the *corps dramatique* is generally very good.

The collection of pictures, though small, is select, and contains several *chefs d'œuvre*, among which may be mentioned, as more particularly deserving attention, the Crucifixion, by Jacopo di Bologna; St. Bruno, by Guercino; the conversion of St. Paul, by Ludovico Caracci; the Madonna della Pietà, and the Massacre of the Innocents, by Guido; the St. Cecilia of Raphael, and the Madonna del Rosario, by Domenichino.

The University, which in former times was crowded with students from almost all the countries in Europe, is now but thinly attended. Its having fallen off of late years, is partly to be ascribed to political circumstances; the number does not now exceed five hundred. Among the celebrated men who studied at Bologna may be enumerated Valsalva, Malpighi, and Galvani. The building contains a museum of antiquities, a library of 80,000 volumes and 4,000 manuscripts (among which will be remarked a copy of the work of Henry VIII. against Luther, with the autograph signature, *Henricus Rex)*; museums of human, comparative, and pathological anatomy, and of natural history. In the former is a collection of wax models of healthy and diseased struc-

ture, of the natural size. The specimens illustrating the Pellagra, and the Morbus Ceruleus, are exceedingly well executed, and serve to convey a tolerably accurate idea of these rare diseases. Bologna ranks high among the Italian schools of medicine. The most prevalent diseases are inflammatory and intermittent fevers, inflammation of the lungs and air passages, and rheumatism. Pellagra is not uncommon in the neighbourhood; less so, however, than in the Milanese.

Several of the churches contain good pictures, and other remarkable objects, duly noted in the guide-books. There are also superior paintings and frescoes in some of the private palaces, as the Zampieri. The Magnani is one of the most striking in an architectural point of view: the frescoes of Caracci, illustrative of the history of Romulus and Remus, remain in a good state of preservation. The Magnani library now occupies an immense locale in the St. Dominic convent; it contains upwards of 80,000 volumes: a yearly sum is granted by the city for the purchase of new works.

The inhabitants of Bologna, and indeed of the Romagna in general, are of a vivacious and excitable disposition. The character given by one of their poets of old,

> "Il Bolognese è un popol del demonio
> Che non si può frenar con alcun freno"*—

would not be, perhaps, altogether inapplicable to some of them at the present day. A modern writer expresses, however, a more favourable opinion of the citizens; but admits that disturbances and robberies are not unfrequent in the adjacent country.

* Tassoni.

"The inhabitants of Romagna present the purest type of the Italian race; slight, but well-proportioned forms, combining activity with muscular strength; to which advantages are added the mental qualities of intellectual vigour, aptitude for the arts and sciences, quickness of apprehension; love of their country; tenacity in maintaining the bonds of friendship, and frank hospitality towards guests; their strength of character and their courage have often rendered them victorious in battle, and inclined them to undertake hazardous enterprises. The rude and poor inhabitants near the Tuscan frontier must not be confounded with those of Bologna; many are engaged in the contraband trade, and want sometimes drives them to open robbery. The sad admission must be made, that upon the southern limits of the territory, the brightness of the Italian name is from time to time sullied by acts of open robbery."*

The Bolognese are not dependent on the state of the weather for walking exercise; for, besides the arcades in the streets, others, consisting of six hundred and forty arches, extend from the town to the church of the Madonna della Guardia, which stands on one of the lower Apennines, three miles distant from the city. These have been constructed by means of contributions from rich individuals, and from the associations of the professional, trading, and other classes of the community. From the principal arcade another branches off, leading to the Campo Santo, an extremely well-arranged and interesting burial ground, opened several years ago. It is about a mile distant from the town, and comprises several acres, planted with trees and shrubs, enclosed

* Zucagni, Corographia dell' Italia.

between elegant colonnades, lined with handsome tombs, statues, and marble monuments. There are likewise long covered passages and vaults beneath the pavement, with spaces partitioned off for interment, as in the catacombs. Among the monuments will be remarked one erected to the memory of the female professor of Greek, the last of the female professors who taught in the University.

Except to those of literary and scientific tastes, Bologna would not present much inducement for a prolonged sojourn. There is but little society beyond occasional *soirées;* a large proportion of the upper classes pass their evenings at the theatre. The winter climate is bad, from the situation of the town at the northern base of the Apennines, by which it is in great measure excluded from the advantage of southerly influences; the air is consequently often damp and cold. The mean winter temperature is about the same as that of Paris; the average number of rainy days in the year is 97, according to Schouw's tables; the whole amount of rain being but 19·3 inches less than any other town in Italy.

Soon after leaving Bologna, the traveller enters the fertile district of Modena. The town consists chiefly of a handsome wide street, whence a few short streets branch off on either side. The palace is a fine regal structure; its gallery comprises several pictures by the first masters. The public library (the celebrated Biblioteca Estense) contains 90,000 volumes, and 3,000 manuscripts, several very valuable ones of Tasso and Dante. In the Lapidarium Museum are some Roman sarcophaghi, and many other antiquities. The cathe-

dral, with its handsome steeple, is worthy of a visit. The bucket, taken from the Bolognese, and celebrated by Tassoni's Secchia Rapita, is still exhibited.

Reggio is a cheerful-looking town, where the chief objects of interest are the church of the Madonna della Ghiara, containing several good pictures; the Lyceum, with the Spallanzani Museum of natural history (this great naturalist having been born in the neighbourhood); the Theatre of Chemistry and Physics, and the Academy of Fine Arts. There is also a good theatre, and a library of 50,000 volumes. The lower classes in this part of the country are remarkable for their beauty.

Parma is a large town, with a comparatively small population. The principal streets are wide and well paved. In the gallery are some of the *chefs d'œuvre* of Correggio, whose frescoes embellish the cupola and walls of the cathedral of St. John and other churches. Here are likewise the colossal statues, Hercules and Bacchus, found in the Cæsars' palace at Rome in 1784. The great Theatre Farnese, capable of holding 6,000 spectators, is now in ruins; the opera-house, erected by the late Duchess Maria Louisa, is, however, a handsome and commodious structure. The university has numbered many professors of high repute. The hospital contains four hundred beds; the wards are lofty and airy, but, like others in Italy, are too spacious to admit of being properly warmed in winter. The public library is a handsome edifice, containing upwards of 100,000 books, and 4,000 manuscripts. The old ducal palace; Petrarch's house; the Steccata (the finest church)—are also among the most interesting objects in the town.

There are in Parma several charitable institutions;

one of them, the Congregazione Pietosa della Carità, was formed as far back as the fifteenth century, for the relief and medical assistance of the poor. One half of its members are ecclesiastics, the other half is composed of nobles and citizens. Two members of the society are attached in rotation to each district of the town and its environs, whose duty it is to seek out and relieve those who need assistance. The medical duties are performed by physicians and surgeons, who are elected every three years. The affairs of the society are conducted by a committee of twelve members, six secular, six ecclesiastical, who are divided into pairs, each pair having a particular department to superintend.

Beyond Piacenza the traveller, after crossing the two branches of the Po, enters the plain of

> "fruitful Lombardy,
> The pleasant garden of great Italy;"

in passing through which, however, he will scarcely fail to notice the unhealthy aspect of the peasantry, who are very liable to fevers and other diseases, which are chiefly to be ascribed to the irrigation and cultivation of the rice fields. The railroad from Bologna is continued by Piacenza to Alessandria and Turin.

Milan has more the appearance of a capital than any other city in Italy. The houses are lofty, the streets clean, wide, lined with showy shops, and paved in the centre with strips of flag-stones, on which the carriages roll smoothly along. The throng of well-dressed pedestrians, and the number of handsome equipages, indicate the prosperous condition of the inhabitants. Milan, however, contains comparatively few objects calculated to interest the majority of travellers. The only public

edifice conspicuous for beauty is the cathedral, the whiteness of which dazzles the beholder; while the numerous pinnacles, each crowned with a statue, produce a rich and novel effect. The view from the spire of the extensive plains, with their stupendous northern barrier,

"Alps on Alps in clusters swelling,"

and of the long line of Appenines, stretching southward till lost in the distance, is strikingly fine. The interior is of the finest order of Gothic architecture; its richly stained windows add greatly to the general effect. Beneath the altar is the rich subterranean chapel, containing the body of the great benefactor to his country, St. Charles Borromeo, clothed in canonicals, enriched with precious stones. St. Ambrose, and some of the other churches, will well repay the trouble of a visit. The remains of Leonardo da Vinci's celebrated fresco of the Last Supper in the Dominican convent will be viewed with much interest.

In the collection of pictures at the Brera will be remarked, among other superior productions, Abraham and Hagar, by Guercino; St. Peter and St. Paul, by Guido; the Last Supper, by Rubens; and two landscapes, by Salvator Rosa. The Brera library contains 170,000 volumes, and is the best supplied of all the Italian libraries with modern works of science, travels, and natural history. There are likewise 1,000 manuscripts, and a handsome cabinet of medals. The Ambrosian library possesses 60,000 volumes and 10,000 manuscripts. The museum of natural history is rich in fossil remains of animals found in the neighbouring country.

The theatre of La Scala is, after St. Carlo, the largest in Italy. The boxes are so constructed, and furnished with blinds, as to screen the occupants from observation. It is the custom at Milan, more than elsewhere, to receive company in the boxes. The operatic *corps* is not generally very superior, but the *ballets d'action* are extremely well got up. The Canobiana theatre is appropriated to the performance of dramas and comedies.

The handsome triumphal gate, commenced by Napoleon, is one of the chief monuments of the city. On the esplanade, near it, is a modern amphitheatre, large enough to contain 30,000 spectators, in which chariot races, in imitation of those of antiquity, occasionally take place.

The Porta Orientale forms a handsome entrance to Milan on this side, and is a fitting termination to the Corso, one of the finest streets in the world. Immediately outside is the public garden or park.

The Spedale Grande is one of the largest hospitals in Europe; its *façade* measures nine hundred feet, and it encloses several court-yards. The number of patients is about a thousand, though nearly twice as many could be accommodated. As in most of the other Italian hospitals, there are a few separate apartments for those who can afford to contribute towards their maintenance. Most of the articles for the use of the patients, as bread, bedding, blankets, clothes, &c., are manufactured within the establishment. The treatment of disease appeared to me to be rational, and is less based upon exclusive theories than upon the observation of symptoms, and the special indications in individual cases.

The hospital for the insane is situated about a mile

from the town, in a locality where considerable humidity must prevail, from the numerous canals for irrigation. It contains about five hundred beds. Many of the patients are employed in works about the establishment, as gardening, carrying water or wood, the manufactures of articles of clothing, shoes, &c., the women in knitting, spinning, and similar avocations. Several had large goitres, and in many mental alienation had supervened upon repeated attacks of pellagra. This disease, of which the hospitals contain numerous specimens, may be considered as endemic in Lombardy. It is characterised by general derangement of the nervous and digestive apparatus, with hypochondriasis, and frequently a propensity to suicide, or to destroy others, especially children. There exists at the same time a chronic inflammation of the skin, more particularly affecting those parts which are most exposed to the action of the sun, as the neck, hands, and arms, which become covered with a dark brown scaly eruption. The disorder was unknown before 1778: it generally occurs in spring and summer, many individuals being affected at these periods during several successive years, who become comparatively well as the summer advances; it usually terminates, after repeated attacks, in paralysis, visceral disorganisation, or mental alienation, and is confined to the poorer classes, who are badly clothed and fed; being more common among the inhabitants of the mountainous districts about Como and Bergamo than those of the plain. Its causes are enveloped in considerable obscurity. The use of bread badly baked, or made with damaged Indian corn, which is customary among the peasantry of these districts, has been enume-

rated by medical men as one of them; but, in all probability, more depends upon the locality in which they live than upon the quality of their food, as the patients generally become better if their residence and mode of life be changed.

The Ospizio Trivulzi is an asylum for 600 poor individuals above 70 years of age.

Many individuals among the higher classes of the Milanese are well informed, and are fond of study and of travelling. Most of the women are tall and have finely-formed features: they have adopted, as in other large towns, the French mode of dress, which has now entirely superseded the graceful and becoming costume formerly worn by the middle and inferior classes.

The climate of Milan in winter is cold and damp, and occasionally foggy, which may be ascribed to its propinquity to the Alps, and to the irrigation of the rice-fields, with which the neighbourhood abounds, and which is a fertile source of fevers of all types. Thoracic inflammation, phthisis, rheumatism, and disorders of the digestive organs, are the most prevalent diseases. Scrofulous complaints and large goîtres are also very common. More rain falls in this part of Italy than in the southern portions, which circumstance is thus referred to by M. Carrière:—"It seems somewhat extraordinary that continental (northern) Italy should have more rain than the maritime portion, which is comprised between the two seas. But this part is covered with rivers, canals, lakes, and agricultural marshes, presenting altogether a very extensive liquid surface to those influences which render the air humid. In the next place, the plain is enclosed on three sides,

and, by its configuration, is opposed to the movement of clouds, which carries off the rain and leaves the sky clear. In southern Italy the reverse of this takes place. It there rains more in autumn than at the other seasons, after which the weather is fine. In northern Italy the amount of rain is distributed throughout each season, and even throughout each month, with a certain uniformity. These differences of climate impress their stamp upon the population. The Lombards have not the dark complexion of the Italians; the women especially are for the most part paler, and the power of physical resistance is less developed. When this effect is not corrected by free ventilation, it is manifested in the most marked manner, as seen in the morbid physiognomy of the inhabitants of the narrow valleys, enclosed by woods, and containing lakes."

The drive from Milan to the lakes is highly interesting; the country is beautiful, fertile, and embellished with neat villas. Como is a pretty town, delightfully situated at one end of its lake, surrounded on the land side by lofty verdant hills. The lake is itself enclosed between mountains, rich in vegetation, their sides being dotted with numerous villages; while towns and handsome villas skirt the shores. Of these latter, the villa Pliniana is the most remarkable. The most beautiful part is, however, at the promontory of Bellagio, where the lake of Lecco joins that of Como:

"Sweet it is, to behold on either side,
The crystal flood divide,
Making an isle of that green eminence;
And watch the sails that flashed on the far stream,
Now seen, now lost;
Like fire-flies glancing through the moonlight gleam,
As winds the current cross'd."—*Sotheby.*

A few days may be agreeably passed here or at Cadenabbia, nearly opposite to Bellagio. The villas Somariva and Melfi, in the neighbourhood, will well repay the trouble of a visit. The galleries, cut through the rocks for several hundred feet along the edge of the lake near Varenna, forming part of the road leading to the Stelvio, will likewise be visited with interest. This road branches off to the right at Colico, before arriving at Chiavenna, at the upper end of the lake, where the ascent of the Splugen commences.

The scenic features of the Lago Maggiore differ materially from those of Como. The lake itself is much wider, and the mountains at its upper part are more bold, lofty, and rugged, than those which enclose the lake of Como; but, on advancing to the south, become softened down into gently rising hills, covered with vineyards and corn-fields, while numerous towns and hamlets lie at their base, along the shores. The Borromean islands, seen from a distance, have a pleasing effect, and, with the distant Alpine range, add to the variety and interest of the scene.

"The Isola Madre is the gem of these lovely islets, more like some rich nook of Sicily, as one pulls under its overhanging rocks studded with prickly pear, strange shaped echinocacti, yuccas, and luxuriant aloes, whose candelabra-like flowering stems tower into the air. Nor was its interior less charming; groves and evergreens shaded the winding walks, rare pines, cypresses, Brazilian araucarias, palms, and acacias, formed delightful glades, carpeted with the softest turf. Trees of Bragmansia perfumed the air with hundreds of their bell-shaped blossoms, mixed with the scent of the luxuriant

Mandevilla. A solitary villa stands in the middle of it, plain in exterior, but sunny and Italian within, and we longed to take up our abode in this delicious solitude."*

Near Arona stands on an elevated pedestal the colossal statue of S. Carlo Borromeo, placed on a hill, commanding an extensive view of the lake; it is perceptible from a considerable distance. Arona is the landing-place for travellers proceeding to Turin or Genoa. Sesto Calende, situated at the southern extremity of the lake, is the nearest point to Milan. Steamers ply daily on these lakes, touching at the principal points. The most agreeable period for a temporary sojourn is in May and June, or in September and October.

From the Lecco branch of the lake of Como, a delightful road leads to Brescia, where it joins the railroad from Milan to Venice. The country around Bergamo is beautiful, and the town itself is interesting, being the birthplace of some of the first singers who have charmed the capitals of Europe, among others Rubini. In the neighbourhood is the small lake of Isea, which is well worth visiting. Brescia contains 40,000 inhabitants, and will repay the delay of a day. The lake of Garda, navigated by a steamer, presents some fine scenery, as does also the road at its upper extremity, from Riva to Roveredo, leading to the Italian Tyrol. Passing by the fortress of Peschiera, on the direct road from Brescia, the traveller arrives at Verona, one of the handsomest and most strongly fortified towns in Italy; doubly interesting from its historical monuments, and from its Shaksperian associations. "Verona, with its

* Italian Valleys of the Pennine Alps.

tower-flanked walls," says Valery, "its embattled bridges, its long wide streets, and its reminiscences of the middle ages, has an imposing air of grandeur. Such a city was fit to be the abode and capital of this Can Grande della Scala, the Augustus of the middle ages, who welcomed to his court Dante and other proscribed poets and authors. The tombs of the magnificent lords of Verona, a species of long Gothic pyramids, surmounted by the equestrian statue of each prince, are some of the most curious ornaments of the town."

The other chief objects of interest are the amphitheatre, the Palazzo del Consiglio, the Piazza dell' Erbe, and the public cemetery.

The amphitheatre is one of those best preserved; it was capable of containing 30,000 spectators, but is now neglected, being frequently used for equestrian and other exhibitions. The tomb of Juliet is shown, though its authenticity is doubted. Valery, further referring to Dante, observes, "that it is extraordinary this great poet, to whose genius the pathos of the story of Romeo and Juliet was so suitable, has said nothing about them, though he speaks of the Montagues and Capulets,

'Vieni a veder Montecchi e Cappelletti.'—*Purg.* vi.

"Dante and Shakspeare seem to meet at Verona, the one by his works, and the other by his misfortunes; and the imagination delights in bringing together these two great geniuses, so creative, and perhaps the most astonishing of modern literature." The churches, the celebrated Canossa, and two or three of the other palaces, are worth visiting. They do not, however, contain many good pictures.

Vicenza, with its Palladian Teatro Olimpico, its churches and palaces, is deserving a brief delay before proceeding to Padua, formerly "renowned for sciences and arts," which, however, as compared with Verona, has but a sombre aspect. The population is upwards of 40,000; most of the houses are built upon arcades, as at Bologna, so that exercise is not impeded by wet or hot weather. Two or three of the churches, the palace of the Podesta, and one or two other public edifices, may be visited with interest, but Padua contains little to delay the majority of travellers. A leading feature is the Prato delli Valle, an open space, embellished with numerous statues of distinguished persons. The Pedrocchi café, one of the finest in Europe, is the most usual point of reunion.

The university, which formerly enjoyed the highest reputation, is still one of the first in Italy, several of its professors being justly celebrated. Among other collections, it possesses a fine cabinet of natural history; and an observatory, distinguished by Galileo's discoveries. The library contains 70,000 volumes, occupying the spacious hall of the Giants and Emperors. The walls are covered with portraits of great Romans, from Romulus to Cæsar, next to whom comes Charlemagne.

About two miles distant from Padua is Arquà, the burial-place of Petrarch, charmingly situated among the Euganean hills. The house occupied by the poet commands a delightful view. His chair, table, and favourite cat, stuffed (though its authenticity is doubted), with other relics, are shown to visitors. The place has been thus referred to by a more modern poet :—

"E'l bel colle d'Arquà poco in disparte
Che quinci il monte, e quindi il pian vagheggia;
Dove giace colui, nelle cui carte
L'alma fronda del sol lieta verdeggia;
E dove la sua gatta in secca spoglia.
Guarda dai topi ancor la dotta soglia."—*Tassoni.*

The tomb, of red marble, supported by four columns, in an open place adjoining the house, is likewise adverted to in one of the cantos of "Childe Harold:"

"There is a tomb in Arquà rear'd in air."

CHAPTER XI.

VENICE AND ITS CLIMATE—PASS OF AMPEZZO—THE SIMPLON—MONT CENIS—AIX LES BAINS.

THE lagoons, or shoals upon which Venice stands, formed by the earth deposited from the rivers, which, descending from the Alps, empty themselves into the head of the Adriatic, may, as a classic writer has observed, be compared, with reference to this sea, "to a side closet shut off from a room by a partition." This partition, which divides it from the open sea, is composed of different pieces with apertures between them, which, if we pursue the same comparison, may be considered as so many doors; and in a line with these openings, though not uniformly straight, are the channels by which vessels approach. The largest of these channels, or the Grand Canal, is crossed by one bridge, the Rialto, the only other communication between the two parts being by means of gondolas. The city itself may be considered as divided into two principal parts, made up of small islands, and each part separated from the other, except at this bridge. The different shoals constituting the two great separate parts, are again connected by smaller bridges, which cross the canals by which the numerous islands are formed. These bridges are frequent, and, being very steep, they are cut into easy steps; hence, in walking about Venice, you are constantly going up and down flights of steps. The

Rialto, being the highest bridge in the town, is also the steepest. The small canals, or *rii*, as they are termed, which are crossed by these bridges, are the water streets of Venice; but there is no part of either of the two divisions to which you may not also go more directly by land through narrow passages called *cale*. These *cale* may be considered as an unfavourable likeness of Cranbourne Alley and its cognate lanes. There are besides several small squares, called *campi*, or fields.*

The above quotation will serve to give a good general idea of Venice, of which the aspect of parts is familiar to many who have not visited it, from the accurate representations in Canaletti's pictures. The appearance of the city, which seems to arise from the water on approaching from the main land in a gondola, and the entrance by the Grand Canal, are eminently calculated to strike the traveller

> "che vede
> Di marmi adorne e grave
> Sorger le mura, onde ondeggiar le navi;"

as is likewise the silence which prevails throughout, being scarcely interrupted, save by the warning sound ever and anon uttered by the gondoliers on turning a corner; for singing, or the recitation of Tasso's verses, no longer constitutes a part of their vocation:—

> "No answering gondolier, at close of day,
> Takes up Medoro's tale or sweet Erminia's lay."

The most handsome palaces are built along the canal; some of them are almost literally "crumbling to the shore," and others are appropriated to the use

* Rose, as quoted in "The Classic and Connoisseur in Italy."

of government, or let to strangers, there being few of the descendants of the old Venetian families now remaining, and those, for the most part, are in an impoverished condition. Though Venice has greatly suffered from its political condition, and from its diminished commerce, it is not unlikely that, under more favourable auspices, its junction with the mainland, by the railroad, will restore some of its former prosperity.

St. Mark's Square will probably be the first spot to which the visitor will direct his gondola; this being the only open place for walking, is thronged in the evening with the inhabitants and strangers (some dressed in the eastern costume), lounging beneath the arcades or in the *cafés*. This square is still, as indeed it has always been, celebrated as the scene of pageantry, and exhibitions both of joy and mourning:—

> "The sea, that emblem of uncertainty,
> Changed not so fast, for many and many an age,
> As this small spot. To-day 'twas full of masks;
> And, lo! the madness of the carnival,
> The monk, the nun, the holy legate mask'd!
> To-morrow came the scaffold and the wheel,
> And he died there by torch-light, bound and gagg'd,
> Whose name and crime they knew not."—*Rogers.*

The church, occupying one end of the square, is of a mixed style of architecture, and is surmounted by five domes, somewhat after the manner of the Turkish mosques. The interior is rather sombre, notwithstanding the decorations of gilding, mosaics, and marbles, with which it is profusely ornamented. Adjoining is the Doge's Palace, which takes up one side of the Piazetta, and is known to most persons by the numerous

existing pictorial illustrations. The appearance of the grand Council-Chamber is interesting. It contains some fine historical pictures by Tintoretto and Palma Vecchio, with portaits of the Doges around; one space being covered with a black pall instead of the picture of Marino Faliero. The chamber of the Council of Ten, and other apartments, are likewise embellished with paintings by Titian, and other masters of the Venetian school. The prisons, termed *pozzi*, or wells, to which the entrance is by the Bridge of Sighs, derive much interest from their historical associations.

Venice is only excelled by Rome in the number and magnificence of its churches. The Redentore, with the adjoining Dogana, presents a striking appearance from the water, or from the opposite side of the canal, as does also the church of the Salute, which, as well as the former, were erected by Palladio, on the occasion of the cessation of the plague. Its interior is richly decorated, and embellished with some fine paintings; the Jesuits' church is likewise richly adorned with variegated marbles and precious stones. The churches of St. Giorgio and St. Giovanni e Paulo must likewise be enumerated among those most deserving of a visit. In the Academia di Belle Arte is a choice collection of pictures and other valuable objects. The Museo Correr comprises a collection of ancient statues, arms, and a picture gallery. Of the private collections, the Barberini and Manfrini are the best; in the first are several Titians, portraits of Doges and members of the family; as also a Magdalen, a Venus, and Titian's daughter, which rank among the *chefs d'œuvre* of

this master. They are, however, rapidly falling into decay.*

A walk of about half a mile from St. Mark's along the quay, interrupted by the ascent of several bridges, which cross the smaller canals, leads to the arsenal, which, however, in its present state, will scarcely repay the trouble of a visit. In the same direction is a wide street, formed by covering over a canal with flag-stones, which leads to the public garden constructed by order of Napoleon, about half a mile long, and planted with trees and shrubs. On an island opposite stands the Armenian convent, an interesting establishment. The Lido is about three miles from Venice, and is five miles in extent.

The Campanile, in St. Mark's Square, should be ascended, in order to enjoy the view of the city, the islands, the Adriatic, the Euganean hills, and the distant Alpine chain.

The Archives of Venice, in the convent of the Trani, are said to consist of eight millions, six hundred, and sixty-four thousand volumes or portfolios. St. Mark's library, containing 65,000 volumes, and 5,000 manuscripts, now occupies the great Council-Chamber.

The high Alps, on the north, shelter Venice from the direct influence of this quarter; it is, however, more exposed on the north-east, the Carnatic chain not being

* A few of the best pictures in the Manfrini Gallery are the Prodigal Son, by Guercino, which is the counterpart of the picture of the same subject in the Borghese Palace at Rome; portrait of a Dutch Ambassador, by Rembrandt; the Defiance of Apollo, and Lucretia, by Guido; portraits by Titian, especially that of Ariosto Circe presenting the cup to Ulysses, by Giulio Romano; a Holy Family, by Palma Vecchio.

sufficiently elevated for protection from this wind, which, with the east and south-east, are the most predominant. The west and north are the least frequent winds. The city is directly open to the influence of the southern winds, which, together with the tides, and the continual movement of the water in the canals, tend greatly to the purification of the air.

Venice, though cold in winter, is not so prejudicial to persons in health as the moister atmosphere of Milan, and other towns in Lombardy. The mean winter temperature is 3·35; that of spring, 12·64; summer, 22·82; autumn, 13·26; the annual mean being 13·26. The transitions are not so frequent and abrupt as on the mainland. The number of rainy days, on an average of seven years, amounts to 100.

The marine atmosphere of Venice is beneficial in certain states of disease, and is not unfavourable, in some cases, in allaying pulmonary irritation. Some paralytic, nervous, and scrofulous patients would be benefited by sojourning at Venice, though to many of this class, as well as pulmonary patients, the want of level space for walking exercise, the privation of carriage or horse exercise, the monotony of going about in a gondola, and the want of animation in the town, would constitute strong objections. The best situations are St. Mark's, the Piazetta, the greater part of the Grand Canal as far as the Rialto; the houses on the canal of the Giudecca, fronting the south, are likewise well situated.

Dr. Taussig, who resided several years at Venice, observes—"The low temperature is compensated for by the comparative equality of the weather, the absence of

great variations, and by the prevalence of southern winds. The parts of the city exposed to the sea have a much higher temperature than others; as the Riva dei Schiavoni, which in this respect may be likened to the Lung' Arno of Pisa, or the Chiaja of Naples. The advantage that Rome and Pisa have in their higher temperature, Venice has in its sea atmosphere. In the winter months, January and February, and also in November and December, the north-north-east and north-west winds predominate, though often alternating with the sirocco. From March to June the southerly winds preponderate; August, September, and October, are between the two fore-mentioned periods in this respect. The sirocco in winter generally brings rain, the air being thick and damp."

"To visit Venice with the greatest comfort and advantage," says Murray, "the best time of the year will be the spring, at which period the climate is delightful, the sky clear and unclouded, and the canals clean after the winter's agitation. At this season there are no mosquitoes, the pest of the place in autumn, and when the stench from the canals after the summer heat is insupportable in some quarters. Thick fogs set in here as throughout North Italy in October, which render the climate cold and disagreeable. During the winter the cold is at times intense, from the violent winds descending from the snow-capped alps of the Tyrol and Friuli."—*Hand-Book for Northern Italy.*

Of the inhabitants of Venice, Dr. Taussig observes that they are cordial and sociable. "The tone of speech is soft and agreeable. The lower class are cheerful, and gesticulate a great deal when discoursing. The

upper class is more reserved, which depends more upon their diminished fortunes than upon natural hauteur, for there is a kind of equality among all ranks, tempered however, with due respect; the higher orders dispensing with stiffness and formality in their intercourse with inferiors. The Venetians are for the most part of the sanguineous temperament, easily excited, but also easily appeased. The present generation have lost much of the ardour and courage which distinguished their forefathers."

"Epidemic fevers do not prevail; but intermittents are not uncommon in spring, and in August, September, and October. They have not, however, the malignant character of agues arising from marsh malaria, and seldom leave as consequences enlargement of the spleen or liver. They are caused by the exhalations from the canals, and more particularly by the great difference of temperature between day and night, acting upon constitutions relaxed by the summer heats, or by other causes. They are more frequent in the islands than in Venice itself. Inflammatory diseases assume a mild character, and are combined with nervous irritability. Nowhere are convulsive affections more common among women; they also not unfrequently occur in men, not only of the upper, but even of the poor and working classes. Among other causes of this great prevalence may be enumerated the want of occupation, and of sufficient bodily exercise; the free use of coffee, and late hours. In proportion, however, as exercise and occupation are frequent, pulmonary and scrofulous complaints are less so. Pulmonary disease generally assumes a chronic character, and some of

these invalids live a long time. Ossification of the arteries, and apoplexy, are not uncommon. A too common tendency is to the abuse of alcoholic liquors, which, acting upon irritable temperaments, predispose to disease of the bloodvessels. Herniæ are frequent, from the relaxation of the climate, and wounds and ulcers heal less rapidly than on the mainland." *

The most interesting route from Venice to Innspruck, for persons who do not wish to return by rail to Vicenza, and thence go by Botzen across the Brenner, is by the pass of Ampezzo. The road is in excellent condition, but there is no public conveyance. Leaving Mestre on the mainland, you pass through a beautiful and fertile plain, with villas and gardens on either side of the road, especially about Treviso, where the people are good-looking, many of the women being remarkable for their beauty, which is heightened by their becoming costume. Ceneda, the termination of the first day's journey *en voiturier*, lies in a picturesque situation at the foot of the Alps, between gently rising verdant hills, on the highest of which are the remains of a castle. Shortly after leaving this small town, a gradual ascent commences between mountains, wooded at their base, and terminating in lofty snow-covered peaks. From Seravalle to Langarone the road is for the most part level. The town of Belluno lies a few miles on the left. After Longarone is a gradual ascent to the next post, Perarolo, which lies at the base of a mountain, from whence the ascent to Venas presents a succession of varied scenery, equal to some of the finest parts of Switzerland. The drive from Venas to Am-

* Venedig von Seite seiner Klimatischen Verhaltnisse, 1847.

pezzo, and through the defile, likewise exhibits views of the highest order of sublimity and beauty; the numerous masses of bare rock of various hues, with snow-tipped peaks, forming a series of striking contrasts with the wooded acclivities of the mountains. From Ampezzo to Landro, a drive of three hours, the interest of the scenery is scarcely surpassed by that of the most celebrated Alpine passes.

Shortly after leaving the latter town, the traveller emerges upon the beautiful Pusterthal, in the Tyrol, which, from the high state of cultivation, and the neat appearance of the numerous farm-houses and cottages, appears to be the abode of peace and contentment.

Brunnecken, the chief town of the district, occupies a striking position; some miles beyond which, at the entrance of a narrow defile, a fort, with extensive fortifications along the heights, lately constructed by the Austrian government, would form an almost insurmountable impediment to the passage of a hostile force.

A succession of ascents and descents leads to Sterzing, a neat town on the high road from Verona to Innspruck, at the foot of the Brenner. Before arriving at Innspruck the road crosses the Schönberg, which well deserves its name for the beauty of its scenery, and also from the view presented from its summit of the town, and of the valley of the Inn, the verdure of which pleasingly contrasts with the dark, rugged, snow-covered masses of the Alpine chain, extending from east to west, and forming an apparently impassable barrier.

Innspruck, the capital of the Tyrol, containing about 14,000 inhabitants, is a handsome clean town, the appearance of which is greatly improved of late years.

The view along the principal street is striking, several new buildings having lately been erected. The quays along the Inn, as well as the public garden, have likewise been enlarged and embellished. This river is here about half as wide as the Thames at Westminster. From the centre of the bridge a magnificent prospect may be enjoyed up and down the valley, and of the lofty mountain ranges on either side. Innspruck possesses two handsome churches, the Frauenkirch and the Hofkirch, in which latter is the splendid tomb of the Emperor Maximilian, and colossal bronze figures of several sovereigns of the early ages, among which are Clovis, Godfrey of Bouillon, Charles the Bold, Rudolph of Hapsburg, with other well-known historical personages. A statue to the memory of Hofer has recently been placed in the church over his tomb. The Museum likewise contains several objects of interest.

Innspruck is now connected with Munich and Salzburg by rail, but many travellers not pressed for time will still prefer the high road, which descends the valley to Schwatz. The castle of Ambras stands on an elevated position, a few miles from Innspruck, and looks well from a distance. Hall, celebrated for its salt-works, also lies on this road. From Schwatz an indifferent cross-road, in many parts too narrow to admit of two carriages passing each other, leads to Achenthal and its lake, which is surrounded by magnificent scenery; in some parts lofty and sterile mountains rise perpendicularly from the water.

After about four hours' drive from the head of the lake, through a highly picturesque country, where the inhabitants appear to have lost none of their primitive

manners and hospitality, you arrive at the beautiful lake Tegernsee, at the base of the Alps, which is greatly resorted to in the summer months by the higher class of Bavarians. The town at the extremity of the lake affords excellent accommodation, and the surrounding scenery is beautiful and varied.

The watering-place, Kreuth, which is likewise chiefly resorted to by the inhabitants of Munich, lies more among the mountains, about two hours' drive from Tegernsee. It consists of two large lodging-houses joined together, and a public room, or Cursaal, with baths and outhouses. Not more than two hundred persons could be accommodated at the same time. Many of those who pay it a visit are induced to do so as much on account of the purity and bracing qualities of the air as for the waters, which do not possess any very efficient medicinal properties. A great proportion of the invalids labour under pulmonary complaints, and drink goats' milk or whey *(molkenkur)*, which is combined with the use of the baths. From Tegernsee to Munich the country is flat, and devoid of interest to the passing traveller.

The Brenner pass, from Verona to Innspruck, is the least elevated of the Alpine roads from Italy to Germany or Switzerland; it is also the least interesting in a scenic point of view, but, from being traversable at all times of the year, is one of the most frequented. The towns of note upon this route, Trent, Brixen, and Botzen, need scarcely delay the traveller.

From Milan to Switzerland a choice of interesting roads is presented. The Stelvio is the highest pass, and the scenery is in some parts magnificent. This,

however, is surpassed for variety by the Splugen, from Chiavenna to Coire in the Grisons. From the upper part of the Lago Maggiore, the St. Bernardino likewise diverges. The St. Gothard presents scenery of the grandest kind, and is preferred by many on account of its connecting the Lake Maggiore to that of the Four Forest Cantons; so that between Milan and Lucerne, more than a hundred miles of the journey is practicable by steam on these lakes. These passes are seldom open for carriages before the middle of May.

The most favourite route, however, from Milan to Switzerland is by the Simplon. Leaving the shore of the lake at Baveno, the traveller soon arrives at Domo D'Ossola, the first town presented to the view on descending the mountain on the Italian side, which, together with its rich plain, encircled by verdant hills dotted with numerous white villas, is well calculated to convey a favourable impression of Italy. "It would be difficult," says Valery, "to paint the enchanting aspect of the valley of Domo D'Ossola from the bridge of Crevola; and when one emerges from the galleries of the Simplon--those long, damp, obscure caverns—the eye tired of rocks, forests, glaciers, torrents, and cascades, revels in the contemplation of nature in all her serenity and gracefulness, after having beheld her in her most rugged garb. One would say that this new land smiles upon the traveller, invites him to enter, and decks herself out to receive him; sounds of joy seem to proceed from a distance, and the festoons of the vine hanging around the trees, give to the country an appearance of festivity. The meeting of some procession, the lively and spirited expression of the countenances,

the glaring colours of the dresses worn by the women, the size and solidity of the buildings, in fact, every thing combines to inform us that we are in Italy."

The ascent from the bridge of Crevola is gradual as far as Isella, the road being carried along the edge of the Vedro, through scenery of a singularly wild and romantic character. Beyond Isella the road passes through the sombre defile of Gondo, which presents scenery surpassing in wildness and sublimity that of any other Alpine pass. The ascent then becomes steeper; the road is seen from below, winding its way upwards by numerous zig-zag turns.

"Like a silver zone
Flung about carelessly, it shines afar,
Catching the eye in many a broken link,
In many a turn and traverse as it glides;
And oft above, and oft below, appears.
Seen o'er the wall by him who journeys up,
As though it were another, not the same,
Leading along he knows not whence or whither."

Rogers.

At the village of Simplon there is tolerable accommodation; a few miles beyond, the summit of the pass is reached. A substantial *hospice*, where travellers are accommodated, has been erected at the highest part; along the road, but more especially on the Italian side, strong houses of refuge are met with at intervals, to afford a temporary shelter in the event of storms, or when the passage is impeded by snow. The descent towards Switzerland presents but few features of interest (except the bridge of Ganther), as compared with the other side, the road being for the most part cut through the mountain, along the edge of wide ravines,

between whose steeply-shelving sides, clothed with pines and larches, occasional glimpses are caught of the valley and glittering spires of Brigg, to which it descends after many tortuous windings.

Brigg is a neat town at the foot of the Simplon, and at the eastern extremity of the Valais. The passage over the mountain to Domo D'Ossola occupies twelve hours. The ascent to Simplon may be made in half the time required for a carriage, by a pedestrian who takes the *traverses*, instead of following the windings of the road.

The most frequented pass from Italy, over the Mont Cenis, presents but few features of interest. The perforation of the mountain by a tunnel of seven miles long, to connect the railroads on either side is fast progressing. The ascent begins at Susa : there are some fine parts on the Italian side, where the rocks are pierced in grottoes for the passage of the road. Lanslebourg lies at the foot of the mountain, on the Swiss side, which will soon be reached by the railroad from Geneva, Lyons, and Chambery, now completed to St. Jean de Maurienne. In this wild and sterile valley, enclosed between steep mountains, goitres and cretinism were formerly extremely prevalent, but owing to the increased cultivation and improved drainage of the land, they are now comparatively seldom met with.

Chambery, the capital of Savoy, lies in a beautiful country, watered by the Isere, apparently close to the Alps, which, however, are several posts distant. It is clean and cheerful-looking, but contains little that is calculated to arrest the traveller's attention. Aix-les-Bains, two leagues off, likewise occupies a beautiful

position : the more elevated parts of the environs command extensive and delightful prospects. The small lake Bourget is one of the most frequent points for excursions. These springs have been used from the time of the Romans, and are still in high repute at the present day, ranking among the most efficient hot sulphurous waters of Europe. There is a handsome cursaal and casino, occupying an ancient building, supposed to have been erected on the site of a temple of Diana, of which some vestiges may still be seen. The bathing establishment is commodious, containing every requisite apparatus for the administration of water and vapour baths and douches. Besides the bath-cabinets, there are two piscinæ, or public baths, in which several persons bathe at the same time.

A drive of six hours from Chambery suffices to reach Grenoble, a handsome and strongly-fortified town, in a fine mountainous situation. Diverging from the road, the Grand Chartreuse may be visited : access is, however, only obtained by pedestrians, or on horseback, by a path between steep mountains. The surrounding scenery is highly picturesque, but the position of the building is bleak. Next to La Trappe, it is the largest monastery in France, though the number of monks is now much diminished, owing to the causes already specified.

PART III.

SWITZERLAND, GERMANY, &c.

CHAPTER XII.

GENEVA — LAUSANNE — VEVAY — MONTREUX — THE VALAIS — BATHS OF LEUK—BERNE — INTERLACKEN — LUCERNE — THE RIGHI—BATHS OF PFEFFERS.

THE increased facilities for travelling in Switzerland, by the formation of railroads which link together the principal lakes and towns, though destroying much of the romance with which the aspect of this country was invested in former days, induces a much larger proportion of English tourists and invalids to make it their summer quarters; consequently the accommodation is much improved, besides the hotels, boarding-houses, or *pensions* being established at various scales of charges in most of the places of resort. Of these, Geneva is one of the most eligible, both for valetudinarians and persons in health, possessing many of the advantages of a capital, together with the *agrements* of the country. Several of the villas are let to English visitors, by whom also the numerous hotels are thronged from July till October. The town, however, has but little beauty in itself, but derives its interest from its position at the head

of the lake, the beauty of its promenades and environs, and its historical associations. The blue swiftly-flowing Rhone divides it into two unequal parts; the larger and ancient portion occupying the right bank, and extending up the acclivity of a hill. The Grand Quai along the Rhone and the lake is one of the most favourite situations; here are some of the principal hotels—(the new Metropole, Ecu, D'Angleterre, Couronne). Between the widest part and the lake is a public garden, laid out *a l'Anglaise.* Behind the quay, and parallel with it, is the rue du Rhone, occupied by shops, &c. The rue de la Cité passes at right angles with the former, up the hill leading to the Hotel de Ville, and, as well as the modern rue Corraterie at the eastern extremity, terminates at the public promenade La Treille, a terraced space, planted with chesnut trees, and at the bastions, now laid out as gardens, whence may be enjoyed delightful prospects of the surrounding country, the lake, the Alps, and the Jura range. The view from the Bastion de Cornarvin is particularly striking. The chief objects of interest in this portion of the town are the Cathedral, the Musèe Rath (picture gallery, sculpture, &c.), the museum of natural history, the public library of 50,000 volumes, and the botanical gardens.

On the opposite side are the spacious Quays des Bergues (with its large hotel), de Montblanc, on which are some of the best lodging-houses, commanding a view of the summit of this mountain, and smaller quays, on which are numerous watchmakers' shops, the quarters of Secheron and the Paquis, formerly the ramparts, but now covered with commodious buildings. In this part are the Catholic church, and a neat English

church. Between the two banks of the river is the Island of Rousseau, which is the chief point of reunion on summer evenings, when a band plays. From this point a good view of the shores of the lake, of the mountain, and the quays of the city is obtained.

Geneva possesses a theatre, well-supplied libraries, a casino, where play is carried on, and other resources for visitors. There is a society for the advancement of the arts, as also other societies of a scientific and charitable nature. The population now amounts to upwards of 70,000, of whom about five thousand are employed in the manufacture of clocks, watches, and jewellery. The Genevese are generally well-informed and agreeable; society is upon an easy footing, and free from formality: literature and science are a good deal cultivated, Geneva having been the birthplace or the abode of several eminent men, both in a theological and scientific point of view. There are many pleasing walks and rides in the neighbourhood; one of the most interesting is along the banks of the Rhone to its junction with the Arve, about two miles distant. Of the more distant excursions, the great and little Saleve mountains; Ferney, the former abode of Voltaire; Boissy, les Voirons, Coppet, the little town of Carouge, may be specified as the most interesting.

On account of the proximity of the Alps, the climate of Geneva is colder than that of Paris: it is also more variable. A good deal of rain falls in autumn, and even in October; fogs from the lake are not uncommon in the evening. As a winter place of abode, Geneva would not be a desirable locality for persons out of health.

Besides the steamers on the lake, a railroad runs along either shore. The lake, enclosed by the Alps, the Jura, and Jorat mountains, is twenty leagues in length; three and a half in breadth at its widest part. The Alps extend on the Savoy side from Geneva to Vevay; the Jura takes a direction from south to north; the Jorat is a lower chain of hills, connecting the higher ranges.

Most Genevese visitors will avail themselves of the opportunity to view Mont Blanc, Chamouni, and its environs. On the road lie the baths of St. Gervais, which are a good deal frequented, but principally on account of being a cool and agreeable summer residence. Ascending the course of the torrent Bonnant, a narrow valley enclosed between precipitous rocks, crowned with pine-wood, conducts to the *Cul de sac*, in which is situate the establishment. This is a central point for exploring the neighbourhood, which abounds in picturesque scenery, comprising ravines, torrents, cascades, and verdant meadows for pasturage; the higher localities presenting extensive and beautiful prospects. Of these, the isolated hill, Mont Joli, is the most remarkable, the view from its summit being even preferred by some to that from the Righi. St. Gervais possesses like other places its Pont du Diable, which crosses the Bonnant. There are nine springs; four being chiefly used. The temperature of the coolest is 18°, that of the warmest 42° R. The water is saline, containing sulphate of soda, muriate of soda, and magnesia. They are, however, not very strongly mineralized; the proportion of carbonic acid and of sulphuretted hydrogen gas is but small. They are employed for drinking, and for baths and douches

in various disordered conditions of the health, though seldom in the more serious cases of disease. Chamouni lies three leagues east of the baths.

Ouchy, on the lake, is the landing-place for Lausanne, which is a mile and a half distant, occupying an elevated position. Here is a large hotel (Beaurivage), where many visitors remain in summer. In the neighbourhood are several pleasantly-situated country houses.

Lausanne, the capital of the Pays de Vaud, with its Protestant cathedral standing prominently out, looks better from a distance than on a close inspection, being irregularly built, the streets for the most part narrow and hilly. New quarters have, however, arisen, and several improvements have been made of late years; still, Lausanne is less frequented for a prolonged sojourn than the towns on the lake. It is a cheaper place of residence than Geneva, and affords equal facilities for education, on which account some English families remain there. The climate, though as cold, is less foggy than Geneva. The population numbers near 20,000 souls, the greater part Protestants, and the society is good. The most striking structure is the large granite double-arched viaduct, Pont Pichard, which spans the valley to connect the quarters St. Francis and St. Laurence. The cathedral contains several objects of interest, and, together with the Eveché, constitute the principal edifices of the town. The cantonal museum comprises a rich collection of minerals, zoological and botanical specimens, anatomical models in wax, Roman antiquities, &c. There are besides in Lausanne a picture gallery, a cercle, a theatre, a college, and a good public library. The surrounding country is beautiful and

varied; it, as also a part of the lake, is seen to advantage from the cathedral, from the Terasse de St. Pierre (which is the principal promenade), and from the courtyard of the Eveché. Lausanne was the abode of Gibbon, whose Roman History was chiefly written in the garden of the hotel which bears his name.

Vevay, two and a half posts distant from Lausanne, the second place of importance in the canton, is a neat, clean, quiet town, and an agreeable retreat for a portion of the year, though hot in the height of summer. This was an ancient Roman station (Vibiscum); the market-place opens upon the lake, so that boats from the neighbouring towns immediately land or receive their cargoes of fruit, &c., presenting an animated appearance on market-days. The hospital is a large edifice, in which, besides serving for its peculiar destination, the tribunals hold their sittings; it comprises likewise the public library of 12,000 volumes. The other remarkable edifices are the old chateau, the building termed *Derrière l'Aile*, and the Hôtel de Ville. The church of St. Martin, which stands isolated on an esplanade overlooking the town, with its square tower and four turrets, has more of the appearance of a feudal castle than of a church. The adjacent terrace, sheltered by chesnut trees, commands a beautiful and extensive view of the lake, with the Jura mountains and the nearer hills clothed with woods and vineyards, among which are interspersed villages, hamlets, and chateaux. The other chief promenades are *Derrière l'Aile*, extending along the lake, and Rouveuna, disposed as an English garden. The large establishment, des Trois Couronnes, on the shore of the lake, likewise commands

delightful views. Here, as also at the Hôtels du Lac, des Trois Rois (in the town), where the accommodation is of the best kind. The Pension du Chateau is a good deal frequented by English visitors.

There are at Vevay a casino, with spacious rooms for reunions, concerts, &c., two cercles, and some good cafés. Several of the country houses in the neighbourhood are let to strangers.

The vineyards of Vevay are celebrated. Every seven years the grand ceremonial *fête des Vignerons* takes place. Many persons remain the summer to undergo the *cure des raisins*, which consists in eating plentifully of ripe grapes, to which is added bread, and a moderate quantity of animal food once a day. This course tends to renew the mass of blood, and is frequently productive of marked beneficial effects in various states of disordered health, especially when depending upon a vitiated condition of the fluids, or excessive delicacy of the air-passages, or of the alimentary canal,—either with or without glandular enlargement.

Vevay is in great measure sheltered by the Alps, and has a mild climate in winter, as compared with Geneva or Lausanne. The average number of rainy days is about 100 in the year; whereas there are at London, 178; at Paris, 152; at Rome, 117; at Pau, 109; at Florence, 103; at Montpelier, 82; at Marseilles, 55. "This district," says a local publication, "having its acclivities exposed to the south, fogs are almost unknown, and a chain of high rocks protects it from the north winds. Although the temperature is mild in winter, it is not oppressively hot in summer. But, what is of more consequence, the diurnal variations are less abrupt

and extensive than in any other part of the lake. Besides, the air holds in solution a quantity of watery vapour; it is thus less humid than in the surrounding localities, and is also more balsamic and emollient; which qualities are owing to its proximity to the lakes, and its south-western aspect."

Near Vevay, on the acclivity of a hill, on the road to Villeneuve, is Montreux, which is greatly resorted to in winter, principally by Swiss and Germans, but also by some English and French, on account of the mildness of its climate, and the richness of its vegetation at this season. The village is divided into three parts, Sales, le Chêne, and les Planches, the latter being connected with the two former by a bridge, which, seen from the bay below, with the water falling in a cascade beneath its arch, presents a most picturesque appearance. The hotels and lodging-houses are tolerably commodious; and there is a public library of 2,000 volumes. From the terrace of the church is displayed a fine view of the lake and surrounding country. The *Swiss Guide* (Nouvel Ebel), speaking of the Canton de Vaud, thus refers to this part:—"The climate is very different—the localities on the shore of lake Leman, at its eastern part, are the warmest and the most sheltered. The mildness of the climate of Montreux in winter reminds one of that of Provence; whereas at the distance of some leagues, as at Savigny, or at Ormouts, the sharpness of the cold reminds one of Russia. Notwithstanding the variations of temperature, the country is generally healthy; the air is pure, elastic, and bracing, except in some malarious spots. Storms are not unfrequent, and are sometimes disastrous; the most frequent winds upon

the Leman are the *bise* (north-east), which is especially felt in the neighbourhood of Geneva, and the south-west, which affects more particularly the upper portion of the lake." A chief disadvantage of Montreux as a winter residence would be the want of resources.

The castle of Chillon, near Vevay, looks well from the water, forming, with the mountains in the background, a striking picture. Villeneuve, at the extremity of the lake, is interesting only as being the point of landing and embarkation of travellers to or from the Valais. This commencement of the valley of the Rhone is *triste* and uninteresting. The soil is marshy, being formed by the mud brought and deposited by the river. A railroad now connets Villeneuve with Bex, Martigny, and Sion. At Bex are extensive salt mines and springs, which have been worked during three centuries. There is also a commodious establishment for bathing in the saline water, and for the goat's milk and whey cure. The inhalation of the air of the salt works is advantageous in pulmonary disease.

The Valais is the largest of the Swiss cantons. The Rhone flows through its whole length (34 leagues). It is enclosed on both sides by lofty mountains, and near Sion is divided by the river La Morge into the high and low vales. In the former, above Sierre, German is the language spoken; the inhabitants of the lower district speak French or patois. The Catholic religion is professed throughout the canton. The *Swiss Guide* does not present the national character in a very attractive light :—"When young the Valaisian is gay, open, and confiding; gravity and a kind of melancholy supervene on the approach of advanced age. Amidst nature

in ruins, he feels more closely the necessity of help from above. Hence his zeal in decorating the church. His house is bare, the altars are rich. His only pastimes are pious chaunts, processions, religious services, and visiting the graves of his forefathers." The passage of the railroad through the Valais will doubtless tend to improve the condition of the population, morally as well as physically.

The Haut Valais is hemmed in between high mountains, preventing the free circulation of air; the soil is in many parts marshy, and covered with rank vegetation. What wonder, then, that bodily and mental depression, with its concomitant superstition, should prevail, and that goître and cretinism should be endemic among the inhabitants, who constantly breathe an air laden with noxious exhalations?

Goître, which is, in fact, but a modification of cretinism, is generally found to prevail in localities similarly circumstanced—viz., where there exists a marshy soil combined with imperfect ventilation, or stillness of the atmosphere, as in some of the valleys of the Pyrenees and the Alps. Foderé considered it to depend upon the prolonged influence of a thick and stagnant air, charged with miasmata and fogs. M. de Saussure, in his "Voyages dans les Alpes," remarks, that goître is not met with above a certain altitude, as one thousand or one thousand four hundred metres; he also ascribes it to the influence of the heated, stagnant, and corrupted air which is breathed in deep valleys, as in those parts of the valleys which have a freer ventilation, and where they open out into plains, the complaint is less common. That the principal cause of the disease, where it pre-

vails endemically, is referable to the quality of the air inspired, the anatomical and physiological connexion of the thyroid gland with the vocal and respiratory organs would lead us to believe; and the opinion is corroborated by the observations of many of the professional men resident in those districts where it prevails. As a proof of the influence of humidity in promoting its formation, it may be mentioned, that in dry and cold weather it is not unusual to see the goîtres diminish in size. It has been attributed by some to the drinking of snow-water; but the inhabitants of many valleys in elevated situations, and also in some parts of Russia, drink nothing else but snow-water during a great part of the year, and yet they are not liable to goître; but in the Haut Valais, where the combined causes of marshy exhalation and imperfect ventilation prevail in the highest degree, the most aggravated form of the disease, cretinism, is met with; in other localities, where the operation of these causes is not so constant, cretinism is more rare, and the milder form, or goître, principally obtains. This is well exemplified in the valley of the Rhone, which widens below Riddes, where the mountains likewise are less high, and cretinism is less frequently met with, though persons with goîtres are still seen. Below Martigny, however, where the valley is wide, the mountains low, and the earth more cultivated, even goître becomes comparatively rare; and, in proportion as you approach the lake of Geneva, the inhabitants have a more healthy and cheerful appearance. Even in the Haut Valais, however, cretins are at the present day less frequently seen than formerly.

St. Maurice, one of the chief towns, is built at the

base of the Dent du Midi, there being scarcely room for the houses and the road between the precipitous side of the mountain and the river, which is crossed by an ancient bridge of a single arch—

> "The mountains closing, and the road, the river,
> Filling the narrow pass."

The abbey, founded at the close of the fourteenth century, has been the scene of several historical events. On the opposite bank are the baths of Lavey, which have recently been brought into notice. The water is slightly sulphurous at the spring; it has a temperature of 45 degrees.

The position of Martigny is striking. The town is divided into two parts: through one, the road to the Simplon passes. The other is the point at which the roads meet, from the great St. Bernard, and from Chamouni by the Tête Noire, or by the Col de Balme.* Here the Rhone receives the waters of the Drance; the river makes a bend almost at right angles, in consequence of which stagnant water is frequently left after heavy rains, or the melting of snow, rendering the neighbourhood unhealthy. In the villages on the opposite bank, which are less freely ventilated than Martigny, there were formerly a good many cretins.

The scenery in several parts of the high Valais is pleasing. Sion, the capital of the district, looks well from a distance; its two castles, now in ruins, crown-

* Ten hours (walking) are required to reach the Hospice of St. Bernard; *chars* are, however, available as far as Liddes. The ascent from Aosta on the opposite side requires about eight hours.

ing commanding eminences in the centre of the valley, produce a good effect. From Sierre the town of Leuk is seen on the acclivity of a mountain. The baths lie some distance up the gorge, at the foot of the Gemmi (three hours from Sierre): a new road direct to Sion has lately been constructed. They are thronged during the season—chiefly, however, by the Swiss, who are afflicted with rheumatic and paralytic affections. The baths form four squares under one roof, and are separated from each other by canals, through which water flows fresh from the springs, and is drunk by the patients while in the bath, in which it is customary to remain during four, six, or eight hours every day; a large number of persons, therefore, of both sexes, bathe together at the same time, each being clad in a flannel gown and tippet, and several having before them small floating tables, to hold their handkerchief, books, chess-board, &c. The springs contain but a minute quantity of saline substance; the temperature is about 45° R.; and there is little doubt that to the continued impression of the warm water upon the surface for several hours daily, their efficacy is to be principally ascribed.

Brigg is a neat town at the extremity of the Valais, at the foot of the Simplon, which has been already mentioned.

The route from Lausanne to Berne by Morat passes through a pleasing and hilly country, exhibiting every appearance of comfort. A plain pillar on "the proud, the patriot field" of Morat, marks the spot where the bones of the Burgundians lie unsepulchred. Berne is the handsomest town in Switzerland, and is perhaps also the most beautifully situated, being for the most part built on

the declivity of a hill, round the base of which the river Aar winds. The population amounts to about 30,000. The streets are spacious, regular, extremely clean, and well paved; the houses are constructed upon low arcades, as at Padua, Bologna, and some other Italian towns. A stream of clear water runs through the centre of each street, supplying neat fountains, most of which are ornamented with a statue of Winkelried, or some other Swiss hero. There are two principal squares; and a handsome bridge crosses the Aar. The Gothic cathedral; the Tour de l'Horloge, in the centre of the town; the new federal palace; the library, containing 45,000 volumes, 1,500 manuscripts, and a rich cabinet of medals; the museum of natural history, with bas-reliefs of various portions of Switzerland; the great hospital; the Salle des Arts (comprising a picture gallery, a collection of armour of the middle ages); the botanical garden; the corn hall; and the bears (emblematical of the canton, preserved in the ditch outside the town, for the support of which a special fund has been allotted during several centuries), are the principal objects of interest. There are likewise a casino, with concert and assembly-rooms, numerous cafés, baths, and institutions for charitable and scientific purposes. The terraces and promenades in the town and its vicinity command magnificent prospects over a vast extent of richly wooded and highly cultivated country, above which the long range of snow-covered Bernese Alps raises its majestic peaks, forming the most striking feature of the landscape. The platform adjacent to the cathedral; the Petits Remparts; the new promenade de l'Hôpital; the superior and inferior Graben; and the Belvedere—

may be particularly mentioned as the best points for the view. The promenade Enghe, a short distance from Berne, is likewise a favourite place of resort.

The drive to the lake of Thun, to which there is a railroad, requires about three hours; the country is beautiful and populous. Thun, at the head of the lake, is much frequented in the summer. There is good accommodation at the Hôtel de Bellevue, overlooking the lake; the Hôtel du Bateau à Vapeur; the Pension Baumgarten; and the Freyenhof. The town contains about 4,000 inhabitants; it has four gates (two at the bridges at either extremity). The chateau is celebrated as the scene of historical events. From the church terrace may be enjoyed beautiful views of the country, terminated by the mountains and glaciers bordering the lake. A diligence goes to Interlacken in three hours. The steamer leaves twice a-day for Neuhaus, performing the voyage in about an hour and a half, the distance being five leagues. As respects variety of scenery, the fertility of its banks, the grouping of its mountains, clothed with forest and pasture-lands, among which are interspersed numerous villages, few of the Swiss lakes can be compared to that of Thun. From Neuhaus, about twenty minutes (with a carriage), are required to reach Interlacken, passing through the village of Unterseen, whence the Eiger, the Mönch, the Jungfrau, &c., are seen to advantage. Interlacken is approached by the Höheweg, a fine road bordered by walnut-trees, hotels, and lodging-houses. The Hotels d'Interlacken, de la Jungfrau, Schweitzerhof, the Pensions Belvedere, and Victoria, are the most patronised by the numerous English and other visitors who make this beautiful

valley of the Oberland their summer quarters. The accommodation has so greatly increased that the village is more than double what it was some years ago. There are also several lodging-houses at Unterseen, which, like Interlacken, derives its name from the position between the lakes of Thun and Brientz.

The Jungfrau, with other "thrilling regions of thick-ribbed ice," rise above the valley. Interlacken, though less eligible for invalids in summer than Geneva and its environs, especially if the weather should chance to be bad, is, however, the most central point for excursions among some of the sublimest scenery of Switzerland. The lake of Brientz (which is also navigated by a steamer), and its banks, Meyringen, the Cascade of Griessbach, the Glacier of Grindelwald, Lauterbrunn, the Staubach cascade, and the Wengern Alp, all lie within a moderate distance. The whey cure is followed by some persons.

The country between Berne and Basle is less hilly than that between Lausanne and Berne, but teems with fertility and population. Basle is a large manufacturing and commercial town, which derives its chief importance from being close to the French and German frontiers. It is divided into two unequal parts by the Rhine, which is crossed by a wooden bridge. Except the cathedral, Basle contains no remarkable public edifices. The public library, with Holbein's drawings; the museum of natural history; and two or three private collections, may be worth visiting. There is but little society; the inhabitants (many of whom are very rich) being mostly given up to money-getting: frequenting the watering-places in the summer is their chief recreation.

Lucerne, with a population of 10,000, is situate at the western extremity of the lake of the Four Forest Cantons, at the point where enters the Reuss, which is crossed by two covered bridges, with painted walls illustrating the lives of saints, &c. It is divided into two parts; through the smaller a canal of clear water flows. The houses are for the most part of antique construction, so that the town appears to great advantage when seen from a distance. The part mostly inhabited by visitors is the quay, on which stands the large Schweitzerhof Hotel, commanding a good view of the lake, Mont Righi, Pilatus, &c. Besides its cathedral, public library, and the print-shops, there are but few objects of note, the chief *lion* being the one sculptured by Thorwaldsen, to the memory of the Swiss who fell while defending the Tuileries in 1792.

Lucerne is one of the most favourite places of summer sojourn, to which the beauty of the environs, and its being a central point for excursions, greatly conduces. There are several agreeable walks in the immediate neighbourhood, and along the banks of the Reuss. The Englisher Hof and Aeschmann's pension are a good deal frequented by English tourists.

There is abundance of opportunities for excursions to places of interest on the lake, by means of steamers and small boats. The length of the lake from Lucerne to Fluellen is six leagues; its breadth from Kussnach to Alpnach is four leagues. For variety of scenery, the grandeur of the mountains by which it is encased, and also as respects the interest attaching to its historical associations—having been the scene of Tell's exploits—this is the most celebrated and explored of the Swiss lakes.

The Righi is visited every summer by upwards of 30,000 persons, several remaining, some for a long period, at the hotels on or near the summit, and at the Kaltbad hydropathic establishment; the chief object, however, of the majority being the view of the numerous mountain-tops, lakes, and extent of country which is thence obtained, the aspect of which at sunrise is *unique*. The ascent by either of the paths from the lake, or on the opposite side from the lake of Zug, presents a succession of pleasing prospects, and is not too steep for valetudinarians.

Many invalids affected with dyspeptic and pulmonary complaints derive much advantage from passing several weeks in the summer in some of the elevated localities in Switzerland, as at Gais, in the Canton Appenzell, where there is a whey-cure establishment (as also on the Righi). The benefit is, however, doubtless, mainly attributable to the rarefied air of these regions.

It has been shown that pulmonary consumption is very rare in the higher Alpine regions. No mention is made of it, though bronchial affections and inflammation of the respiratory organs are common, among the diseases of the inhabitants of these parts, though it is excessively prevalent in the Alpine valleys. The monks on the Great St. Bernard, and those of the Grande Chartreuse, are almost exempt from phthisis, which, however, is common among the residents of the lower hills, as those encircling the lake of Zurich.* M. Muhry, who has treated of the comparative immunity of the inhabitants of elevated localities, especially of the mountain regions of South America, from consumption, ascribes it to the

* Fuch's Medicinische Geographie.

action of the diminished pressure of the rarefied air, and of the oxygen on the lungs. I have, however, endeavoured to show that the action of these climates is in no small degree referrible to the skin, the quantity of insensible perspiration being increased by the habitation of such places; and there can be no doubt that the advantage derived by many patients predisposed to or slightly affected with tuberculosis, from sojourning on the Righi, and other places similarly situate, as also from excursions in mountainous countries at a favourable season of the year, is in great measure thus accounted for.*

The lake of Lucerne forms also part of the high road, by the St. Gothard, the most direct way from Germany to Italy. This route is also one of the most interesting, and a great portion of it may be made by water (on the lakes Lucerne and Maggiore). On the arrival of the boat at Fluellen, omnibuses convey travellers to Altorf, a neat town in a picturesque position; the market-place is ornamented with a fountain and a statue of Tell, this being the spot where the hero came victoriously out of the severe trial to which his skill as a marksman was subjected.

From Altorf to Bellinzona, about sixteen hours are required by the courier; a pedestrian would gain the advantage over a carriage in the ascent, and might walk from Altorf to Airolo, on the opposite side of the St. Gothard, in twelve hours.

The ascent of the St. Gothard begins at Amsteg, and continues gradually to Andermatt, beyond which, after

* I have treated at length of this subject in my work on the Effect of Climate on Tuberculous Disease.

passing the Devil's Bridge, it becomes steeper, and the scenery is more striking. This pass is the most distinguished for the sublimity and wild grandeur of its scenery, especially on the Italian side. The numerous winding terraces and zigzags of the road begin beyond the old hospice, and are continued to Airolo, at the base, whence the summit may be attained (on foot) in two hours. From Airolo to Bellinzona about six hours are required with a carriage. This town is the central point where the roads of the St. Bernardino, from the village of Splugen, the St. Gothard, and those from the lakes of Lugano and Maggiore, meet. It occupies a beautiful situation in the valley, and with its three castles produces on approaching a fine effect. Travellers proceeding to Milan may make the detour by Lugano, or go by the Lago Maggiore, to Sesto Calende.

From Bellinzona to Splugen a carriage takes fifteen hours by the St. Bernardino; this is a much less interesting pass in a scenic point of view than either the St. Gothard or the Splugen. The ascent of the mountain begins immediately on leaving the village; the walk across will take a pedestrian nine hours, the diligence requiring seven and a half. The old zigzag road to Isola has been abandoned for some years, when a safer road, less exposed to avalanches, was constructed. This descends to Campo Dolcino, two hours distant from Chiavenna, which occupies a picturesque position, surrounded by mountains, and is in direct communication with the steamers on the lake of Como.

On descending the valley from the village of Splugen, about nine hours are required by a pedestrian (four and a half with a carriage) to reach Coire,

the capital of the Grisons, which contains a population of 6,000 inhabitants, and is the central point of communication on the road to Feldkirch, Bregentz, and Lindau on the lake of Constance, and to Zurich by the lake of Wallenstadt. The scenery along this valley is unsurpassed by any in Switzerland, especially about the gorge celebrated as the Via Mala, through which the Rhine, here a mountain torrent, impetuously makes way. This portion of the road lies between the villages of Tusis and Andeer, and is described in detail in the guide-books.

Some distance beyond Coire is Ragatz, where a bathing establishment was formed some years back; the baths are supplied by the springs of Pfeffers, the water being conducted through wooden tubes. There is tolerable accommodation at the Hotels Tamina and the Poste. This establishment has in great measure supplanted the ancient baths of Pfeffers, situated a league off, in a deep and romantic gorge, which is cheered by the rays of the sun during only six hours a day, even in summer. These baths are contained in two large buildings connected by the chapel, on a narrow ridge of rock above the foaming Tamina, to which the descent resembles that to a mine. The spring rises even in a narrower part of the gorge, the rocks almost meeting several hundred feet overhead, so as to leave only a strip of sky visible. The only means of access is by means of a scaffolding of planks suspended from the steep side of the rock, and overhanging the torrent. Few scenes surpass the gorge of Pfeffers in wildness and desolation; the waters are but slightly mineralized, and owe their remedial properties solely to their high temperature.

Travellers from the Righi may descend to the small town of Zug, on the eastern side; and, taking the road along the edge of its pretty lake, may thence cross over to Horgen, on the lake of Zurich, an hour's distance from the town. This large lake, without possessing the striking scenery of some of the others, is no less pleasing from the fertility and high state of cultivation of its shores, along which numerous towns and villages are scattered. Zurich is beautifully situated, but is not a place calculated for the prolonged sojourn of visitors, though two or three days might be agreeably passed in viewing the public edifices which it contains, in common with other towns of equal size. It possesses, however, no very marked distinctive feature. A few miles distant is Baden, which is a good deal frequented in the season, principally by the natives of the country. The springs are hot, and are mostly used for bathing. The accommodation and resources of this, as also of the other Swiss baths, though much improved of late years, are still very inferior to those most frequented in Germany; and, as they do not possess peculiar remedial properties, I have not deemed it necessary to give more than a cursory notice in this place, having already treated of these baths in a special work.*

* Baths of Germany, France, and Switzerland.

CHAPTER XIII.

MUNICH—THE DANUBE—GASTEIN—VIENNA—ADELSBERG.

THERE is no continental city except Paris, where so much has been done in the way of embellishment, and the erection of public buildings of late years, as at Munich. The modern portion strongly contrasts with the irregularly-built old town, and its antique-looking houses; the new streets being carried in straight lines, wide, well-paved, and consisting mostly of palaces and private houses, the shops being comparatively few. Among the most remarkable are the Ludwigstrasse, Residenzstrasse, Neuhauserstrasse, Theresienstrasse, Carlstrasse, and Briennerstrasse. The style of architecture of the modern public buildings is peculiar and chaste: the interior decorations are exceedingly rich and tasteful, the whole having been designed by King Louis, and executed by Von Klenze. The Residenz, or royal palace, is richly decorated with carving and fresco-paintings; the floor of each apartment being inlaid with wood of variegated colours, produces a pleasing effect. It is divided into several sections, as the five Niebelungen frescoed chambers, &c. In the throne-room are large bronze gilt statues of former sovereigns.

The palace forms one side of the principal square (Max-Joseph's Platz), in which are the post-office and the Hof-theatre, one of the largest and handsomest in Germany. In the centre is a bronze statue of King

Max, seated. The opposite side of the palace is taken up by the Hof-Garten, a large space planted with trees, enclosed between arcades, the walls of which are painted in fresco, with views of places in Italy and Sicily, or subjects taken from Bavarian history. Above the arcades are the Vereinigte Samlungen, a collection of antiquities, bronzes, arms, &c., formed by King Louis. Adjoining is the Kunstverein, a collection of pictures, the production of living artists.

The old Pinacothek is built in the style of a Roman palace. In front of its long façade are statues of some of the most celebrated painters. The splendid collection of pictures, which is preferred by many to that of Dresden, comprising 1,300 specimens, several by the first masters, among which those of Rubens and Murillo deserve more particularly to be specified.*

The rich Leuchtenberg gallery, which constituted one

* The following are among the most esteemed productions:—The Saviour bearing the Cross, by Albert Durer; Misers, by Matsys; Heads of an Old Man and Woman, by Denner; a Burgomaster of Antwerp and his Wife, by Vandyck: the Interior of a Church, by Delorme; Portrait of a Turk, by Rembrandt: by Gerard Dow, a Mountebank, a Hermit, an Old Woman spinning, a Young Woman knitting at a Window, and a Portrait of himself; the Fallen Angels, by Rubens; Ruben's Wife; the large picture of the Last Judgment; a Madonna and Infant; the Murder of the Innocents; a Priest holding a skull, Mieris; a Girl with a parrot: a similar subject, by Netscher; Peasants Quarrelling, by Ostade: three small pictures, by Teniers; Beggar Boys eating fruit, a *chef d'œuvre* of Murillo; also a Girl buying fruit, scarcely inferior to the former; Marine Views, by Vernet; Madonna and Child with a lily, by Carlo Dolce; also St. Agnes, the Madonna, Infant St. Joseph, and a Monk, by Titian; Portrait of a Lady, by Paris Bordone; the Saviour Crowned with Thorns, by Guercino; Madonna and Infant, by Raphael; Mona Lisa, by Leonardo da Vinci.

of the attractions of Munich, has been transferred to St. Petersburgh.

The Pinacothek likewise contains a long gallery (Logine) of frescoes illustrative of the history of painting in Italy, Germany, and France; a cabinet of engravings, and a fine collection of Etruscan and Grecian vases.

Opposite to the old is the new Pinacothek, built in the Byzantine style, and finished in 1853. The façades are ornamented with frescoes, representing the progress of modern art. It contains about 300 fine pictures, cabinets of painting on porcelain, vases, and other interesting objects.

The Glyptothek, or gallery of statues, is an elegant structure of white stone, which is the first object that attracts the traveller's attention on entering Munich from Augsburg. The interior is richly and tastefully decorated, the ceiling of each apartment being composed of stucco-work of a different design and colours, white and gold, or green and gold, being the most predominant; the walls are plain scagliola, and the floors of variegated marbles. The statues, too, though not very numerous, are select, and are placed so as to be exhibited to the greatest advantage. Among them are the celebrated Egina marbles, the Barberini Faun, Iloneus, Jason, and other choice pieces. The last room is appropriated to modern sculpture; it contains the Paris and the Venus of Canova, a bust of Napoleon, and one of King Louis, by Thorwaldsen.

Opposite to the Glyptothek, and connected with it by marble colonnades of the Corinthian order, the whole constituting an elegant square, is the Kunstaustellungs-

Gebaude, a new edifice, with handsome portico, embellished with groups of statuary by Schwanthaler, containing other specimens of modern art. Adjoining are the modern paintings on glass, which art has been brought to great perfection at Munich, and the new church of St. Boniface, with handsome peristyle and pillars of grey Tyrolean marble.

The churches in Munich exhibit a great variety with respect to architecture. The cathedral, with its two large brick towers, is a heavy-looking structure; its interior is plain, and rather gloomy. St. Michael's church is built more in the Italian style, and resembles, interiorly, several of the churches of Rome and Florence. The church of the Theatines is one of the most prominent public edifices; its interior is profusely ornamented with stucco-work. The two most interesting churches, however, are the newly erected one in the suburb Au, and the All Saints, behind the palace. The contrast between these is very striking; not only the style of architecture, but also the internal aspect, being totally different. The former is a light Gothic edifice, plain internally, almost the only decoration being the finely painted glass windows. The All Saints church has a handsome and chaste appearance exteriorly; internally it is embellished with fresco paintings and arabesques, which produce a rich effect without being gaudy, though perhaps less calculated to excite feelings of devotion than the plain or Gothic style. The Protestant church is a neat edifice, contrasting with the other churches in the style of its architecture, and forming the most prominent object of the Carls Platz.

The Schwanthaler Museum contains casts of the

chief productions of this celebrated sculptor. One of his principal works is the model of the colossal bronze statue of Bavaria, sixty-five feet high, occupying an elevated position of the Theresienwiese, about half an hour from the Carlsthor. A staircase in the interior leads up to the head, which can contain several persons, and whence are displayed the city, and an extensive prospect of the country on all sides, terminated southward by the chain of the Tyrolean Alps.

Behind the statue is the Ruhmeshalle (hall of glories), a temple erected of late years in the Doric style, supported by forty-eight lofty marble columns, and exteriorly adorned with reliefs in marble, designed by Schwanthaler, and illustrative of Bavarian victories, &c. The interior is decorated with fresco paintings, and contains upwards of seventy marble busts of Bavarians distinguished in war, the sciences, arts, and literature.

The Academy of Fine Arts contains valuable collections of coins and antiques; a museum of natural history. The collection of Brazilian arms, costumes, insects, flowers, &c., brought over by Dr. Von Martius, will be viewed with particular interest.

Of the squares, the most remarkable are—Maximilian Platz, the Carls Platz, Odeon Platz, and Carolinen Platz; in this latter is the bronze obelisk erected to the memory of the Bavarians who perished in the Russian campaign, which, seen from a distance, with the sun shining upon it, has a rich golden appearance.

The public library is one of the handsomest edifices in Munich. The collection of books, amounting to 800,000 volumes, is the largest on the continent, after the Bibliothèque Imperiale at Paris. There is likewise

a fine collection of ancient manuscripts and finely-illustrated Bibles and missals. Strangers, properly recommended, are allowed to take books home for perusal.

Munich is the seat of an university of high repute. The building comprises a vast audience hall, and various other halls and lecture rooms, and a library of 200,000 volumes. The number of students amounts to about 1,800, being for the most part from various parts of the kingdom.

The hospital, immediately outside of the town, is a handsome modern building, the interior disposition of which will afford gratification to the casual visitor, and might serve as a model for similar institutions in other parts of the continent. It is principally supported by a trifling tax, levied among the townspeople, to which servants and others of an inferior order contribute, and when ill thus acquire a claim for admission. The wards are small, but clean and airy, being disposed along spacious corridors; each contains about twenty beds, the total number of beds being about four hundred.

Near to the hospital is the spacious public cemetery, containing several handsome marble monuments, hung with chaplets of flowers; which are likewise cultivated in patches of earth between the graves. At the further extremity is a semicircular colonnade, with central rooms, where the dead lie exposed—generally dressed in their gayest attire, with bouquets of flowers placed in their bosom—for about twenty-four hours. This practice is pretty general in some other parts of Germany.

The public prison will repay the trouble of a visit to

those who feel an interest in such matters. There are several workshops, as manufactures of cloth, articles of clothing, &c., on which the prisoners are employed, complete silence being enjoined. A certain share of the proceeds is allotted to them; so that, when their time of imprisonment expires, they may not be altogether destitute. The punishment of death very rarely takes place in Bavaria, as no one can be executed, however strong the evidence, unless the culprit acknowledge himself guilty of the crime of which he is accused. Those who are convicted of the more atrocious crimes, are confined for a series of years or for life, or are employed in the public highways, each having the legs chained so as to prevent escape. Some of these criminals are confined in ill-ventilated cells, scarcely large enough to contain the four individuals who are lodged in each, with iron bolts attached to their legs; in the daytime their beds are placed upright against the wall, and they are occupied in carding cotton, never being allowed to leave their cells, to the unhealthiness of which their countenances bear the strongest testimony.

An extensive park (the English garden), continued from the Hof Garten, through which flows the water of the Iser, diverted from its course to form an extensive lake, is the most usual place of resort for equipages and pedestrians. Many parts are shaded by fine rows of trees. This park compensates in some measure for the deficiency of interest in the environs of the city. Near it is the Fruhlings-Garten, laid out in the English style. The Prater, on a small island of the Iser, is also a frequented place of resort on holidays.

There are numerous houses of entertainment in the

neighbourhood of the city, where inferior shopkeepers, soldiers, and others resort on summer evenings and on holidays (which are numerous) to dance and drink beer. The movements of the dancers are generally more active than elegant, profuse perspiration being induced by their exertions in many of them. Most of the Germans, even of the upper classes, seem to like dancing purely for its own sake, many scarcely saying a word to their partners, who are handed to their seats immediately the waltz or galop is over. Waltzing is seen to greater perfection in Vienna and Munich than elsewhere. Balls, concerts, and other entertainments are frequent in the winter season. The love of music, universal in Germany, is, perhaps, greater in Bavaria than elsewhere, being more generally diffused among all classes. Military bands play almost daily on one of the Places at stated hours; and public and amateur concerts are given about twice a week in winter in the Odeon, or one of the other large halls appropriated to this purpose, and to dancing. A love of pleasure is in fact predominant among the inhabitants of southern Germany, and great laxity of morals is said to have prevailed in the larger capitals.

Munich presents many advantages for the permanent or temporary residence of English families, including every facility for education. In point of winter climate, I consider it less objectionable than the other large German towns, for though the snow usually lies thick upon the ground for three or four months, and the thermometer is often several degrees below the freezing point, yet the sky is generally clear, and, considering the elevated position of the city (the highest in Europe

except Madrid), there is but little wind; the cold is consequently rather bracing and salutary than the reverse. Sledges here, and at Vienna, are in constant use, some of them being very handsomely painted, and the horses gaily caparisoned.

The most unpleasant sort of weather is in the spring, during the thaw, when also rain frequently falls, and walking in the streets is almost impracticable. The houses are well adapted to exclude the cold, being for the most part furnished with double windows, and warmed by stoves, which, though preventing drafts of air, and imparting to the apartment an equable temperature, yet disagree with many persons not accustomed to them — causing headache and other unpleasant symptoms. In summer the heat is at times oppressive, and the more so from the deficiency of shade in the environs. Though a winter residence at Munich would not be recommendable for delicate invalids, it would agree well with many patients affected with nervous disorders, which a more relaxing climate (as Italy) might tend to aggravate.

Munich is comparatively free from epidemics, and is on the whole a healthy place of abode. The most prevalent diseases are thoracic inflammations, gastric and nervous fevers, rheumatism, and scrofulous affections. Diseases of the eyes are likewise prevalent. The state of medicine and surgery both at Munich and Vienna is, I think, inferior to Berlin, where science is more cultivated. A lately published *brochure* contains the following notices :—" Munich lies 1,578 feet above the sea; it has a dry, chalky soil. The neighbourhood of the Alps occasions rapid and great changes of temperature,

especially in summer and after a fall of snow on the mountains. High winds sometimes prevail for two or three days in succession, as in all high and not well sheltered places. There is plenty of water, supplied from the Iser; the streets are clean, the houses not too closely built together, and there are several open places, conducing to free ventilation. Gastric and typhoid fevers are supposed to be very prevalent, though they are not more so than in several other large cities. The population is much less affected with consumption and scrofula than is that of other large towns in Germany. Intermittent fevers are of rare occurrence, and on account of the high position and mountain climate of Munich, chlorosis, hysteria, and nervous affections of all kinds are infrequent.

"The general mortality is favourable as compared with other cities, the proportion being as follows:—Munich, 1—33; Berlin, 1—30; Cologne, 1—25; Vienna, 1—22; Dresden, 1—27; Brussels, 1—31; Stuttgard, 1—36; London, 1—38; Paris, 1—38. The diminished average mortality in London, Paris, and New York does not depend so much on their greater salubrity, as on the circumstance that a large number of grown up persons annually resort to those cities, and the disproportion in the mortality between adults and children is in favour of the former.

"The mortality among children is large at Munich, almost half of the total number of deaths occurring in children under one year old. A large proportion of the children born are illegitimate."—*München's Klima*, 1860.

The nearest town of importance northward of Mu-

nich is Ratisbon, which, however interesting from its historical associations, offers no special inducements for the traveller to delay his departure. There is now railroad accommodation between it and most towns, and steamers descend the Danube in two days to Vienna, arriving the first day at Linz. In the neighbourhood of Ratisbon is the Valhalla, a magnificent temple erected by King Louis, under the superintendence of Von Klenze, on a fine site overlooking the Danube. It is of the same dimensions and style of architecture as the Parthenon, and contains a large collection of statues and busts of the most eminent characters to which Germany has given birth. Being composed of white marble, it is visible from a considerable distance, and produces a fine scenic effect; while from its elevated position a good view of the course of the Danube and of an extensive tract of variegated country may be enjoyed.

The current of the Danube is more rapid than that of the Rhine, and the river is exceedingly shallow in some places. The scenery is in many parts highly romantic and picturesque; the country wild, but thinly populated. Ruined castles, shrines, and richly endowed monasteries, are ever and anon seen in conspicuous positions on the banks. Among these the bold ruins of Durenstein (the prison of Cœur de Lion), and the convents of Mölk and Neuberg, occupying commanding positions, will particularly attract attention. The towns and villages are few and far between.

Lengthened description is not intended in this work; nevertheless, being unwilling to dismiss the Danube with a mere cursory notice, I will subjoin a brief

sketch of its scenery from the pen of a graphic writer before the introduction of steamboats: — "A little beyond Passau the bed of the river became suddenly contracted, and the roaring torrent forced its way onward with considerable violence. In some places the nearly perpendicular rocks were entirely destitute of vegetation, except a few stunted shrubs; again, another magic sweep expanded it into an extensive lake, overhung by majestic hills, covered with every description of foliage, from the wide-spreading oak to the spire-like pine on the summit; cascatelles were bounding from branch to branch, covering the leafy mantle as it were with diamond spangles and wreaths of crystal, and then foaming into the watery abyss—and thus the scenery continued, with but little variation, till we came to Engelhardzell, the first town of Austria.

"The morning we left Engelhardzell I had an opportunity of seeing for the first time one of the Danube fogs, which hung in a dense mass of floating vapour upon every object, rendering them totally impervious to the organ of vision. About eight o'clock the fog entirely disappeared, and we were impelled forward very rapidly. The bed of the river being now entirely composed of large rocks, the passage of the stream was most turbulent, and our boat was buffeted about as if in a storm. The dreary crags on each side arose to such an altitude as to exclude all prospect over the adjacent country, and in truth the scenery was so wild, and the signs of human habitations so few, that a traveller might deem he had arrived in a country in a state of infancy; and the appearance of the Castle of Reinech, with its majestic towers, is hailed with pleasure. From

this place a succession of picturesque rocks, ruins, villages, and lofty hills, finely wooded, accompany us to Aschach, where the country opens to our view, and the river assumes the form of an immense lake; then, after passing Oitenheim, with its pretty castle, we landed at Urfer, the faubourg of Linz, the capital of Upper Austria."

From Linz to the beautiful lake of Traun is a railroad, the carriages being drawn by horses at the rate of nine miles an hour; a small steamer now navigates the lake, so that travellers from the Danube can reach with speed and facility the romantic region of the Salzkammergut, and visit the salt springs of Ischl, which, lying in a most picturesque position, 1,500 feet above the level of the sea, is greatly resorted to in summer both on account of its coolness and the efficacy of the waters.

Some German miles southward of Ischl, and a few hours' drive from Salzburg, lies Gastein, called also Wildbad Gastein, in a romantically secluded position, among snow-tipped, pine-covered Alps, and on the edge of the mountain torrent Ache, which here forms a fine waterfall. It is one of the highest baths in Europe, being 3,000 feet above the level of the Mediterranean: the climate is consequently raw and unsettled. Even on the longest days the sun's influence is but little felt (except in the middle of the day, at which time the heat is often oppressive), as it rises late above, and sets early behind, the adjacent mountains, which are not unfrequently enveloped in clouds. From these causes, and from the spray of the waterfall, the mornings and evenings are generally cold, and often damp; yet the high reputation which the springs have acquired renders

the place thronged during the season, and many persons are obliged to leave for want of accommodation, which, however, may be obtained better at Hof-Gastein, a village about three-quarters of a mile lower down the mountain, in a more open and agreeable position, sheltered from the north and east winds, enjoying a milder and drier atmosphere, and less liable to sudden transitions than Wildbad; whence the water of the principal spring is conveyed through pipes of pine and larch wood, by which it loses somewhat of its heat; though this cannot render its action different from what it is at the source, as, being too hot for bathing, it is allowed to remain all night in the baths at Gastein to cool down to the proper temperature.

There are numerous springs rising on the bank and in the river. Those most employed are the Furstenquelle (temperature 37° R.), the Doctorsquelle (38°), the Hauptquelle (38°), and the Straubingerquelle (36°). A spring, rising in the Ache, supplies the horse bath. The quantity of solid substance and gas in the water is very small; scarcely two grains of the former, and a cubic inch of the latter, to the pint.

The distance from Linz to Vienna is about sixty leagues. "Having resumed our voyage," continues the above-quoted author, "the scenery that presented itself was of the most beautiful description—an ever-changing panorama. First we had luxuriant meadows and corn-fields, swelling into gentle hills, clothed with the rich verdure of June, the whole dotted over with the white cottages of the peasants, and animated by numerous groups of cattle. We then came to a plain where the Danube gradually expanded into an immense

lake, intersected by several green islands, enlivened by immense flocks of aquatic birds; this terminated by contracting into a mountain gorge, formed by tremendous piles of rocks, with their fantastic peaks, dark, gloomy, and nearly destitute of vegetation. Each moment our progress seemed barred by an impassable chain of rocks, until, by turning a tiny cape, we found ourselves within another mountain lake, surrounded by yawning abysses and frowning precipices, which, overspread with the sable pall of the pine, gave to the whole a character at once wild and supernatural; and thus it continued, curve upon curve, lake upon lake, until we arrived at Sturm, with its dreaded Saurussel.

"Here everything concurs to increase the interest of the scene; the terrific roar of the river, and the rapidity with which it rushes through its frightful gorge, exhibiting one mass of boiling foam; the stupendous height and threatening altitude of the rocks, which seem to menace us with certain destruction as we advance; the twilight, the anxiety pictured on the countenances of the passengers, their prayers to St. Nicholas and the Madonna, the shouts of the captain and his men, hurrying to and fro—combine to raise a slight feeling of apprehension even in those whose nerves are iron-bound; but in a moment the dreaded Saurussel is passed, and nothing is heard but thanks and gratitude for the intercession of the saints." *

The city of Vienna is but limited in extent, being enclosed between high ramparts, and containing a population of little more than 60,000. The numerous

* "Sketches of Germany and the Germans, by a Resident Englishman."

suburbs, however, of which the chief is the Leopoldstadt, spreading to a considerable extent in various directions, comprise together 470,000 inhabitants. The streets of the city are necessarily narrower than those of the suburbs, which are for the most part spacious, well paved, and lighted. The houses, however, are more lofty and solidly built, many of the palaces being of a grand and imposing style of architecture: the lofty spire of the fine Gothic cathedral St. Stephen's, which stands near the centre of the city, forming the most conspicuous object. The chief streets are those leading from the Gate Brinzthor to the Koptmarkt, and to the Graben, and that leading from another gate (Karnerthor) to Stephensplatz. Of the squares the Josephsplatz is the principal, Vienna not having much to boast of in this respect. Five bridges connect Vienna with Leopoldstadt, of which the principal are the Ferdinand and the Elizabeth, a new bridge across the Wien. The promenades present delightful views of the suburbs and public gardens, with the Danube and the lofty Kahlenberg in the distance. The esplanade, laid out with alleys of trees, is likewise an agreeable promenade, immediately below the Bastei.* In fact, perhaps there is no continental city presenting so great a variety of public walks, of which the principal are the Prater (the usual drive), the Volksgarten (in which the Temple of Theseus will attract attention), the Augarten, and the Theresiengarten, in which are numerous houses of entertainment; while concerts, fireworks, and other means of recreation are abundantly provided on holidays.

* Considerable alterations are about to be effected. Broad streets of handsome houses will be carried through the city, as in Paris; the ramparts will be levelled for the construction of buildings.

at a cheap rate, amusements being encouraged by the government as a means of preventing too close an attention to political matters. The Viennese, like the Bavarians, are great lovers of music and dancing. The theatres are well conducted, and the *corps dramatique* of the best. As elsewhere in Germany, theatrical representations begin at six and close about nine.

The churches most deserving of attention in an artistic point of view after the cathedral are the Hof-Burg, the Augustine (which contains a *chef d'œuvre* of Canova—the grey marble monument to the memory of the Archduchess Christine), the Capuchins, St. Peter, St. Charles; the modern edifices, St. John, in the Leopoldstadt, and the Altlerchenfeld, built in the Gothic Italian mediæval style.

The Hof-Burg, or imperial palace, is not very remarkable exteriorly, but contains an immense collection of works of art. The library saloon, two hundred and sixty feet long, with a central dome, and ornamented with marble statues of the rulers of Austria, is peculiarly striking. It contains upwards of 300,000 volumes, in all languages, and a large collection of manuscripts, including the original "Gerusalemme," by Tasso. The Schatzkammer, gorgeously furnished with jewels, costly nick-nacks, &c., will occupy a large share of the visitor's time; as also the fine collection of cameos, antique medals, &c., in the Augustine corridor. The Belvedere Palace contains the chief picture gallery, which some prefer to that of Munich. It is especially rich in works of Flemish and German artists.*

* Three of Rubens' *chef d'œuvres*, St. Ignatius, St. Ildefonso, and St. Ambrosius, a portrait of Charles I. of England, by Vandyck, and the mother of Rembrandt, may be particularly specified.

In the Italian school are Raphael's "Holy Family," one of the finest of this master's productions; the same subject by Titian is likewise a celebrated painting. The gallery is rich in works of this master. It also contains the splendid mosaic of the "Last Supper," by Leonardo da Vinci: parts of the original at Milan being now scarcely distinguishable, it conveys a correct impression of this work in its completeness. On the ground floor of the building is a rich collection of ancient armour, with portraits of several of the most distinguished members of the house of Hapsburg.

The academy of fine arts contains about 800 pictures, as also a rich collection of engravings. The palaces of the Princes Lichtenstein, Esterhazy, Schwartzenberg, and of Counts Harnach and Schonberg likewise contain fine galleries.

The Ambras collection of 150 suits of armour of distinguished warriors, with other objects of historical value, brought from the castle near Innspruch, is one of the most interesting sights of Vienna. The cabinet of natural history is especially rich, being divided into four sections. The botanical garden at the University is perhaps the finest in Europe.

The new arsenal near the Belvedere contains, besides a large collection of arms, field-pieces, &c., several objects of historical interest, as the armour of Charles V., Godfrey de Bouillon's hat, spoils taken from the Turks, &c.

There are in Vienna numerous scientific and charitable establishments. The University is in high repute; it possesses an observatory, an anatomical theatre, museum of natural history, &c. The hospitals are large and

well conducted, though the state of medicine, with the exception of the treatment of diseases of the eyes, is inferior to Berlin. There is likewise at Vienna an Oriental Academy, founded by Joseph II., for educating young men in the languages of the East, and thus supplying well-informed secretaries to the embassies in that quarter of the world; as also the Theresian Academy, founded by Maria Theresa, for educating the sons of the aristocracy. In the Medico-Chirurgical Academy the collection of wax anatomical figures nearly equals that of Florence, being by the same artist.

Strangers are not well received unless highly introduced, or forming part of the noblesse; nor, indeed, however delightful for a brief visit, would Vienna offer much inducement for the protracted sojourn of English travellers, though living be cheap, and the resources of a capital are at command. Except the evening *réunions* there is but little society; *tables d'hôte* are not in vogue, dining *à la carte*, and at from one to three o'clock, being the usual custom. From the great atmospheric vicissitudes to which Vienna is subject, its comparative humidity, the frequent prevalence of northerly and easterly winds, and its exclusion from those of the south by the chain of Tyrolean and Carnic Alps, this city would not be an agreeable winter residence as respects climate; while in summer the oppressive heat and dust are annoyances to which it requires one to be accustomed.

In the immediate environs is the Palace of Schönbrunn, with its gardens, which will well repay the trouble of a visit. An agreeable excursion may be made to the romantically situated Baden, which in

summer is greatly resorted to by the Viennese. Its waters are sulphurous, but are not superior to others of the same class more accessible to English visitors.

The scenery of the river between Vienna, Presburg, and Pesth, is comparatively uninteresting. The railroad to the Adriatic at Trieste passes through the finest part of Styria, of which the capital, Gratz, beyond the beauty of its position, presents no inducement to the majority of travellers to delay their departure, the streets being narrow and badly paved, and there being no public edifices worth visiting. Half-way between Laybach and Trieste, amidst highly romantic scenery, is the celebrated cave of Adelsberg, of which the subjoined account is given by the author whom I have already quoted :—

"We proceeded through a long spacious gallery of about a hundred paces, when it suddenly opened into an immense cavern of the most colossal height; but this was the mere vestibule to the most magnificent of Nature's temples; for at length we arrived beneath a vast dome, whose altitude by torch-light seemed immeasurable. This splendid hall is fifty feet broad, seventy long, and encrusted with stalactites of the most surpassing beauty, sparkling like diamonds, and appeared worthy of being the palace of the Gnome King himself; the floor is quite level, and a few wooden benches and rustic chandeliers told that this was the hall in which the peasants, by a merry dance, celebrate annnally the festival of their patron saint. From hence the cavern branches off in different directions, not in long galleries, but in a succession of grottoes. Those to the left are numerous, spacious, and lofty; while the others, though smaller,

are more varied in their fantastic forms. As we advance they become more elevated, and the columns more majestic, till, after traversing two leagues in the heart of the earth, our progress is terminated by a deep subterranean lake. It would be impossible to describe, with any degree of accuracy, the varied natural architecture of this city of stalactites. In one place we appear wandering through the aisles of a Gothic cathedral, supported by columns of the most gigantic height, sometimes uniform, sometimes clustered together, as if fluted. Some of the smaller grottoes are entirely inlaid with stalactites, and, as they reflected the burning torches, appeared one blaze of light. The sparry masses exhibited every form which the invention of the guides could devise : in one place, we had crystal cascades of the most dazzling brightness; in another, rows of pillars ornamented with festoons ; here, triumphal arches ; there, the Emperor's throne, surmounted by a crown. In short, the whole range appears as if real objects had been metamorphosed into crystal by the power of some mighty magician. *

"However, it is not only the beauty of the stalactites, and their innumerable forms, that arrest our attention, but the foaming river Poick, which here again makes its appearance, roaring in the horrible abyss beneath ; by the side of whose frightful gorge, and across whose rocky bridges, we frequently bent our course.

"Adelsberg is indeed the German cave *par excellence.* Those at Muggendorf, however interesting, are mere

* Some idea of the beauty of these grottoes may be formed from the exhibition of a portion of them at the Colosseum.

mouse-holes compared with this, which equals in colossal grandeur its own gigantic Alps. In what other part of the world can we trace a river rushing through the bowels of the earth, or wander through an interminable succession of grottoes?—that is, if we have courage to pursue our researches; for it is supposed to communicate with another grotto, some thirty miles distant, near Trieste."

Trieste is a handsome, bustling post town, presenting little to attract the traveller's attention, except the chief street, the Corso, which is lined with shops and cafés, and contains several fine buildings. Of the churches, the Jesuits' is the best worth visiting. Trieste has more the aspect of an Italian than of a German town. Constant steam communication is kept up with Venice (to which the railroad is now completed); as also with Ancona, Corfu, and the East.

CHAPTER XIV.

NUREMBERG—FRANCONIAN SWITZERLAND—MARIENBAD—CARLSBAD—PRAGUE—TEPLITZ—DRESDEN.

RESUMING the journey from Ratisbon northward, the first town of importance is Nuremberg, which bears internal evidence of its high antiquity. The castle, crowning the hill, has been the scene of many an historical event, and commands an extensive prospect of the surrounding country. In the chapel are a few paintings by Albert Durer, whose house still remains in the same state as when he died. A venerable old lime-tree has weathered some hundreds of years in the court-yard of the castle. The Gothic church of St. Lawrence may vie with some of our English cathedrals, with respect to the solemn and impressive aspect of its cloistered aisles and windows of stained glass, one of which is more than three hundred years old. St. Sebald's church is likewise a fine old building, though of a different style to St. Lawrence. In the centre is the shrine, composed of a bronze casting, elaborately worked, in the form of a Gothic chapel, with niches around, containing the figures of the apostles, which are admirably executed, and enclosing a chest in which are the relics of the saint. This work, which occupied Vischer and his sons thirteen years, was finished in 1529.

Nuremberg contains at present about forty thousand inhabitants, all of whom, with the exception of about

six thousand, are Protestants; whereas at Munich the bulk of the population are Catholics, who regard with some degree of jealousy their Protestant fellow-subjects of Nuremberg. The Frauenkirch, or Catholic Church, is a small though handsome edifice in the market-place, where also stands the Schönebrunnen, a fountain in the form of an obelisk, adorned with several figures on stone of some of the more prominent historical characters.

There is a collection of pictures in the Gothic edifice, formerly the chapel of St. Maurice, though but few are particularly worth remarking, except two or three by Albert Durer. The hospital, which liksewise comprises a *hospice* for the reception of the aged and infirm, is a dilapidated low building on the river. The treatment of disease appeared to me to be much inferior to that of Munich.

The costume of some of the inhabitants and peasantry corresponds with the antique appearance of Nuremberg. The women generally wear a cloth dress reaching half-way down the leg, with a coloured kerchief (most frequently red) wrapped round the head, somewhat after the fashion of a turban. The men (as in some other provinces of Bavaria) still wear three-cornered hats, long coats reaching nearly to the heels, and red or other coloured waistcoats, with large metal buttons overlapping each other.

The first railroad constructed in Germany was that between Nuremberg and Furth, a commercial town about six miles distant, and principally inhabited by Jews. A few miles in the opposite direction lies Erlangen, a neat town of ten thousand inhabitants, and

the seat of a university, which, from the reputation of some of its professors, has ranked high among the German universities. The number of students does not, however, much exceed three hundred, those in the theological faculty being the most numerous, Behind the building of the university is a large garden, which contains a good anatomical and pathological museum.

From Erlangen, the small and beautiful tract of country termed Franconian Switzerland may be conveniently visited in three days. It lies to the left of the high-road to Baireuth, and is interesting, not only on account of the picturesqueness of its scenery, but likewise from its magnificent caverns. After a five hours' drive the visitor arrives at Streitberg (where stands the castle, now a ruin, but which formerly commanded the entrance of the valley), and shortly afterwards at Muggendorf, which is the chief place in the district, and the best point for making excursions. After ascending a steep hill, and an honr's good walking, the peculiar-shaped rock termed Adlerstein is attained, whence is displayed a "variegated maze of mount and glen, " with here and there an old castle crowning an eminence. A little further on, is the Riesenberg, a natural excavation between arched rocks, which, viewed from the valley below, presents the appearance of a gigantic castle—whence the name. Following the course of the Wiesent along the valley, you pass beneath Rabenek castle, perched on the summit of a rock, the perpendicular sides of which might well bid defiance to hostile approaches, and, crossing the hill, arrive next at the castle of Rabenstein, likewise standing on a

projecting rock, and surrounded by immense masses of granite, which must have been at some period detached from the mountains by a terrestrial convulsion. From the castle a path, winding between these masses, leads to the chief wonder of the country—the cave of Rabenstein. This cavern is divided into four compartments, the first being merely an extensive space on the same level as the ground at the entrance. The other divisions, in order to be seen to advantage, require to be lighted up with numerous candles, by which the whole extent can be perceived, when a singularly wild and *unique* scene is disclosed. Descending by a winding stair cut in the rock, you have an opportunity of admiring the immense and beautiful stalactites descending from the roof and rising from the floors. Several fossil remains were here discovered, most of which were taken away. Some still remain, such as a pair of enormous antlers, and part of the pelvis of the mammoth, which are so deeply imbedded in the incrustation that they could not be well removed, even if the proprietor were desirous that they should be. The third division, though less extensive than the others, contains more beautiful stalactites, which hang from the roof in the form of palm leaves. The fourth part is the largest, and is mostly filled up with enormous masses of rocks, forming a peculiarly striking and chaotic scene. Altogether, this cavern may be considered as one of the natural wonders of Europe, and a visit to it would well repay the traveller for making a detour of some miles. It is, however, not to be compared with Adelsberg. There is another of these caverns, termed the Forster's Höhle, near Waischenfeld, nearly two hours' walk from Rabenstein, but it is not so interesting.

Baireuth is a small town in an agreeable country, possessing nothing particularly worthy of remark. A pleasant walk leads to the Ermitage, two miles distant. From this, ten hours are required to reach Eger; previous to entering there is an Austrian custom-house. Eger likewise presents no object of particular interest, except the old castle of Wallenstein, in the interior of which are still preserved some relics of this hero.

Franzensbad is about half an hour's drive from Eger, and four from Marienbad and Carlsbad. Though the environs are not distinguished for scenic beauty, or objects of much interest, this bath has, during the season, an animated and cheerful aspect. On entering, the small temple, beneath which rises the chief spring, the Franzquelle, stands on the road-side. A promenade ground, with booths, colonnade, and the public saloon, lie on the left of the Kaiserstrasse—a range of handsome houses and hotels. There is a large bath-house, as also buildings for the administration of mud and gas-baths. Franzensbad possesses a variety of mineral springs, of whose properties I have elsewhere given a detailed account.

The position of Marienbad is highly picturesque. On entering from the Eger side, the valley expands into a more open space, bounded by pine-covered hills, and laid out as a garden. On the left are about a dozen large and handsome lodging-houses, the mansion of Prince Metternich being in the centre. At right angles with this range of buildings is another row of larger houses; the Tepl-Haus being at one extremity, and Klinger's large hotel and boarding-house at the other. During the season about a hundred people sit down

daily to the *table d'hôte.* Adjoining is a colonnade and promenade room, leading to the Kreutzbrunnen, the principal spring, which rises beneath a cupola, surmounted by a large gilt cross, and which has a more than European reputation. From the Kreutzbrunnen, houses are continued up the hill, and terminate at the old bath-house, forming altogether almost a square, enclosing the public promenade, where, in the season, are booths for the sale of fancy articles. The surrounding hills are equally disposed in walks ; that leading to the miniature Switzerland commands the best view.

This neighbourhood abounds in mineral springs. The mud and gas baths are also very efficient at Marienbad.

Carlsbad is likewise situated in a romantically picturesque position, on the banks of the little river Tepel, and occupying a narrow winding valley, enclosed between lofty hills, clothed to their summits with pine, beech, and ash, whereon numerous paths, easy of ascent, have been constructed, leading to points which command extensive views of the surrounding country. In the neighbourhood are several houses of entertainment, situated in beautiful spots, to which visitors resort to take tea or other refreshments. The beauty of the environs presents also strong inducements for more distant excursions. The chief point of *réunion* is the Wiese, where the valley is somewhat wider, so as to admit of trees and booths between the houses and the river. At the end of this promenade are the public rooms and *restaurateurs*, the *Salles de Saxe* and *de Bohème*, dinners being served *à la carte*, and where concerts are occasionally given.

Carlsbad offers but few resources for the amusement

of the idler, being chiefly resorted to by invalids. There is not that indiscriminate mixture of society which is met with at other baths, where the goddess of pleasure has numerous votaries. There are no balls; and games of hazard, which at some other places attract a crowd of adventurers, are not allowed, neither are there *tables d'hôte;* and the dishes served up at dinner are generally plain, many articles which would be likely to interfere with the action of the waters being prohibited by the medical censors, whose authority, if not openly exercised, is at least tacitly admitted by hotel-keepers and *traiteurs*, so that invalids have seldom the opportunity of committing those errors in diet which so frequently render nugatory a course of mineral waters.

On the right bank of the river rises the Sprudel, exhibiting to the beholder the phenomenon of a perpetual *jet d'eau* as thick as a man's arm, and varying from three to five feet in height. The immediate neighbourhood of the spring is constantly enveloped in vapour, and an odour is perceptible resembling that of boiled meat, owing to the presence of *confervo.*

Close to the Sprudel rises the Hygea, which supplies the adjoining baths. On the opposite side, and lower down the river, are the three other springs principally used, viz., Muhlbrunnen, Neubrunnen, and Theresienbrunnen. Besides these are several others, as the Schlossbrunnen, Bernardsbrunnen, &c., which are comparatively little used. Close to the above-mentioned three springs is a covered gallery, where the greater number of water drinkers meet, between five and seven in the morning, an excellent musical band being always in attendance at these hours. Another is also stationed at the Sprudel.

Prague, being built on seven hills, and also from containing a profusion of churches and other religious establishments, has been likened to Rome. As the Tiber flows through Rome, and is crossed by a bridge ornamented with statues, so the Moldau, having a similar bridge, divides Prague into two parts. On the river's left bank are numerous gardens and vineyards, continued up the hills, which are crowned with fortifications: the citadel, with the Haradschin Palace, are particularly conspicuous. The object of greatest interest is the cathedral, dedicated to St. Veit (who has given the name to a common disease—chorea, or St. Vitus's Dance). The edifice is one of the finest remnants of Gothic architecture, and contains many precious *reliques* and curiosities, especially the magnificent monument erected to St. John of Nepomak, the patron saint of Bohemia, whose anniversary, in May, lasts eight days, at which period crowds of devotees flock to the shrine, and encumber the bridge on which his statue is placed. Prague was the head-quarters of Wallenstein, whose palace is one of the finest in the city, in which this general held an almost regal court.

"Owing to the number of palaces, churches, public buildings, and other splendid remains of its ancient grandeur," says the English Resident in Germany, "Prague is more imposing than Vienna, and far preferable as a residence, the situation being much more salubrious, and the climate more mild and equable, the cold in winter rarely exceeding 4° R., and generally averaging between seven and ten; while during the greatest heat of summer the thermometer seldom rises above twenty-three. Dr. Stultz, who has written upon

the relative salubrity of German towns, considers Prague one of the most healthy in the empire, and asserts that it is no uncommon occurrence for the inhabitants to attain the age of 100, or even sometimes 115 years. The provisions are good and cheap, and an excellent red wine, resembling Burgundy, is produced in the neighbourhood. The theatre equals that of Vienna; public and private concerts are also very frequent, and, except Vienna, there is no town in Germany where music is cultivated with so much success. Indeed this taste may in the Bohemians be termed truly national, for they excel both in vocal and instrumental; and not a few of the natives travel to Italy, acquire the language, Italianize their names, and make large fortunes at Vienna. Their language, which is rich and expressive, is also musical, and sounds as pleasing as the Italian when wedded to melody." *

Prague is now connected by railroad with Aussig, not far from the celebrated bath Teplitz, which lies in an open and agreeable valley, bounded on the east by the chain of the Erzgebirge hills. At each extremity of the principal street is an open Place; in one of these stands the Town-house; in the other, the Schloss, or château of the Prince de Clary, to whom the territory belongs. The grounds behind the château are extensive, laid out *à l'Anglaise*, and are open to the public. The principal alley, being the usual promenade of the Teplitz society, presents an animated scene during the season; a musical band is in attendance at stated hours. Adjoining are public rooms for restauration, occasional balls and concerts, and the table d'hôte, which, with

* Sketches of Germany and the Germans.

that at the Poste, are the only ones in the town, it being the custom, as at Carlsbad, to dine *en famille*, or *à la carte*. Being a great place of resort for princes, diplomatists, and the *haut ton* of Germany, there is but little general association; Teplitz would not, consequently, offer much resource for the amusement of a stranger, unless he had previously acquaintances among the Germans. It is, therefore, not resorted to by the English. There is little to interest in the town itself, except the baths, which are magnificent, and better arranged than in most of the watering-places which I have visited. The principal bathing-house, the Herrenhaus, where the late King of Prussia was in the habit of residing during the summer season, belongs to the Prince de Clary. The ground floor of the edifice is disposed in several elegant and spacious baths, formed of porcelain tiles of various colours; part of each cabinet, being separated from the bath by a curtain, serves as a dressing-room. At the end of the garden, behind the house, there is a semicircular colonnade, with a portico, beneath which rise three or four springs; the one being the Trinkquelle or drinking-spring; the other, the Augenquelle (eye-spring). The number of drinkers at Teplitz is, however, comparatively small, bathing being the essential part of the treatment. The new Stadtbad, or Town-bath, is likewise a handsome building, containing twenty-two commodious bathing cabinets, and two or three large marble ones, around a central reservoir in which the water is cooled. On the first floor is a spacious promenade room. These baths are supplied by the Hauptquelle, together with the adjoining piscina, or public bath for men, which is a lofty and spacious

local, in which fifty persons could bathe at the same time. About sixteen were in the bath at the time of my visit; several of them were undergoing the operation of cupping with small tin cups about the size of a liqueur glass. This is a common practice with many patients of the poorer classes, who also frequently remain a long time in the water, which in the public baths is of its natural temperature. Another of these baths is the Furstenbad (Princes bath), so called, not from its being exclusively appropriated to the higher classes, but because it also belongs to Prince Clary. The bathing cabinets are equally elegant and convenient as in the other establishments.

The adjacent suburb, Schonau, possesses baths equal if not superior in elegance to the town baths.

There are several hospitals at Teplitz, viz.:—1st, the Town Hospital; 2nd, the Austrian Military Hospital, in which three hundred soldiers may be accommodated at the same time, each officer having a private room. On an average, each patient uses the baths for a month, so that twelve hundred may obtain relief during the season; 3rd, the Prussian Military Hospital; 4th, a Civil Hospital for poor persons of any country, containing about fifty beds; and 5th, a small hospital founded and supported by Prince Clary.

From Teplitz to Tetschen the country is pretty and well cultivated. This town lies on the right bank of the Elbe, at the commencement of the district termed Saxon Switzerland, and during the summer steamers ply daily between Tetschen and Dresden, for the accommodation of the numerous tourists who come to explore this interesting region. The objects best worth

visiting are the Prebischthor, a colossal natural arch, amidst wild scenery; the Kuhstall, an immense cavern, capable of lodging several thousand persons, and so called from having been employed by the peasantry for concealing their cattle during the Thirty Years' war; the fortress of Konigstein, and the Bastei, which consists of immense masses of rock, split and broken into a variety of forms and shapes, some being connected by bridges eight hundred feet above the river. The view of this chaos will leave a lasting impression on the memory.

The Elbe, from Tetschen to Pirna, is hemmed in between dark rocky banks and wooded hills, descending precipitously to the water, not unlike some parts of the Rhine between Bingen and Coblentz.

"Like Adlersbach," says the author whom I have already quoted, "the whole of the rocky masses that line the banks of the Elbe and the valleys are composed of sandstone, broken into the most grotesque forms. But nowhere is the imagination so bewildered by the near approach to reality as in the Ottawalder Grund, a glen so narrow, and formed by rocks so lofty, that in many places the sun has never shone in its gloomy depths. Here the traveller wanders over snow and ice even in June; and the tiny cascades hang in icicles as they fall. In some places the walls are not more than four feet asunder, and as perfectly perpendicular and smooth as if the chisel had passed over them. In another they meet above, and form a natural roof: here rising into a pyramid, and there suddenly expanding, till it seemed as if one inverted cone were placed upon the apex of another. He might also believe he was

traversing the rude model of some colossal city, or the ruined abode of the Gnomes."

On a hill overlooking the river and the town of Pirna is a large edifice, Sonnenstein, formerly a château, now a celebrated establishment for insane patients, of which I gave a detailed description in my work on the Medical Institutions of the Continent.

Beyond Pirna the country is flatter; the scenery, though less varied than that previously passed, is yet pleasing, for—

> "Even in a plain no humble beauties lie,
> Where some broad river breaks the long expanse,
> And woods along the banks are waving high,
> Whose shadows in the glassy waters dance,
> Or with the moonbeam sleep in midnight's solemn trance."

On approaching the capital the banks are more cultivated. The Royal Palace of Pilnitz stands on the right, and from this point numerous villas and country-houses impart animation to the scene.

Dresden is divided by the Elbe into two unequal parts; that on the right, or new town, being much smaller. The view from the handsome stone bridge of the Japanese Palace—on the one side, the Bruhl Terrace (the most frequented promenade), the Catholic Church, with numerous statues of saints adorning its roof; on the other, of the gardens and villas along the banks—is striking, and will leave an agreeable impression upon the beholder.

The Japanese Palace contains collections of porcelain and other curiosities. Its garden, descending to the river, is planted with a variety of foreign shrubs and flowers.

The Catholic church is plain internally. The music is particularly fine in this church, and doubtless a great cause of attraction to many of the congregation, of which the male and female part are obliged to keep separate sides. The music is likewise very good in the chief Protestant church, which is of large size, the galleries being disposed like the boxes of a theatre. The greater portion of the inhabitants of Saxony are Protestants. The picture gallery is in the same square as the last-named edifice; it is the largest, and is generally considered to be the richest, in Germany. The Madonna di San Sisto, of Raphael; the Tribute Money, by Titian; as also a Portrait of his Daughter; the Madonna and Infant in the Manger, by Correggio; Rembrandt's Portrait, and Vandyck's Charles the First —are a few of the most esteemed pictures.

The Zwinger Palace is of a peculiar architecture, somewhat of the oriental or moresque style. The different portions, seen from the centre of the court-yard, have a striking appearance, to which the colossal grotesque figures in relief greatly contribute. It contains the museum of copper engravings, and the largest collection of ancient arms and armour on the continent.

The costly and curious collection of jewels and curiosities, formed of gold, silver, and precious stones, in the Green Vaults, is one of the principal sights of Dresden, and perhaps in no one spot is there to be seen so great a variety of treasures and curious nick-nacks. Mr. Russell says, respecting them, in his work on Germany, "Whoever takes pleasure in the glitter of precious stones—in gold and silver wrought into all sorts of royal ornaments—into every form, however

grotesque, that art can give them, without either utility or beauty, will stroll with satisfaction through the apartments of this gorgeous toy-shop. They are crowded with crowns and jewels; vases and other utensils seem to have been made merely as a means of expending gold and silver; the shelves glitter with caricatured urchins, whose bodies are often formed of huge pearls, or of egg-shells, to which are attached limbs of enamelled gold. One is dazzled by the quantity of gems and precious metals that glare around him."

The hospitals of Dresden are but indifferent, and the medical and surgical practice is inferior to that of Berlin. There is, however, an establishment for medical instruction, termed the Medico-Chirurgical Academy, which contains a good pathological museum in the chief apartment, on the first floor of the building, which was formerly one of the largest palaces in the town. The presence of the anatomical and pathological preparations does not harmonize well with the appearance of this handsome saloon, which doubtless was in other days the scene of frequent mirth and revelling, the walls of which still retain the full-length portraits of the former occupants.

The streets of Dresden are, for the most part, narrow, and the houses lofty and solidly constructed. There are no good squares; some of the new streets are, however, wide and regularly built; nevertheless, the *ensemble* of the inner part of the town has a somewhat gloomy appearance. The environs are beautiful, and, in summer, Dresden would be an agreeable place of residence. The winter, however, is generally very cold and windy, and a good deal of rain falls. The price of food is very

high, though house rent is lower than at Munich. The inhabitants are, for the most part, courteous, and receive strangers well; a large proportion of them speak English; they live more *en famille*, are more given to money-getting, and, consequently, less to pleasure than those of Southern Germany; there is, therefore, less society and movement. The theatre, however, is well *monté*, and is generally fully attended. Literature and science are more cultivated than in the south, but less so than at Berlin and other northern towns.

As a cheap place for the permanent residence of families, and also as regards education, Dresden offers advantages over many other places. In the environs are numerous houses of entertainment, whither holiday folks repair to take tea, hear music, &c. The most frequented of these is Lord Findlater's Coffee-house, overlooking the river. Here, as at all other of the English colonies abroad, church service is performed twice on Sundays. At one end of the town is the artificial mineral water establishment founded by Dr. Struve, which is open from May to November. In the large garden patients walk about while drinking the waters.*

* The German Spa at Brighton is formed upon this model.

CHAPTER XV.

LEIPZIC — HOMŒOPATHY — BERLIN — WEIMAR — FRANKFORT — HEIDELBERG — MANNHEIM — BADEN-BADEN — WILDBAD — STUTTGARD.

THE journey from Dresden to Leipzic is performed in three hours by the railroad. This is a large and bustling town, which would offer but little resource to the idler, or inducement for the majority of English travellers to prolong their sojourn. It is the great European market of booksellers and publishers, in which business a large proportion of its population are engaged; and the Leipzic editions of most of the works published in Germany, as well as many of those of other countries, are greatly in request, on account of their comparative cheapness. The catalogue of books, printed every six months, forms of itself a respectable-sized volume. Leipzic is likewise the seat of one of the largest German universities: the number of students amounts to one thousand. Some of the professors of the medical sciences enjoy a high reputation. There are two large hospitals, the St. Francis, containing two hundred beds, for acute and chronic diseases, and the St. George's, which comprises an hospital, prison, and school for indigent orphans, with some wards for the insane. The view from the tower of the observatory comprises a considerable extent of the surrounding level country, including the battle-field. The belt of public gardens around the town, on the site of the ramparts, forms an agreeable and shady promenade.

At the time of my first visit, I was anxious to see the Homœopathic Hospital, of which I had previously heard, Leipzic being the head-quarters of this doctrine. I expected to have found at least forty or fifty beds filled with patients; but was rather surprised to find that the building (which is a small house in the suburbs) only contained eight, and even of these all but two or three were unoccupied. At my last visit to Leipzic, I understood that matters were going on badly with homœopathy, which indeed is now comparatively little heard of in Germany and France, except at Vienna, and only requires to be understood by the public for its absurdity to be apparent, though there will always be credulous individuals who are to be caught by any novelty, when presented under a specious appearance, and backed by an unintelligible name. During its whole progress, it never was sanctioned by any individual of eminence in the profession, and was principally taken up as a means of acquiring wealth, or a livelihood, by persons who had never been previously heard of, or who were known as having failed to acquire practice by the honourable exercise of their profession, by whom every means were taken to puff it into notice, and to keep public attention directed to it: such as repeated histories of cures, the establishment of dispensaries, of which, I believe, the only one that remains is the above-mentioned at Leipzic, even if that be still in existence; for, a few months before my arrival, the house-physician having become convinced, during a residence of some time in the dispensary, of the nullity and danger of homœopathy, gave up his appointment, and published an exposition of the system pursued, with an account

of cases, which clearly shows (what had long been evident to the bulk of the profession and the public) that the so-called cures were recoveries from ordinary ailments by the efforts of nature, which were frequently a long time under treatment; whereas, by a proper medication and attention at the outset, they might probably have been removed in a few days, and that many of the more serious cases got worse instead of better, for the want of active treatment.* It must not be supposed that the homœopathists always adhere to the principles of the doctrine. It has not unfrequently happened that persons who attributed their recovery to homœopathy, were treated allopathically without their being aware of it. In fact, one practitioner in Leipzic, a professed homœopathist, candidly acknowledged that he pursued both plans of treatment, and was accustomed to ask his patients by which method they would be treated, as both were equally good.†

About six hours is required for the journey from Leipzic to Berlin, which is of comparatively modern origin, and the most regularly-built city in Europe. The streets, intersecting each other at right angles, afford evidence of the military character of its founder. A wide street, with promenade beneath lime and other trees, in the centre (Unter den Linden), extends for nearly a mile from one of the city's finest monuments, the Brandenburg Gate, to the university, arsenal,

* Ueber die Nichtikict der Homœopathie. On the Nothingness of Homœopathy.—Leipzic.

† I beg to refer those interested in the subject to the fourth edition of my work, "Hydropathy and Homœopathy impartially Appreciated, with Notes illustrative of the Influence of the Mind on the Body."

museum, and royal palace, which are contiguous to each other. The palace, except from its size, is not remarkable in point of architecture; the interior is not inferior in magnificence to the other royal palaces in Germany. The museum is, however, a noble edifice, with a fine lofty portico extending the whole length of the *façade*, the ascent being by a magnificent flight of steps. The sculpture and statues occupy the lower hall and rotunda. The collection of pictures is larger than either at Dresden or Munich, but does not contain so many choice works. They are arranged in separate apartments, according to the various schools. The arsenal is likewise a fine building, containing a magnificent collection of arms of various kinds, and the figure of Frederick the Great, in the clothes which he wore, with many other objects of interest. The university is perhaps the best in Germany, from the high repute of its professors, and the facilities afforded for the acquisition of science. The medical school stands deservedly high, and the anatomical and pathological collections are not equalled by those of any other city, with the exception of London. Among the other objects of interest may be enumerated the Egyptian Museum, in the outskirts of the town, and the manufactory of iron ornaments, which were formerly a great deal worn. During the war with Napoleon, when the government was in great financial straits, the ladies contributed their jewels and trinkets, receiving in return articles of the iron manufactory, impressed with the inscription, "*Ich gab gold für Eisen.*" The bronze statue of Blucher stands in a central and conspicuous position.

The principal street and square are the Wilhelm's

Strasse and Platz; the houses are low, and the wide and badly-paved streets look, for the most part, deserted, on a comparison with those of Vienna. The equipages are also comparatively few in number. The population is, however, much smaller than in the southern capital (not much exceeding 200,000), while the city occupies a great extent of ground.

The Spree is a sluggish stream, which by no means conduces to the salubrity of the town, which is not raised above its level. This circumstance, combined with the flat and arid environs, the roads being deep in sand, renders Berlin oppressively hot in summer; and in winter it would offer but few resources, as the Berliners are not much "given to hospitality;" there is, consequently, but little cordial society, and the royal and other parties are but monotonous affairs. The character of the Prussians is, however, of a more sterling nature than that of the southern Germans, and the different branches of literature and science are more arduously cultivated in the north. The chief source of amusement is the opera, the house being one of the finest buildings in the city, and the *artistes* first-rate. The pastry-cooks' and liqueur shops, at the corners of the principal streets, are favourite resorts of the inhabitants. There are also many under-ground cellars, where those of the inferior class are in the habit of congregating.

Berlin, being more of a military capital, there is but little commerce or manufactures as sources of revenue.

The Thiergarten, or park, outside the Brandenburg gate (being the only space in the neighbourhood planted with trees), has a sombre aspect as compared with the

promenades of Vienna. There are, however, concerts, and other means of recreation, provided in the summer. Most travellers will be satisfied with a few days' sojourn at Berlin. The monument to the late queen at Charlottenburg, and the retreat of Frederick (Sans Souci), at Potsdam, are the chief objects of interest in the neighbourhood.

The traveller proceeding from Berlin towards the Rhine may either avail himself of the uninterrupted railroad communication with Cologne, passing by Magdeburg, Brunswick, and Hanover; or he may take the more interesting route by Weimar, Gotha, and Eisenach to Frankfort, the railway being also available in this direction.

Weimar is a handsome, cheerful-looking town, which has long been the resort of distinguished literary characters; both Goethe and Schiller resided here many years: the house of the latter poet is shown, the rooms being left in the same state as during his life. The remains of these two illustrious men lie side by side in the ducal vault of the chapel attached to the new cemetery outside the town: the coffins may be seen through an iron grating. Here, as at some other parts of Germany, bodies are exposed to view for a certain time, a string being attached to the fingers, which, on the slightest movement, sounds an alarum in the porter's lodge, as a precaution against premature interment. On enquiry, however, I learned that there had been no instance of resuscitation. The opera is well conducted at Weimar. The grounds of the château are extensive, well shaded, and park-like.

Jena, some miles distant from Weimar, is a neat

little town in a romantic position, being principally celebrated on account of the great battle which took place in its vicinity, and as the seat of an university. The students were formerly very turbulent, but, of late years, there has been scarcely any disturbance; duels are also of comparatively rare occurrence. The Burschenschaften appear, in fact, to be practically abolished in all the German universities. The number of students at Jena does not much exceed 500. The building appropriated to the university was formerly the castle. It contains a public examination hall and a library, with mineralogical, anatomical, pathological, and zoological museums.

Between Weimar and Gotha lies Erfurt, where the traveller may visit, *en passant*, Luther's cell, and a few other objects of interest. At Gotha, the château, standing on an elevated position, and surrounded by gardens, is the chief attraction, from its containing a rich museum, and a variety of curiosities, including the three-cornered hat, boots, and gloves worn by Napoleon at the battle of Leipsic. Near Eisenach stands, on a lofty hill, the castle of Wartburg, where Luther was long concealed under an assumed name. In the Rittersaal are several fine suits of armour, and the view from the windows is extensive and beautiful.

From Eisenach to Frankfort there is nothing to attract particular attention: by diverging, however, from the high-road at Fulda, the Bavarian baths, Bruckenau, Bocklet, and Kissengen, may be visited with interest. The first of these lies in a verdant and extremely picturesque valley, through which flows the little river Sinn, and consists of the residence of King

Louis, who generally passed here some weeks in the summer; of an elegant Kursaal, built in the same style as the public edifices at Munich, the interior being richly decorated with fresco paintings; a large bath-house, and a few lodging-houses. There are three springs: the principal one is highly gaseous and chalybeate, and is, in summer, a pleasant beverage.

A drive of about four hours through beautiful and varied scenery will bring the visitor to Bocklet, which lies a little way from the road to Kissengen, from which it is distant a German mile. At one end of the poplar avenues forming the promenade are two buildings, the bath-house and pump-room, the upper part of each being disposed in apartments for the accommodation of visitors. The best accommodation is, however, in the buildings at the other end of the avenue, the Neubau and Fürstenbau. The springs are saline-chalybeate.

The repute of Kissengen has greatly increased of late years, the number of visitors having been much augmented. Its position is elevated and cheerful, in an open part of the valley of the Saal, surrounded by meadows and corn-fields, and sheltered from cold winds by high hills. The heat in summer is not so oppressive, but rain more frequently falls than at many other baths. The town is clean, and contains about 2,000 inhabitants, the two principal streets being wide, and the houses well built. A large proportion of the visitors lodge in the Kurhaus, opposite the promenade, containing numerous bath cabinets. During the season upwards of two hundred people sit down daily to the *table d'hôte*. The dinners here and in the hotels are extremely plain; those sent to private houses are often very indifferent;

so that the *bon vivant* would have little inducement to remain at Kissengen, unless to recruit his health. In fact, as there are but few pleasure visitors, the *tables d'hôte* are under the surveillance of the authorities, and nothing is allowed to be served up that is likely to disagree with the action of the waters.

The Baierischer, Sachsischer, and Wittelsbacker Hofs are somewhat primitive in their accommodation. Some of the resident physicians have large houses, and lodge visitors.

On the promenade, opposite the Kurhaus, rise the three principal springs, the Ragozzi, Pandur, and Maxbrunnen; the two former being tonic and aperient, the latter an acidulous water, like that of Selters. The Ragozzi is largely exported. Beside these, there are also saline springs, about a mile distant from the town, from which a large quantity of salt is obtained; the water being raised high in the air by machinery, and evaporated by passing through thorn bushes. One of these springs presents the curious phenomenon of ebbing and flowing at stated intervals. After the water has occupied the same level for some hours, a deep rumbling noise is heard, and it descends in the well twelve or sixteen feet, whence it gradually remounts to its former level. Of late years the water has risen and fallen six or eight times in the space of twenty-four hours, an hour being required for its ascent and another for its descent.

The approach to Frankfort is indicated by numerous handsome country-houses and gardens. The city itself, however, does not contain many objects calculated to interest the passing traveller. The most usual prome-

nade is on the site of the ancient fortification, now agreeably laid out as a garden, with parterres of flowers and shrubs; a musical band being often in attendance in the summer. One of the houses belonging to Mr. Bethmann, the banker, contains the Ariadne, Dannecker's *chef d'œuvre*, placed in a room with pink curtains, which impart to the statue a flesh-coloured hue.

Frankfort possesses an extensive and well-arranged museum of natural history, and a good theatre; some of the streets are wide and handsome, and the houses and hotels palace-like, especially along the spacious quays and on the Zeil, which would bear a comparison with the finest in Europe. Several of the streets and Places having undergone but little alteration for centuries, present a picturesque mediæval aspect. A stone bridge crosses the Maine, which is too shallow to admit of its being navigated; the banks near the city are interesting.

The population amounts to more than 50,000 persons, of which nearly one-fifth are said to be Jews, who, however, are no longer restricted, as formerly, to living in a particular quarter of the town.

Frankfort possesses some advantages for a permanent residence. Being the seat of the Germanic Diet, there are representatives from all the great powers; and there is, in the winter, a good deal of Society among the members of the *corps diplomatique*, bankers, and merchants, which, however, is said to be somewhat tinctured with illiberalism and the spirit of coterie. The Church of England service is performed by the chaplain attached to the British mission. The casino is well supplied with periodical literature, including some of the Lon-

don journals : visitors can be introduced by a member. House rent and living are, however, more expensive than at other towns in this part of Germany. The air is pure, but the climate in winter is cold, and high winds are not uncommon. On the whole, Frankfort would not be an unhealthy place of residence for persons in health, but it would not be an advisable one for invalids.

The scenery between Frankfort and Basle is agreeable, and several towns of importance lie along the line. The environs of Darmstadt abound in gardens and pleasure-grounds. From the gate a fine avenue of lime-trees is continued a considerable distance along the high-road.

Darmstadt owes its existence to the residence of the ducal court. Its general aspect is handsome and court-like. Scarcely a shop is to be seen in the best streets, which are spacious and well-paved, crossing each other at right angles. The finest is the Rhein Strasse, leading from the central square, in which stands the palace, to the Rhine-gate, beyond which another magnificent vista of lime-trees is continued for more than two miles.

The country between Darmstadt and Heidelberg is beautiful and fertile, though, as in France, scarcely any country-houses or detached cottages are to be seen, the population being congregated in towns and villages. The peasantry in this part of Germany are poor and hard-working, living chiefly upon coarse bread, vegetables, and milk, with animal food occasionally, and an inferior kind of Rhine wine. They are, however, for the most part, strong and healthy. Women are very

commonly seen working in the fields till a late hour in the evening.

Mannheim, like Darmstadt and Carlsruhe, is a town of modern erection, being scarcely more than a century old. It stands on the right bank of the Rhine, and is connected with Leopoldshaven, on the opposite side, by a bridge of boats. It has, at first view, rather an attractive appearance, the streets being wide, well-paved, and built in straight lines, the houses white and stuccoed, and there are three or four spacious squares. The palace is rather an imposing structure, enclosing a spacious court-yard; its interior contains a few good pictures. The gardens are extensive, prettily laid out, and terminate in a long terrace, overlooking the Rhine. There are now but few English residents at Mannheim, as compared with some years ago, when the winter society was more agreeable. Living and house-rent are cheap, and the theatre is tolerably good. The climate in winter is, however, cold and damp; part of the environs are marshy, and intermittent fevers are frequent among the inhabitants. I have known the health of some English persons to be materially deranged by a prolonged residence at Mannheim. Steamers pass and repass several times in the day.

Twenty minutes are required to reach Heidelberg from Mannheim. Half-way are the mosque, gardens, and fountains of Schweitzingen, constructed in the middle of the last century. The environs of Heidelberg are a perfect garden, producing abundance of fruit and grain, while

> "The vine, the merry cheerer of the heart,"

ripens on many a sunny slope, and, though no longer

contributing to fill the "tun," still diffuses its inspiriting influence throughout the land.

Heidelberg is placed on the left bank of the Neckar, at the foot of a chain of hills extending up the valley, and is overlooked by the extensive and picturesque ruins of the castle, formerly the residence of the Electors Palatine, and one of the most interesting objects in Rhenish Germany. The castle was built of the reddish sandstone which abounds in the neighbourhood, and which still serve for the construction of many of the buildings in this part of the country. From the terrace a delightful prospect may be enjoyed—

> "O'er vales that teem with fruits, romantic hills,
> Whereon to gaze the eye with joyance fills;"

as also of the placid Neckar, and of the rich plain through which "Father Rhine" pursues his steady but rapid course.

The town is old, clean, and cheerful-looking, and may be an agreeable place for a temporary sojourn. Some English families reside here throughout the year, and there is regular church service. The population amounts to about 12,000 individuals, Catholics and Protestants, between whom religious differences excite no feelings of animosity; both, in fact, use the same church for public worship. The university is but thinly attended: the present number of students does not exceed five hundred. They have latterly been politically quiet, but duels among themselves were of very common occurrence, almost every third or fourth of them having had his face disfigured by a scar. It is seldom, however, that these duels prove mortal, on account of the pre-

cautions taken beforehand; to prevent such an occurrence, a surgeon is paid by the state to take care of the wounded. The medical school of Heidelberg, is highly estimated in Germany.

Fine avenues of trees line the road on approaching Carlsruhe, the southern outskirts being disposed as agreeable pleasure-grounds. This town, like Darmstadt, has been built little more than a century, and is entirely dependent upon the grand ducal court. The streets are spacious and regularly built, the houses white and new-looking. The palace is a handsome edifice, occupying, with its dependencies, a semicircle of the principal Place, the area of which is planted with trees and shrubs, and whence the chief streets diverge. The number of inhabitants is about twenty thousand, besides the military, who are numerous. Beggars are seldom seen in this or other towns along the Rhine. Some English families have taken up their residence at Carlsruhe, as also at Darmstadt, which offer facilities for education, and are cheap places of abode.

Baden-Baden lies partly on the acclivity of a hill, on which stands the château, and partly in the valley, which is disposed in meadows, corn-fields, and orchards, and is surrounded on all sides by lofty hills, clothed to their summits with beech, oak, and pine. The little river Oos "with gentle murmur glides" through the valley, diffusing fertility around, and on many of the lower eminences the vine is cultivated.

Baden possesses the advantage of numerous shady walks, both in the valley and among the hills, without which the heat in summer would be excessive. The public pleasure-ground is agreeably laid out in par-

terres of shrubs and flowers, intersected by many pleasant paths, sheltered by rows of acacias and chesnut-trees. The Conversation-haus, where *réunions* for restauration, dancing, and gaming take place, is gorgeously fitted up. Play is a great inducement for many objectionable characters to resort to Baden; and on that account it is not so much frequented by families of the higher classes as it would otherwise be. A splendid pump-room, with portico, where many of the waters imported from other baths are drunk, has been erected of late years. In the pleasure-ground, during the season, are numerous booths for the sale of prints, trinkets, &c. The town is clean and cheerful-looking; it contains upwards of five thousand inhabitants, and could receive nearly an equal number of visitors at a time. Many new houses and hotels have been built within the last few years, and the accommodations have been altogether greatly improved. The principal hotels are the Badischen, Englischen, Zahringen, and Russichen Hofs. There are likewise several other large hotels, which have baths in the house. The Church of England service is performed during the season.

As only one good carriage-road passes through the valley, excursions are usually made on foot or on donkeys. The fine oak avenue leading to the village and convent of Lichtenthal is the most frequented afternoon drive. Among the most interesting objects in the environs may be mentioned the Mercuriusberg, the Jagdhaus, the ruined castle of Ibourg, and the castle of Eberstein, overlooking the picturesque valley of the Murg. Many delightful paths serpentine among the hills and woods. One of the pleasantest is that leading

to the extensive ruins of the old castle, which forms a prominent object in the view from below, and whence the eye ranges over a beautiful prospect of the pine-covered hills of the Black Forest on the one side; and on the other, of the plains extending to the Rhine, beyond which towers the lofty and elegant spire of Strasburg Cathedral.

At Baden, as at every other watering-place out of the season, houses and apartments may be hired at a very low rate. It is not, however, eligible as a winter residence; for though it be in great measure sheltered from cold winds, yet, after rain, the ground remains long wet, and the dews in autumn are generally very heavy. Provisions and other necessaries are likewise very scarce, except during the season, and many of the essential articles of consumption require to be sent from Carlsruhe.

Wildbad is about seven leagues distant from Baden. The drive by the road, across the mountains and the Murgthal, presents a pleasing diversity of scenery. This bath is greatly improved of late years. It lies in one of the most sombre valleys of the Black Forest; and, though there are some agreeable paths among the mountains, would be but a dull place of abode for any length of time, unless seclusion, or the restoring power of its waters, was sought for. At one extremity of the principal street are the hotels, the new Kursaal, and baths, occupying a Place. Behind flows the rapid rivulet Ens, the banks of which for upwards of a mile constitute the most usual promenade. The climate is raw and cold during great part of the year, whilst, from the deficiency of free ventilation, to which narrow valleys between

wood-covered mountains are subject, the atmosphere must be considerably charged with moisture for some time after the falling of heavy dew or rain.

The water rises, through a layer of fine sand, to a height of from two or three feet in the basins or piscinæ, in which several persons may bathe at the same time. The natural temperature of the water is 30° R., being that best adapted for bathing. The baths are extremely refreshing and agreeable, and are calculated to alleviate several chronic disorders.

Stuttgard, the capital of Wurtemburg, is about four hours' drive from Wildbad; it is pleasantly situated in a valley surrounded by hills, on which the vine is cultivated, and, with the numerous white country-houses in the environs, looks well from a distance. It contains about 30,000 inhabitants, though but little to interest the passing traveller. There is, however, an English colony of about two hundred, living being comparatively cheap, and there being facilities for education; while the winter climate is not so cold as at several other towns in this part of Germany.

The palace is surmounted by an enormous crown, in bad taste. The interior is handsomely, but not gaudily, furnished. Since the construction of this palace, the old one, in the centre of the square, has been appropriated to government offices. The palace gardens are extensive, prettily laid out *à l'Anglaise*, and open to the public; they terminate at Rosenstein, the summer residence of the king, two miles from the town, of which it commands a good view, as well as of the course of the Neckar. The interior is tastefully fitted up. The chalybeate springs of Cannstadt, in the neighbour-

hood, are frequented mostly by residents of this part of the country; but they possess no particular advantage over others of the same character, better provided with resources.

CHAPTER XVI.

NASSAU BATHS—WIESBADEN—SCHWALBACH—EMS—THE RHINE—AIX-LA-CHAPELLE—SPA—BRUSSELS—ANTWERP—CALAIS.

THE Duchy of Nassau, though small, is extremely beautiful, comprising a great variety of scenery; while the fertility of its soil in many parts, its extensive woods, its numerous valuable mineral springs, and its vineyards, which produce some of the most esteemed kinds of wine, are never-failing sources of its richness. The most beautiful parts lie in the north about Limburg, the banks of the Lahn, the Rheingau, and some localities of the Taunus mountains. The air of the duchy is light and salubrious, and many of the inhabitants attain to an advanced age. The great majority are Protestants. The labouring classes are sober and hard working: they are all educated so as to be able to read and write; and, though many of the peasantry are extremely poor, there is no appearance of absolute destitution, and begging is prohibited.

Wiesbaden, the capital, is encircled by low cultivated hills, behind which, on the north and north-east, rises the range of the Taunus mountains, clothed with pine and other trees, the dark foliage of which forms a pleasing relief to the verdure of the valley and the white buildings of the town. The old part of the town presents nothing particularly remarkable; but the appearance of the Wilhelm's Strasse, a handsome row of houses fronting the promenades, is striking. Many

new streets, as well as isolated public buildings—among which is the Ducal palace, in the centre of the town; the Ministerium, or public offices; the Catholic church, and a handsome Protestant church—not yet completed—which would be an embellishment to any capital, have been erected of late years; the accommodations for visitors now leave little to be desired.

The Curhaus der vier Jahrszeiten, an extensive hotel, forms a corner of the Wilhelm's Strasse, and one side of a square, on the opposite side of which stands the theatre, a neat building, where there is always a good company of performers during the season; at which period, also, concerts and exhibitions are given, by artists of celebrity from other towns in Germany, or elsewhere. Across the road is an enclosure, planted with flowers, and bordered by avenues of limes, and on either side a colonnade for shops. At its extremity stands the Kursaal, an edifice containing a magnificent saloon for balls and public assemblies, with smaller richly-decorated apartments for *réunions*, concerts, and gaming, which is licensed by the government, though the inhabitants of the town are prohibited from risking their money. The visitors for the baths do not generally take an active part in the public balls, which are more particularly attended by the inhabitants and holiday-folks from the neighbouring large towns. The *réunions dansantes*, which take place in one of the smaller rooms, are more select, and are sometimes preceded by a concert. The ground around the Kursaal and colonnades is laid out as a public garden, adorned with shrubs and flowers, and sheltered by acacias and other trees. From this pleasure-ground an agreeable

path is continued by the side of a streamlet up the valley, as far as the ruins of the ancient castle of Sonnenberg, two miles from Wiesbaden. The grounds have recently been extended in an opposite direction, parallel with the Wilhelm's Strasse, to the railroad station.

Nothing, in fact, has been neglected to render Wiesbaden the most frequented watering-place in Germany: the walks and drives are pleasing and varied; and from the rising grounds, the Rhine, with Mayence and other towns on its banks, are seen. The population amounts to about 20,000, consisting principally of *rentiers*, government *employés*, tradespeople, and those connected with the bathing establishments. Most of these are in the neighbourhood of the Kochbrunnen, or principal spring, which rises in an open space in the town, close to the Trinkhalle, where the water-drinkers walk up and down in the morning, at which time an excellent band is in attendance. The other principal hotels near the springs are the Rose and the Nassau. Schmitt's private hotel, in the Wilhelm Strasse, is one of the best lodging-houses. Of late years many villas have arisen on the hills around the grounds, some of which are let.

The heat of the weather in July and August is, at times, very oppressive, and thunder-storms are not unfrequent, but are usually of short duration; the evenings are generally fine and pleasant, and the air on the hills is light, bracing, and well calculated to remove the oppression caused by the atmosphere of the valley. From its sheltered position, Wiesbaden possesses a good winter climate for Germany, and is drier than that of Baden. Several English families have remained the

last few winters. House rent, at this time of the year, is low, compared with what it is in the summer.

Sunday is a gala-day in the season; the shops continue open, as do the theatre and Kursaal. Many of the English sojourning at Wiesbaden, and other places in Germany, dine at the *table d'hôte*, private dinners in hotels being not unfrequently composed of dishes warmed up a second time. One o'clock is the usual dining-hour; but, for the convenience of those who prefer to dine later, a five o'clock *table d'hôte* is provided at the principal hotels, the price being higher, and the dishes of a better quality.

The duke resides, in the summer, at Biebrich, a château on the Rhine, about three miles from Wiesbaden, where there is an extensive garden, to which visitors have free ingress. A ducal hunting-box, the Platte, stands in a conspicuous position on an elevated ridge of the Taunus, and is usually visited by strangers. The apartments are tastefully fitted up, with furniture chiefly made of stags' horns; several fine pairs of antlers hang around the hall as trophies of the late duke's achievements in the chase. From the roof a fine prospect is obtained of an extensive tract of variegated country, including the course of the river for several miles, and the chain of the Bergstrasse mountains, with the woods of the Taunus lying immediately beneath:—

> "Here waving groves a checker'd scene display,
> And part admit, and part exclude the day;
> There, interspersed in lawns and opening glades,
> Thin trees arise that shun each other's shades;
> Here, in full light the russet plains extend,
> There, wrapt in clouds the bluish hills ascend."

A two hours' drive from Wiesbaden, passing through

part of the Rheingau, will bring the traveller to the delightful and secluded little bath Schlangenbad, which mainly consists of a large Nassauer Hof; the old and new bath-houses, likewise large edifices, capable of lodging many visitors; and some smaller hofs, and lodging-houses. The hills by which Schlangenbad is enclosed are thickly wooded; numerous walks, easy of ascent, have been cut to points whence extensive views may be obtained.

Those who require quiet and retirement might pass a few weeks very agreeably at Schlangenbad, which, being higher and more shaded, is a cooler residence than Wiesbaden. The baths also, from being but slightly mineralized, may be used by persons in health without risk, and not only impart a pleasurable sensation at the time, but likewise a feeling of *bien être* for the remainder of the day. From the neighbourhood of Schlangenbad to Wiesbaden and Schwalbach there is a constant interchange of visitors between these baths.

Schwalbach is about an hour's walk from Schlangenbad, or a two hours' drive from Wiesbaden, through the woods of the Hohe Wurzel, one of the highest of the Taunus hills, or by the new road through the valley. This small town lies in a narrow valley, enclosed between steep hills almost denuded of wood, which imparts to them, at first view, rather a cheerless aspect. There are few continental watering-places, however, which present more advantages for the temporary residence, in the summer months, of those who are desirous of avoiding the bustle and society of larger baths, especially should their health require the employment of chalybeates.

Schwalbach lies considerably higher than Wiesbaden; and though the town itself is at times hot in the middle of the day, when the sun's rays are reflected from the hills, yet the air out of the valley is extremely bracing; the ground soon dries after rain, and the walks and rides in the environs are highly beautiful and varied. Within the last few years the place is considerably improved in its appearance and accommodations. The Allee Saal, the largest hotel, opens out upon the Allee, a fine avenue of trees continuous with the public promenade, where two of the springs (the Weinbrunnen and the Pauline) arise; the third spring (Stahlbrunnen) is separated by a low hill from the others.* Near the Weinbrunnen is the bath-house, which contains numerous commodious bathing cabinets, and a promenade room. As the waters of Schwalbach are cold, they require to be heated to the proper temperature for bathing, which is effected by means of steam. A colonnade extends the whole length of the building, beneath which booths are opened in the season for the sale of books, toys, &c.

About four hours are required for the journey from Schwalbach to Ems. The road is hilly as far as Nassau, a pretty hamlet, delightfully situated on the right bank of the Lahn, which is crossed by a neat suspension bridge. On the hill overlooking the village are the ruins of the castle of Nassau, which, with the surrounding territory, was the original patrimony of the ancestors of the duke, and which now forms a prominent and interesting feature in the scene. From Nassau to Ems

* The Herzog von Nassau is the hotel most frequented by the English. The Poste affords likewise good accommodation.

the road follows the course of the river as it winds between woody and cultivated hills. The railroad from Lahneck to Limburg passes Ems and Nassau.

Ems consists chiefly of a long range of houses, built against hills, which rise steeply behind it to a considerable height. The site of the valley is so narrow that there is barely space for the road and the public promenade between the houses and the river. Several houses have also been built on the opposite bank. The principal building is the Kurhaus, which stands in the centre of the village. On the ground-floor the water of the two principal springs is drunk. Between the two springs there is a long passage, on either side of which are ranged stalls for the sale of fancy articles; the upper stories of the building are disposed in apartments, the price of each, as fixed by the government, being ticketed on the door, as this establishment belongs to the duke. The public garden opposite the Kurhaus, though small, is prettily laid out. A handsome Kursaal has been constructed, for assemblies and play. An excellent musical band performs in the garden morning and evening, at the hours of drinking the waters. The Russischen and Englischen Hofs, and the vier Jahrszeiten, may be mentioned as the principal hotels. The lodging-house of the vier Thurmen, a large isolated building, surrounded by a garden, at the extremity of the town, the only lodging-house containing baths—with a turret at each angle, forms a striking object in the picture of Ems.

The situation of Ems is eminently beautiful, and the neighbourhood possesses several objects of interest, to which excursions are usually made on donkeys,

which are here numerous and well-conditioned, and without which many of the visitors would be unable to ascend the steep hills by which the valley is enclosed. From this narrowness of the valley there is a want of free ventilation: the air is exceedingly oppressive and relaxing in July and August; so that it would not be an eligible residence at this time of the year for those who do not require its waters. The only road for carriages is the one passing through the valley from Coblentz, which is about twelve miles distant, or to Schwalbach and Wiesbaden, which is daily traversed by an eilwagen.

Mayence is seven miles distant from Wiesbaden, whence the *trajet* is made in twenty minutes by the railroad to Cassel, the fortress on the right bank of the Rhine, which forms part of the fortifications, and is connected with Mayence by a bridge of boats. Though belonging to the Duchy of Hesse Darmstadt, Mayence is strongly garrisoned by the Austrians and Prussians, owing to its importance as a fortress of the Confederation. It looks well from a distance, but possesses few interesting public edifices, except the cathedral, and only two or three good streets, the majority being narrow and irregularly built. A bronze statue of Guttenburg, of indifferent execution, stands in the market-place. The number of inhabitants amounts to about 30,000, exclusive of the military. A short distance from the town is a public garden, with a platform overlooking the Rhine, at the point where the Maine flows into it, and commanding a good view of Mayence, its bridge of boats, and part of the Rheingau, with the Taunus in the background. The military bands of the garrison

play here alternately every week during the summer, on which occasions many of the Wiesbaden visitors resort to Mayence.

Steamers leave Mayence daily for Cologne, touching at Biebrich, whence the journey to Rotterdam may be made in two days. With the exception of the part between Mayence and Bonn, the banks of the Rhine are flat, and present but little interest; so that most travellers quit the river at Bonn or Cologne, and pass through Belgium to reach the sea, either at Antwerp, Ostend, or Calais, which is the most expeditious route to England since the railroad has been completed.

On descending the river from Mayence, the palace of Biebrich first attracts attention, and looks well from the water. Further on lie the pretty towns of Geisenheim and Rudesheim, where two of the most esteemed wines of the Rheingau are produced. The Castle of Johannisberg, on its vine-covered hill, is likewise a prominent object in this part. Opposite Rudesheim stands Bingen, whence persons not pressed for time will derive much gratification from ascending the beautiful valley of the Nahe, beyond Kreutznach, the saline waters of which have been a good deal in repute during several years. The scenery of this valley is of the highest order of picturesque beauty. At Bingen the Rhine, becoming narrower, serpentines rapidly past

"Many a rock which steeply lowers,"

crowned with castellated ruins, and hills cut in terraces for the cultivation of the vine, rising above neat towns and villages on the banks; among these, Oberwesel (above which stands the castle of Schönberg), Bop-

part,* and St. Goar, which is overlooked by the ruined fortress of Rheinfels, are remarkable for the beauty of their position, the river at these points being hemmed in by the mountains, so as to give it the appearance of a lake. Rheinfels was one of the most extensive of the fortresses on the Rhine, and was considered impregnable till it was taken by the French, by whom it was destroyed. It now presents a complete picture of desolation :—

> "Verbrannt sind Thüren und Thore
> Und überall ist es so still,
> Das alte verfallne Gemäuer,
> Durchklettr' ich wie ich nur will."

Marksburg, the only one of these castles which has escaped destruction, and is in a habitable condition, is now used as a state prison. It stands perched on the summit of one of the highest and steepest rocks, and is seen from a considerable distance. Further on stands Stolzenfels (belonging to the King of Prussia), opposite the embouchure of the Lahn. A little beyond, Coblentz, and its rocky fortress Ehrenbreitstein, rise upon the view.

Coblentz is a neat town, lying at the point of union of the Moselle and the Rhine, and is strongly fortified on every side. It contains about 12,000 inhabitants. A bridge of boats crosses the Rhine, and connects the town with Ehrenbreitstein, whose precipitous rock, bristling with defences down to the water's edge, frowns

* Overlooking Boppart stands Marienberg, formerly an extensive convent, now an establishment for the cold water cure, of which I have given an account in my work, "Hydropathy and Homœopathy Impartially Appreciated."

defiance around, and is now considered to be impregnable.

Between Coblentz and Cologne the banks of the river are less hilly, but more fertile, and thickly wooded. Few rocky eminences or ruins are seen before arriving at the seven mountains; the highest of them is crowned by the "castled crag of Drachenfels," which immediately overlooks the river, whence it is seen to great advantage. On the opposite bank stands Godesberg, the last of the ruins, beyond which the river flows through a cultivated plain to Cologne.

Bonn is an ancient town, enclosed within walls, with narrow and badly paved streets, and presents nothing of sufficient interest to delay the traveller. The university enjoys a high reputation, and was founded in 1818, on the model of the university of Berlin. The students are for the most part orderly and diligent. Their number is about 1,000. A fine avenue of trees leads to the castle of Popplesdorf, where there is a botanical garden. There is a tolerably large English colony at Bonn, the facilities afforded for education being a chief inducement. The climate is salubrious.

Cologne, the chief city of Rhenish Prussia, contains 50,000 inhabitants and a large garrison. Like Mayence and Coblentz, it is connected by a bridge of boats with fortifications on the opposite banks. The railway bridge recently completed is a triumph of art. Cologne has only one square, and the streets are narrow, irregular, and dirty, presenting altogether a sombre appearance. The cathedral, built in the old Gothic style, is now in progress towards completion. Rubens was a native of Cologne; his portrait, and an inscription on the wall,

indicate the house in which he was born. The Crucifixion of St. Peter, a *chef d'œuvre* of this painter, is exhibited in one of the churches.

The country between Cologne and Aix-la-Chapelle is level and well cultivated. This town is pleasantly situated in a well-wooded and fertile valley, surrounded by gentle risings of ground covered with verdure. But little of its former magnificence remains; the gates and walls have been demolished, and the ramparts, planted with limes and chesnut trees, now form an agreeable promenade. The number of inhabitants is about 30,000, and the town presents a stirring and animated appearance during the bathing season.

The most remarkable public edifices are the Hôtel de Ville, and the cathedral or Chapelle built by Charlemagne, where the ashes of this potentate till lately reposed. Two or three spacious new streets have been erected for the accommodation of visitors. The principal hotels and bathing-houses are conveniently fitted up, and are provided with requisite apparatus for douches and vapour-baths. The season begins in June, and terminates about the middle of September. The Redoute is a handsome public room for balls, concerts, réunions, &c.

The most favourite place of resort in the environs is Louisberg, a hill overlooking the town, and the varied scenery of the surrounding country.

About a mile distant is the little town Borcette, where are hot saline and sulphurous springs, scarcely inferior in properties to those of Aix. Having already given an account of these, it will suffice to advert to them in this place. Borcette is, however, but little

frequented by English visitors. The principal hotel and bathing-house is the Rose.

After passing the Belgian frontier, we arrive at Pepinstere, the station for Spa, to which a branch line extends. Spa is situated at an equal distance between Aix-la-Chapelle and Liege, in an agreeable valley of the Ardennes, at the foot of, and between two projecting masses of a steep hill forming an amphitheatre, by which the greater part of it is sheltered from the north and east. The valley is a thousand feet above the level of the sea, and is a pleasant abode during a few weeks in summer. The walks and rides in the environs, and about the hills, are beautiful and varied; the most usual point of *réunion* is the *Promenade de Sept Heures.* Since the Belgian revolution this bath has been but little frequented by its Dutch visitors, who used to resort thither in great numbers. Spa does not lack resources for amusement, fetes of various kinds being frequent. There are a theatre, public rooms for balls and concerts, a *redoute*, where games of hazard are played, and ponies for excursions into the country. It is, moreover, not expensive as a summer residence, and is still a good deal frequented by the English who are in the habit of wintering at Brussels.

The country about Spa abounds in chalybeate springs, and oxide of iron is occasionally visible on the rocks. The principal spring, the Pouhon, is the only one which rises in the town. The water has the usual characteristics of springs of this kind, and tastes more astringent than many others, from the comparatively small quantity of salts. Exposed to the action of the air, the iron is soon deposited in the form of a reddish-

brown sediment. The temperature of the water is 8° R.

An avenue of horse-chesnut trees leads from Spa to the Geronstère spring, two miles distant, and surrounded with pleasure-grounds. The Sauvenière and the Groesbeek springs are also at some distance from the town, in the woods; the former contains more iron and gas than the Geronstère. About a mile from the latter are the two Tonnelets, chiefly used for baths, for which purpose there is a low dilapidated-looking building on the spot. Carbonic acid is in such abundance in the neighbourhood of these springs that it is frequently perceived issuing from the clefts in the rocks. The quantity is augmented in certain states of the atmosphere, especially during the prevalence of north winds.

The railroad from Aix-la-Chapelle to Liege traverses a richly-wooded, beautiful undulating country. Liege lies between steep hills on the left bank of the Meuse: it exhibits all the bustle of a large commercial and manufacturing town, and has an aspect of great antiquity, the houses being old, most of the streets narrow, dirty, and irregularly built. The principal manufactories are iron work, especially fire-arms. On the hill above the town stands the citadel, which is strongly fortified. Persons who are more gratified in viewing beautiful scenery than in hurrying through a country, should take the route to Brussels by Namur. The valley of the Meuse, between this town and Liege, is full of pastoral beauty and richness. The river flows placidly through scenery diversified by corn and meadow land, among which villages and neat farm-houses are thickly scattered; low woody or cultivated hills, sloping

downwards to the water's edge; and precipitous sandstone rocks, whose greyish hue presents a pleasing contrast with the verdure by which they are surrounded. At Huy the river is crossed by a neat stone bridge; a fort, built in 1815 by the Allies, crowns an eminence commanding the bridge and the road to Namur. This town is strongly fortified by a citadel and extensive works along the heights, which overlook the river; and by ramparts and a double fosse extending round it on the land side. Its streets are narrow and dirty; the population amounts to about 20,000 persons.

The railroad to Brussels passes by Charleroi; the high road, which here quits the Meuse, traverses a populous and highly cultivated country, and the pretty hamlet of Waterloo; the battle-field is now the most productive land in Belgium:—

"How that red rain hath made the harvest grow!"

The farm of La Haye Sainte stands on the road-side; its walls still bearing visible marks of the conflict.

Brussels presents the stirring and animated aspect of a large capital; its population now amounts to 150,000 persons. Spacious boulevards, embellished with ranges of handsome houses, encircle the town; the principal streets are wide, regularly built, and lined with showy shops. The Place and Rue Royale, in particular, have a handsome and courtly appearance, and, together with the park, form a splendid *coup d'œil.* Here are the chief hotels, the Bellevue, the Flandre, and the Europe. The park, though small, is pleasantly laid out, and the walks are well sheltered by lofty trees. At each end stands a royal palace, which, seen through the vista of

trees, produces a good effect. One of these, the former palace of the Prince of Orange, contains richly-decorated apartments and beautifully inlaid floors, and is generally visited by strangers. Among the most interesting public edifices are the Church of St. Gudule, an ancient Gothic structure, somewhat resembling, in its exterior, the Cathedral of Nôtre Dame at Paris, and the Hôtel de Ville, likewise a fine specimen of Gothic architecture, of which the extensive *façade*, adorned with finely sculptured fret-work, and the lofty elegant spire, are strikingly beautiful. The Place, of which it forms one side, presents a good specimen of mediæval architecture.

The city possesses fine hospitals, numerous charitable and scientific institutions, &c., which it is needless here to specify. In the immediate neighbourhood is a geographical establishment, founded in 1830, for lithographic maps and engravings, and the construction of globes of various sizes. Attached to it are a botanical garden, a museum of natural history, and a large room for the delivery of lectures on various scientific subjects. A little beyond this institution stands the Palace of Laecken, the usual residence of the king.

The Belgians resemble the French in several points of their character. They are, however, more religious than the Parisians; and, being almost all Catholics, the clergy have considerable influence, not only over domestic life, but also in public matters. There has long been a colony of English at Brussels, which may be in many respects likened to Paris on a small scale: the chief advantage which it presents over the French metropolis is in the greater cheapness of house-rent and living. The winter climate is perhaps one of the least

eligible for invalids, as compared with many other towns frequented by the English, on the continent.

The following remarks on the climate are from a small publication by Dr. Coley, who resided several years at Brussels :—

"The summers are hotter in Belgium and the winters colder than in England, and the vicissitudes during the day are more sudden. The variations of heat between day and night are at no season greater than in England. The extreme coldness commonly prevails from the middle of December to the end of January.

"The prevalence of scrofula among the poor is so evident that it may be recognised in the progress of almost every surgical case in the hospitals. No country compared with it in extent can boast of a greater number of charities for the relief of the sick and infirm poor, as every city and every considerable town in Belgium possesses a hospital for the poor citizens or burgesses, as well as a military hospital where there is a military station. The limited number of medical officers to one physician and one surgeon to each, and the want of professional competition, retard, however, the advance of science. But one physician and one surgeon are attached to the large hospital St. Jean, which contains 400 beds. In some of the hospitals self-supporting patients are received, who pay from a franc and a half to two francs per day : the payments at the hospital St. Jean vary from one to six francs per day. The higher class patients have a private room.

"The soil on which Brussels stands is a deep bed of whitish sand, especially in the more elevated part, where the modern houses have chiefly been erected.

On this account it may be considered one of the most eligible situations on the continent for a permanent residence: the porous quality of the earth rendering the atmosphere dry and free from the malarious exhalations which vitiate the air in some districts. The lower parts of the city are crowded with narrow streets, subject to frequent inundations of the turbid river Jenne, and are consequently unhealthy; and these natural disadvantages are artificially increased by the fish market, which extends its poisonous effluvia in all directions. From this and other similar sources of animal poison, of a similar description, most of the bad cases of fever arise which are found in the hospital St. Jean.*

"Fogs seldom occur in this or any other part of Belgium, excepting in the marshy localities near the coast; and the atmosphere contains so little moisture that dews are scarcely if at all observable, even during the hottest weather. The easterly wind, as in other parts of the continent, prevails more or less during the latter part of winter and through the spring, generating inflammatory diseases, particularly in children and persons advanced in life. The maladies peculiar in autumn are the same as those met with in other parts of Europe —diarrhœa, dysentery, European cholera, and fevers, with gastric or intestinal complications.

"The heat at mid-day during July and August is particularly oppressive in Brussels; while, in addition to a cloudless blue sky, the burning rays of the sun are reflected so powerfully from the white houses, that all

* Considerable improvements have lately been effected in this respect, and the lower parts of the town are better drained than formerly.

who have not been accustomed to it experience great inconvenience, and sometimes injury to the organs of sight. The Rue Royale, the Place du Palais, and the Rue Ducale are remarkable for this annoyance; the boulevards Waterloo, du Regent, and l'Observatoire are the best protected in this respect. The water at Brussels is abundant and pure. Brussels is an unfavourable place of abode in the winter season for persons labouring under or predisposed to consumption, diseases of the air passages, enlargement of the tonsils or lymphatic glands, and ophthalmy; on the other hand, the drier air of Brussels will be found to suit many asthmatic patients, especially those suffering from the humoral variety of the disease. Grippe, or influenza, occurs towards the end of winter, or during the spring, when the easterly winds more or less prevail, and also, though in a less severe form, when the atmosphere is moist and the wind remains in other points. Acute inflammation of the lungs is also one of the most dangerous diseases occurring during the prevalence of the easterly wind. Pulmonary consumption is a common consequence of epidemic catarrh in young patients. Gout is not so prevalent in the dry and healthy parts of Belgium as in England. Gout and rheumatism are, however, equally severe among the English in Belgium as in England.

"Intermittent fevers are uncommon at Brussels and all other dry and salubrious parts of Belgium; but they are of frequent occurrence at Ghent, Bruges, Ostend, and Antwerp, where the atmosphere is vitiated by the decomposition of animo-vegetable matter in the stagnant water always existing near the surface of the soil.

Erysipelas is a common disease in Belgium, occurring in the simple and phlegmonous forms.*

The railroad conveys travellers from Brussels to Antwerp in about an hour (through a level fertile country, intersected in many parts by canals); to Ostend in five hours; to Lille in five and a half; and the whole distance from Ostend to the Rhine at Cologne in about thirteen hours. The direct route from Calais to Cologne by Mons, Namur, and Liege (without making the detour by Brussels), is now practicable in about the same time.

Antwerp has an antique and rather sombre appearance; the houses are built in the old Flemish style, with their gables fronting the street. At the corner of several of the streets the figure of the Virgin and Infant may be seen, as in Italian towns. The quays along the Scheldt are broad and handsome; several basins for the repairing of shipping communicate with the river. Many of the women wear rich black silk scarfs, termed *camelots*, to cover their head and shoulders, over which the *camelot* descends in the mantilla fashion. This costume has been continued since the time of the Spanish occupation of the Netherlands. It is, however, now very much superseded by French fashions, and is mostly confined to old or middle-aged females of the lower classes.

The principal object of interest to the passing traveller is the cathedral, one of the finest specimens of Gothic architecture extant, which, however, is not seen to advantage, on account of shops and other erections being built up against it. In the interior, the large picture of the Descent from the Cross, a *chef d'œuvre*

* Remarks on the Climate and Diseases of Belgium.

of Rubens, will immediately attract attention; and the Elevation of the Cross, by the same artist, which, however, is inferior to the former. From the summit of the building an extensive panorama is displayed to the view,—of the town, the course of the Scheldt, Brussels, Ghent, and other towns. The citadel, and the position occupied by the French during the siege, are likewise best seen from this point. The museum contains but few superior pictures. "Antwerp," says Dr. Coley, "from its vicinity to Holland, and from the stagnant water in the docks and moats, is subject to intermittent fevers and inflammatory typhus. The atmosphere is liable to sudden changes of temperature, produced by the strong currents from the Scheldt: fogs are frequent in autumn and winter."

Ghent has a population of 84,000 persons, but is not a place calculated for the residence of English families, though a day or two might be passed in viewing its churches, collection of pictures, and theatre, which is one of the finest in Europe.

At Bruges, which has 40,000 inhabitants, there are some resident English. Two or three of the churches are worth visiting; but the town has a dull aspect, and the only inducement to select it for a residence is cheapness of living.

The sea passage from Antwerp to London is very little more than that from Ostend, as there is five or six hours' navigation of the Scheldt. The departure is usually at noon, there being no occasion to wait for tide, as at Ostend and other ports.

Ostend is but a dull place, though generally full of visitors in the sea-bathing season. The usual prome-

nade is the jetty, which is continued for a considerable distance along the shore.

The aspect of the country between Brussels and Lille is interesting, being agreeably diversified with woods, cultivated lands, and neat farms. As a frontier town of France, Lille is strongly fortified; it is also important in a commercial point of view. The population amounts to 60,000 inhabitants. The principal square, in the ancient style of architecture, presents a striking appearance. Lille contains, however, little to delay the passing traveller. Beyond, and on the line to Dunkirk, is Cassel, a neat little town, and a good halting place, on a hill, which commands a most extensive prospect of the plains of Belgium, Flanders, and Picardy. In clear weather may be seen from this elevation, besides innumerable villages, the towns of Ostend, Bruges, Courtray, Lille, St. Omer, and Dunkirk, together with the sea; and in the extreme distance,—

> "That pale, that white-faced shore,
> Whose foot spurns back the ocean's roaring tides,
> And coops from other lands her islanders."

St. Omer is a strong town, with about 20,000 inhabitants. The streets have a triste and deserted appearance. It presents no other advantage for a sojourn beyond cheapness of living, on which account there are still a few English residents. The environs of Calais are flat, and totally devoid of interest. The town was formerly termed an universal inn, from its bustling aspect, caused by the frequent arrivals and departures, in the days of comparatively long sea passages, to other ports. The communications having been

of late so greatly facilitated, Calais suffered a great deal from the competition; it is however, still preferred by those who object to a long sea *trajet.* There are a few resident English, but to the generality of travellers Calais offers, at the present day, no more inducement for delaying their departure than it did in former times; most people, following the example of one of Ariosto's heroes, when on an embassy from the camp of Charlemagne to England, who, we are told,

> " —— a Calesse, in poche ore trovossi
> E giunto, il dì medesmo imbarcossi."

APPENDIX.

I.—OBSERVATIONS ON THE INFLUENCE OF CLIMATE, &c.

THE great influence exerted by different localities on the human race could not fail to be remarked from the earliest periods; and it has accordingly been repeatedly commented upon by philosophers and physicians, from Hippocrates to our own times. The agency of climate, however, as calculated to remedy disordered states of health, has not, till of late, except in some special cases, been sufficiently highly estimated in this country, notwithstanding the subject is one of the most important to which the attention of the medical practitioner could be directed.

Every one will have observed the striking difference in various classes of the community, according to the quality of the air they breathe, and the nature of their avocations. What, for instance, can be more marked than the contrast which is presented by the inhabitants of a marshy plain, with the dwellers upon the mountains by which that plain is enclosed? or than that which exists between agriculturists, sportsmen, and others, who take active exercise, and are constantly changing the air, and the pallid countenances and deficient muscular energy exhibited by those inhabitants of a metropolis, or of a large manufacturing town, who, during the greater part of the day, inhale the close and vitiated atmosphere of workshops and counting-houses? Who has not noticed the difference in the appearance of many of the higher orders of society, especially of the ladies, on their

arrival from the country and at the close of the London season, after subjection to the combined agency of want of proper muscular exercise, breathing the air of crowded rooms, and of the high nervous excitement consequent upon a life of so-called pleasure? What a difference also do not the diseases of these various classes of persons present? In fact, when it is considered that the air is a compound fluid, to which are added in varying proportions more subtile elements, as heat, light, electricity, &c., and that it is, moreover, the receptacle of all terrestrial exhalations, the laboratory of an infinite variety of chemical combinations, and the medium of continual meteorological changes, the importance of a due appreciation of the effects produced by states of the atmosphere upon the animal economy will readily be inferred. Its greater or less weight or density, humidity or dryness, warmth or coldness, its electrical condition, and especially the presence or absence of miasmatic or other effluvia, resulting from the decomposition of animal or vegetable substances, are so many circumstances which require to be taken into the account, as acting singly, or in the aggregate, in a most powerful manner upon the health and well-being of communities; not merely as regards the quantity of air inspired (in which exclusive point of view the subject is too often considered), but also with reference to the action of this agent upon the surface of the body, &c., it being well known that the portion of air in contact with living bodies undergoes changes in its properties according to their degree of strength or weakness, the states of exercise or repose, of sleep or waking, health or disease.

"The ordinary means of investigation," says Dr. Thouvenel, "are insufficient to furnish us with an exact knowledge of the properties of the air capable of producing effects upon the human subject; they merely afford us an approximation to the real state, and to the relative effects of this fluid. It is a matter of common observation that some classes of vegetables peculiar to certain regions, and the habits and

diseases of animals which inhabit those regions, afford us notions which are frequently more precise than can be obtained by means of physical instruments respecting the temperature and other qualities of the air, and also as regards the relative elevation and the nature of localities. That which constitutes the sharpness, the elasticity, the weight, or thickness of the atmosphere, as expressed in ordinary terms, is often not more appreciable by these instruments than are its exact degree of purity, and the various modes of its alteration, by the means with which chemistry furnishes us. These varying conditions are, however, not unfrequently perceptible to the feelings of individuals, and are even sometimes contrary to what would be inferred from the mere result of physical investigation. Thus, a sharp or light air, in common language *(aria sottile)*, is often shown by barometrical tests to be in fact more heavy than a thick and apparently heavy air *(aria grossa)*. This latter quality (heaviness) is owing to the degree and mode of its watery impregnation, the intimate combination, or the mere state of suspension in which the water is held; and these states are themselves subordinate to the temperature of the air, its heterogeneity, &c. The stagnation of water in the air, and of air in water, suffices to corrupt and mephitize both; and in (so called) thick and heavy atmospheric constitutions, the water is but suspended, or only half dissolved by the caloric; whereas, when the air is sharp and subtile, notwithstanding it contains as much or even more water than when in the opposite condition, yet, this being in a state of solution and perfect combination, the air appears to be dry and light in comparison with the former condition, which, besides being more fitted for the absorption of mephitic exhalations, is also more capable of attracting and diffusing electricity. It thus becomes the focus and intermedium of its own deterioration; and, at the same time, the most powerful means of producing the corruption of bodies with which it comes into contact.

"The frequent and rapid alterations of the electric fluid are most perceptible in spring, when nature, awakening from its previous torpidity, becomes more active, and evolves the electricity which was held enclosed within the bosom of the earth. When the sky is serene and calm the atmospheric electricity is always positive, or in *plus*. The electricity of rain, and that of vapours exposed to the air, is sometimes *plus*, sometimes *minus*, and sometimes *nul*. A light warm rain is feebly electric, heavy showers are strongly, and hail is especially, saturated with this fluid. Winds sensibly influence the electricity of the atmosphere. A dry and cold air is a bad conductor, and consequently an obstacle to its transmission. Electric phenomena are in all their force when the north wind predominates, and are also very remarkable during the prevalence of the east wind; but are weak when it veers to the west; and the south wind is the least favourable to them."*

From the temperature and constitution of the air results in a marked manner certain impressions—sensations of pleasure or of indisposition—according to the state of the organs; and, in proportion as one is accustomed to these peculiar atmospheric constitutions, most people can tell from their general feelings whether a locality agrees with them or not; and the constitutional qualities of the air have the greatest influence in determining the mental and moral characteristics of individuals as of nations.

The contrasted effects of climate on body and mind are perceptible on a large scale among the inhabitants of different regions of the globe. Thus, in cold latitudes, the molecules of the body are approximated to each other, as evidenced by the stunted growth of Icelanders, Laplanders, and Esquimaux; the blood is driven from the surface to internal parts; the insensible perspiration is lessened, the activity of the skin being superseded by increased exhalation from the pulmonary

* Sur le Climat de l'Italie.

surface. From the augmented action of the respiratory apparatus, it is necessarily more predisposed to disease; hence the frequency of their inflammatory affections; and, as regards the functions of the alimentary canal, there is an aphorism of Hippocrates, "*Cutis rara, alvus densa.*" The eyes are also affected by the prevalence of cold, the eyelids of Laplanders being very commonly red and tumefied.

The effects of warm climates on the animal economy are necessarily of an opposite kind to those above mentioned; the body is more expanded, the blood is drawn to the surface (which is seconded by the diminished density of the air), and the cutaneous secretion is increased. This increased degree of vitality and sensibility of the skin renders its diseases more frequent and intractable. In consequence of less oxygen being taken into the lungs, from the air being more rarefied, the venous system predominates over the arterial; and the liver, excited to greater activity, plays an important part in the decarbonization of the blood—hence the frequency of its diseases in warm climates.

Temperate climates produce effects more or less analogous, according to circumstances, to those of the cold or warm regions to which they are most contiguous. A greater variety than in either of the latter is perceived in the physical and mental constitutions of the inhabitants of countries favoured by those climates which are best adapted to the healthy performance of the bodily functions, and consequently to longevity;—as also to the full development of the mental faculties. The average mortality is much smaller in temperate than in either cold or warm latitudes. England is, perhaps, the country where the annual mortality is the least in proportion to the population. According to the statistical accounts, the proportion of births is as one to thirty-five, of deaths as one to fifty-eight. Next to England, Sweden ranks as the healthiest country, then Belgium, then France; so that, if the vicissitudes of the seasons occasion many diseases,

they are, notwithstanding, a source of salubrity, by purifying and renewing the atmosphere.

The greatest mortality occurs in warm countries, and, as regards Europe, it increases in proportion as we advance from the central parts southward. Thus, while in the former there is only one death in forty, in the latter the proportion is as one to thirty-three, and this rate of mortality goes on increasing as we advance towards the regions near the equator. In all these countries, however, the amount of births is greater in proportion than in the north.*

As regards the influence of climate on the mental and moral qualities, M. Foissac observes:—"The seasons may be considered, according to Hippocrates, as the chief causes of the differences observed among men: the regularity or irregularity with which they pursue their course impresses itself upon the physiognomy and moral habits. In countries where the temperature is always the same the inhabitants are naturally disposed to indolence, and men are led astray by the irresistible attractions of pleasure; those commotions which render the disposition fiery, intractable, and enterprising, do not occur;—whereas bodily exercise and mental activity become a want in countries where the seasons are more variable; labour and fatigue occasion courage and stimulate industry.

"The climate of Europe, being the most modified by the irregularity and alteration of the seasons, is likewise that in which the genius of man has given birth to the greatest number of prodigies in the arts and sciences. In Africa nothing great has been done, except in those regions which are liable to great and sudden changes of temperature. In Asia there are scarcely any temperate climates: in the

* The following European cities are stated in the order of their smaller average mortality:—London, Madrid, Moscow, Paris, Copenhagen, Naples, Dresden, Amsterdam, Stockholm, Vienna, Venice. (Foissac.—De l'Influence des Climats sur l'Homme).

southern parts the productions of the earth are obtained and enjoyed without labour; on the other hand, in the wild countries of its northern zone, nature is unproductive, life languishes, and human industry barely suffices to maintain a miserable existence. In its centre alone are some countries, the temperature of which resembles that of Europe; and from their bosom have emanated the warlike armies which have conquered the rest of Asia. The same remark applies to America. Those countries in which frequent variations of the seasons are most experienced are also those which first enter upon the path of civilisation, and those where it makes the greatest progress. We may, from these instances, perceive how great a value we ought to attach to the return and continual succession of cold and heat, to winds, and even to tempests, which interrupt the uniformity of each season; and yet man, always blind and ignorant of the condition of the true good which he possesses, laments that he so seldom enjoys the equability of temperature which presents to him the attraction of pleasure. He does not see that a perpetual spring, the golden age of nature, dreamt of by poets, would be destructive to genius, to courage, and virtue. The volcano of Pichincha is not the most dangerous enemy which threatens the inhabitants of the delicious valley of Quito."*

With respect to the variableness of the English climate, Sir H. Davy observed:—"Of all the climates of Europe England seems to me to be the most fitted for activity of mind, and the least suited to repose: the alternations of a climate so various and rapid constantly awaken new sensations, and the changes in the sky, from dryness to moisture, from the blue ethereal to cloudiness and fogs, seem to keep the nervous system in a constant state of excitement. In the changeful and tumultuous atmosphere of England, to be tranquil is a labour, and employment is necessary to ward off the attacks of ennui. The English nation is pre-eminently

* De la Meteorologie.

active, and the natives of no other country follow their object with so much force, fire, and constancy."*

Every one has experienced in himself the variation in his feelings and capabilities for mental or muscular exertion, according to different states of the atmosphere at different periods, and even in different hours of the same day. This is more especially apparent in certain disordered conditions of the economy, as in most nervous complaints, in which atmospheric changes can often be confidently predicted from the sensations experienced; and, on the other hand, it is less felt in proportion as the body is in health, and the mind occupied.

"There are days," says the French author just quoted, "on which the mind falls into a state of languor, and despairs of the future. Overcome by insurmountable sadness, it casts a veil of mourning over the whole of nature; existence is a burden, philosophy is powerless, and friendship has no charms. Everything, even consolation, importunes us. This state of anguish, which seems to us irremediable, passes away without obvious reason, and sometimes with a quickness which seems to be marvellous. What secret cause can, then, have produced so sudden a metamorphosis?—a cloud which obscured the heavens has disappeared—the wind which agitated the air is hushed. It seems certain that, in our climate, the east wind predisposes to sadness and discouragement. It is said that it blows crimes upon Cadiz.

"None of the intellectual faculties or affections escape this powerful action; the dispositions of mind are not more variable than the atmosphere. Poets, painters, and musicians know that inspiration is capricious; it comes when least expected, and refuses when it is solicited. Oratory, philosophy, the sciences, and reason, are subject to the same laws, and to the same influence. On remarking all the contradictory sentiments which in man succeed each other, one would be inclined to say that he only acts from caprice, being alternately

* Consolations of Travel.

brave or timid, insensible to affront or ready to avenge himself on the slightest offence—either impassioned for glory or disdaining her favours. Revolutions and civil wars, if not occasioned, have at least too often been impressed with bloody characters, which have stained the page of history, by the constitution of the atmosphere. It is chiefly on the approach of storms that man feels himself less disposed to labour or philosophical speculations: he is then more inclined to impatience, anger and depression.

"From this it is easy to conceive how temporary and individual impressions may become general. Let us suppose, what really exists, that in a particular country the atmospheric constitution of which impresses upon the *moral* any determinate tendency, all the inhabitants will be more or less affected. The cerebral faculties, constantly exercised, will assume an abnormal development; this disposition, transmitting itself from generation to generation, and receiving from the always active influence of the air its continual nourishment, may become the moral type of a people, and impart a distinct physiognomy to the national character."

A farther corroborative proof of the influence of climate in altering the mental and moral qualities, is afforded by the changes which history records to have invariably taken place in masses of men transferred to regions at a considerable distance from the place of their birth—as in invasions and emigrations; and common observation not unfrequently shows similar effects in individuals who have been expatriated during a longer or shorter period.

"The action of climate upon the *moral* of man," says another foreign writer, "is so constant, that a great resemblance is perceptible in the moral attributes of populations separated from each other, but inhabiting a soil of an analogous nature, and at an equal altitude above the level of the sea; having, in short, a similar climate,—thus, activity, courage, and enterprise, are found among the Scotch, Corsi-

cans, Albanians, and also among all the inhabitants of more distant elevated regions—as those of Thibet and the Caucasus.

"Men who live in low countries, where the air is laden with humid vapours, are all, in whatever country they are observed, indolent, peaceful, simple-minded, and of easy disposition. Holland, Flanders, Champagne may have produced some celebrated men; but the inhabitants of these countries are not generally distinguished as being *spirituels.* Those of Lower Normandy, of Maine, and of Berry, are reputed to be but little enterprising, and to have minds rather cunning than ingenious. The men of these different countries have all pretty much the same cerebral organisation; the brain, like other parts, being influenced by the climate, in humid localities it is wanting in the tone and energy which it possesses in mountaineers. It is not enough that an individual has much brains for him to have high intelligence, it is requisite that the cerebral substance be endowed with a principle of life, a vital power, capable of giving it activity. It is necessary to have brains in order to have intellectual faculties, but one may have brains without having intellectual faculties."*

The diseases most prevalent in temperate climates necessarily vary, according to the seasons. Thus, in winter and spring, affections of the respiratory organs, hæmorrhages, rheumatism, and apoplexy will be more common. The frequent variations of temperature, and especially exposure to cold and humidity, are the most usual cause of inflammations of the membranes and viscera. In summer and autumn, on the other hand, analogous disorders to those of warm climates are most prevalent: gastritic and abdominal irritation and relaxation, cholera, fevers of various types, and spasmodic and nervous affections. Pulmonary consumption is more frequent in temperate than in either cold or warm latitudes: in proportion as we advance towards the tropical

* Daucel.—Sur l'Influence des Voyages.

regions does its frequency diminish. A cold and humid temperature, and frequent atmospheric vicissitudes, by vitiating the blood, and producing repeated bronchial inflammatory attacks, are the chief exciting causes. Cold and humidity combined are likewise chiefly instrumental in the production of diseases of the lymphatic system, local and general dropsies, scrofula, rickets, &c., as also of calculous disorders, which are rare in southern latitudes, where the amount of renal secretion is greatly diminished by that of the cutaneous exhalants. To this cause may be added the more vegetable nature of the diet of the population. Gout, which has great analogy, as to its causes and nature, with the before-mentioned complaints, is also more prevalent in England, Northern France, Germany, and other temperate and humid climes.

These few general remarks will, perhaps, facilitate the consideration of the peculiarities of the climate of Italy.

II.—ON THE CLIMATE OF ITALY.

THE Italian peninsula, situate between the 37th and 46th degrees of latitude, and the 25th and 36th of longitude, is circumscribed by the Adriatic and Mediterranean seas on the east, west, and south; and by the Alps, extending from the north-east (Fiume) to the south-west (Nice), a distance of two hundred leagues. It is divided longitudinally, for the greater part of its extent, by the Apennines into two principal regions—the eastern bordering on the Adriatic, and the western on the Mediterranean.* This position, added to local influences, such as the relative altitude of places, their greater or less distance from the sea, the nature of the soil, and the state of cultivation, produce a variety of climates met with in no other country at all approaching to the same limited space. Thus, in the plains of Calabria and in Sicily, which lie between the 37th and 39th degrees of latitude, the thermometer rarely descends below the freezing-point; whereas between the 43rd and 46th degrees, as in the higher parts of Lombardy, it frequently descends to 10 below zero; which is an immense difference for a distance of from six to nine degrees. A corresponding difference is observable in the productions of the earth—from the pine of the north, to the palm-tree and plants indigenous to warmer latitudes, as also in the physical and moral qualities of the various populations. The periods and progress of atmospheric vicissitudes and of storms are very different in Italy to what they are north of the Alps. By its peninsular configuration, being

* Il bel paese ch' Appenin parte, el 'l mar circonde e l'Alpe.—Petrarch —Son. 144. (*See Notes.*)

enclosed by the sea for more than three-fourths of ts circumference, while its interior is almost all over mountainous, this country is particularly subject to the causes which occasion and multiply meteoric changes, viz., mountains, seas, and valleys. Lombardy, which is bounded by two lofty mountainous chains, and by a great gulf exposed to winds from all quarters, especially experiences the vicissitudes of stormy weather, to which materially conduces the hydro-attractive power of the Alpine summits, and of the surrounding woods; as does also that of mechanical repulsion, which, imparting to winds and clouds a retrograde direction, occasions counter-currents, which are carried alternately from the centre of the plain, or from the course of the great rivers, to the mountainous circumference, and are repelled from all its points again to the central parts of the plain. Hence there is abundant reason for the characteristic and variable nature of the climate of this part of Italy, and for the frequent prevalence of febrile diseases, which at certain periods more particularly affect the mountainous districts, and at others are concentrated upon the plain. These must not be confounded with the fevers of an intermitting character produced by malarious influences.

Another characteristic greatly modifying the nature of the climate in many parts of Italy, is the more general diffusion than elsewhere of the last-named influence. Italy contains, in proportion to its extent, more marshes than any other country in Europe; many of them are, moreover, salt-water marshes, being upon or close to the sea-shore, and their insalubrity always bears a direct ratio to the prevailing humidity, heat, and siroccal ventilation. When, in addition to the above-named circumstances, there is further taken into consideration the extent of submerged or irrigated land, the beds of numerous rivers occasionally overflowing, at other times more or less dry, the lakes, the lagunes, &c., of Italy, there will no longer be ground for surprise at the quantity of

rain which annually falls, nor at the partially existing malaria in the summer and autumnal seasons.

In proportion to the distance from either side of the central chain of Apennines, and to the vicinity of the Adriatic and Mediterranean seas, so much the more does evaporation increase, and the power of fermentation and evaporation become concentrated. This is especially the case upon the sea-shores in warm weather, and during the night. The habitual deficiency of a northern ventilation upon the Mediterranean coast of central Italy, and the marshy condition of the soil in some parts, as the portion of the Roman and Tuscan states bordering the sea, concur to render these localities the natural focus of intermittent and remittent fevers of a pernicious character. But the districts intermediate to these territories situate between the maritime and the mountainous regions, being themselves more or less hilly, and watered by numerous streams, are comparatively exempt from this noxious influence. The higher parts of Tuscany and Lucca enjoy this advantage. Florence, though subject to great and sudden variations of temperature, is free from malaria. At Pisa, which on the contrary has a more equable temperature, and lies in the maritime region, directly open to the south-west winds, the plains are unhealthy in the summer season.

Greater precautions for maintaining a free action of the skin are taken by the natives in Italy than elsewhere, and these are proved by experience to be absolutely necessary. Besides having a more variable temperature, there exists habitually in the air a greater degree of humidity; and this superabundance of water in the atmosphere renders the body more sensitive to changes from cold to heat, and *vice versa*, even though these, as tested by the ordinary instruments, may be positively less in degree. It likewise renders electrical changes more frequent, and is consequently productive of storms. But another peculiarity of the Italian climate ne-

cessitates even more precautions than do the atmospheric vicissitudes, viz., the facility with which emanations of all kinds, whether of a putrid or marshy nature, rise into the air, and there acquire a greater intensity from the combined action of heat and humidity. This intensity is more particularly experienced in those parts where there are superadded to the local mephitism, and to the diurnal exhalations, the murky vapours of night, as in the Campagna of Rome. The ancient Romans were well aware of the dangers of this mixed influence; according to Strabo, the greater salubrity in his time was owing less to the natural qualities of the soil than to the numerous works which were kept constantly in progress, relative to the forests, roads, aqueducts, and other public edifices.

How greatly stagnant water, containing vegetable matters in a state of decomposition, conduces to the unhealthiness of extensive districts, is nowhere more clearly manifested than on the banks of the Ganges, where fatal fevers every year prevail, their focus being the rice-fields artificially formed along the river; where the roots and straw, being left after the harvest, rot and infect the air.

The maintenance of woods in ancient times in the Campagna of Rome contributed to its greater salubrity, no less than the circumstance of its being thickly inhabited; and, as has been already remarked, the cultivation of trees has been lately recommended as one of the most efficient means of counteracting the effects of malaria. "Trees," observes M. Carrière, "constitute a focus for evaporation; they contain humidity, and transmit it to the surrounding atmosphere. When they disappear from a district, a revolution takes place in its hygrometrical condition; a relative dryness is produced, which occasions a diminution of flowing streams, and of the water in ponds and lakes, as has been verified in Switzerland. The dryness of the earth is necessarily communicated to the air—hence it may be inferred how far the

hygienic conditions of the climate must be affected by these circumstances. The earth, being deprived of its natural shelter, has nothing to protect it from the sun's rays, and from nocturnal irradiation. We are justified in inferring—what, moreover, is confirmed by facts—that running streams are less abundant than 2,000 years ago. The diminution is even so remarkable in certain historical rivers that they have become scanty rivulets. The temperature has undergone an important revolution, which consists in the approximation of the extremes of heat and cold. Snow does not now remain so long on the summit of Soracte, as in the days of Horace. The Tiber is no longer covered with ice, as Juvenal describes it; and Pliny might almost no longer complain of the severe cold which froze the myrtles in the gardens of the Campagna. Besides, forests are curtains drawn by nature to enclose valleys—to oppose powerful barriers to the force of impetuous winds, and to the displacement of noxious emanations."

The sirocco wind, besides its directly depressing influence upon the corporeal and mental functions, contributes greatly to deteriorate the air in its chemical qualities, as proved by the experience of its effects upon living bodies and their remains; and this is one of the principal causes of the generation of malaria in low and humid places—as the coasts of Sicily and Calabria, the Campagna of Rome, the Maremma of Tuscany. It is fatal to vegetation on a great part of the shores of Italy in the years when it predominates, bearing with it into the atmosphere a principle of dryness and oppressive heat destructive to vitality, even when the air appears to be provided with a sufficiency, if not with a superabundance, of moisture.

Italy contains within its boundaries the most powerful causes of the development of electricity, both subterraneous and atmospheric. It combines the most favourable conditions for an abundant evaporation with a more considerable fall of

water, two circumstances which favour the circulation of electric matter beneath the earth's surface and in the air.*

Rain is, however, very unequally distributed in Italy, both as to localities and seasons. Along the greater part of the coast it rains principally during two or three months in each year; the average quantity being from 25 to 32 inches—as at Naples, at Rome, and in Tuscany. In the northern part, however, especially in Lombardy, the rains are more lasting and much more abundant. At Paris, and in most of the provinces in the interior of France, the mean quantity is but 21 inches, and, nevertheless, the number of rainy days is nearly a third of the year.

The Neapolitan territory is particulary favourable to the production of electricity — the chain of Apennine, with its diverging portions and isolated mountains, constituting the greater portion of its surface; and this country is accordingly subject to notable atmospheric variations, and to violent storms, acting more or less directly upon vegetation, and upon the physical and moral constitution of the inhabitants. A most powerful influence is likewise exerted by the subterranean fires, which have produced volcanic eruptions and earthquakes from the earliest periods. Seneca remarked, in his day, that the inhabitants of Naples walked over the debris of places destroyed by this devastating power.

Great differences are observable in the climate of different portions of this territory. The mountainous ridges divide the provinces on either side into eastern and western. In the higher and wild parts of the Abruzzi the greatest degree of

* "Dry heat produces an accumulation of electric fluid in the higher regions of the air; a state of humidity, on the contrary, draws it towards the surface of the earth, and neutralizes it within the common reservoir. The sensations experienced indicate these differences; thus, in damp weather a sort of uneasiness is felt, the nervous system suffers; convalescents and valetudinarians are particularly affected by it. In warm and dry conditions of the atmosphere the powers will be more in equilibrium, and act in more perfect accordance."—*Carrière, Op. Cit.*

cold is experienced during five months in the year; whereas, in other parts, especially in the maritime districts, winter scarcely lasts more than two months—vegetation still continues active—flowers and fruit being almost always seen growing. The depression of the thermometer in the mountainous localities does not, however, exceed eight degrees below zero; in the southern portions it is seldom lower than three degrees below zero; but in summer the mercury rises to 31°. The differences with respect to the amount of rain are no less remarkable than those of the temperature. Gioveni and Toaldo state, that on the eastern side of the territory (Molfeta) the average yearly amount of rain is 19 inches; whereas, on the western side (Naples) it is 35 inches. This latter would, however, appear to be too high an estimation. Cirillo (from observations made during ten years at Capo di Monte) estimates the annual quantity of rain at not quite 30 inches. In this part of Italy the rainy days are more numerous in autumn than in winter; in winter than in spring; in spring than in summer.—(See the annexed table.) It has been observed that the rain falls more frequently during the day than at night, which circumstance is ascribed by Messier to the greater development of electricity—or rather, to the more copious evaporation, and to the more intense solar heat, which produces dryness of the air. When the autumnal and winter seasons are very rainy, disastrous inundations occur in the western districts, and the consequent stagnating water gives rise to pestilential miasmata, which, together with the subsequent excessive drought in summer, are productive of the most prejudicial consequences to the health of the population, as also to cattle, and as respects the results of agricultural labour. The southern districts of the kingdom, bordering upon the Mediterranean, are subject to violent storms, accompanied with thunder, lightning, and sometimes hail, occasionally even in May or June.

Generally in Italy the seasons have their marked transitions,

not succeeding each other insensibly, as in other countries. They usually commence and terminate by violent storms, after which the temperature changes altogether. But it is chiefly between autumn and winter, and between winter and spring, that storms are most prevalent. Winter, including the close of autumn, is the rainy period in central and southern Italy. The north and north-west winds prevail alternately, being accompanied by tolerably sharp cold, sometimes by a thick foggy atmosphere, rain, and occasionally snow. The intensity of the cold, and the quantity of rain, are greater between the 44th and 46th degrees of latitude than in other parts. In spring, the east and north-east winds predominate, and bring fine weather; but in summer, and during great part of autumn, the south, south-east, and south-west prevail, alternating with each other, and cause, in the southern parts especially, as also in the plains of Lombardy, excessive heat, and occasional storms, which purify the air for a time.

The transition from spring to summer is frequently abrupt in Italy. In May the sun acquires considerable power. The great heats prevail from the middle of June to the middle of September; at this period it rains only occasionally, and during the prevalence of storms; the ground is usually parched, and the roads thick laid with dust. The towns in the interior, as Milan, Florence, &c., are generally hotter than those on the coast, where the heat is somewhat tempered by the sea-breeze. "The earth and the sea," says Professor Wagner (in his Observations appended to Forster's *Guide*), "radiate the heat received from the sun, and the radiation being stronger upon the earth, the air also cools sooner; whence results, towards sunset, or shortly after, a current from the earth to the sea, of which sailing vessels avail themselves in order to leave the ports. This current lasts throughout the night, and for some hours after sunrise, when, being reflected upon itself in the inferior regions, it comes back from the sea to the land. In fact, the sun's rays warm the

earth more than the sea, the strata of air nearest to the earth expand, and, becoming superficially lighter, ascend to the higher regions, whence they are carried towards the sea; whilst in the inferior regions the air is propelled towards the earth. These sea breezes always become stronger towards noon, and at two o'clock have obtained their maximum. Their influence is experienced several miles from the coast, and even in valleys eight or ten leagues distant, though with greatly diminished power. They subside towards sunset, at which period is observable the effect produced upon the sea, which has then attained its greatest height.* The daily sea breeze, which is exceedingly perceptible at Naples, contributes greatly to cool the air in summer."

So long as the regular order of the seasons is not considerably interverted, few serious diseases prevail; but in those years when there are extremes, either of heat or cold, and especially when the winter is very dry and the spring and summer are wet, then fevers of a bilious, catarrhal, or inflammatory nature become endemic, being sometimes accompanied by dysentery or exanthemata, and their continuance and severity are always proportionate to the duration of these irregularities of weather. It happens also that, under the influence of unseasonable atmospheric conditions, a kind of transposition of prevailing diseases takes place, viz., in winter epidemic fevers of a pernicious type; while in summer or in autumn they assume a catarrhal or inflammatory character, as observed in spring in ordinary seasons.

"Generally in autumn," likewise remarks Professor Wagner, "sunny days prevail alternately with rains of almost tropical violence, which at times continue uninterruptedly during several successive days. They sometimes begin in September, cease in October, and recommence in November; the south-

* There being no tides, the water of the Mediterranean owes its movement principally to the winds.

south-east and south-west winds predominating. At the end of November there are usually warm and dry days. In December and January the prevailing winds are the north and north-east, which, however, are not so strong as in the spring. These are the coldest months. In the beginning of February spring sets in."

Pliny, as quoted by M. Carrière, observed respecting the prevalence of winds in the Mediterranean portion of Italy, "that spring is calm, and is favoured by the west wind's breath. In proportion as the season advances, the east wind succeeds, then comes the south. In the middle of summer the north winds frequently blow, refreshing and clearing the air, and bringing fine weather. At the termination of the warm season, the south and collateral winds regain the ascendancy, the air being heavy and oppressive. This is preparatory to the rainy season, which comes on at the end of autumn, and continues during the first weeks of winter. In winter, the north-east (termed by the Romans 'Aquilon') preponderates. The east is comparatively rarely felt along the shores of the Mediterranean, which are sheltered by the Apennine chain. They are, however, exposed both to north and south winds. The coldest winds are the north and north-west (mistral), which, overpowering in force the antagonistic ones, disperse the clouds. The humid winds are the south and south-west; the driest are the north-west and south-east. The north-east is most favourable to health. The mistral, which, in Provence, is cold and piercing, has its influence greatly modified by its passage across the Mediterranean."

M. Carrière further remarks, "The intermediate winds between the north and south are the zephyr and the *subsolanus*, termed Ponente and Levante. The former is warm in spring, causing winter to be forgotten, cool in summer, and tempering the heats of the dog-days. The wind which comes nearest to the zephyr is the north-west (the mistral of

the south of France), designated by the name of Maestro in the peninsula. The north (tramontana) produces a low temperature, and great dryness of the air, clearing the sky, and bringing fine weather, though in winter it is frequently accompanied with snow and hail. The bracing wind, *par excellence*, and the best antidote against the enervating effects of the sirocco, the north-east, blows at times with violence throughout the whole extent of the peninsula, generally with dry weather, though sometimes with humidity."

This occasional apparently contradictory effect of particular winds appears to be satisfactorily accounted for by Dr. Thouvenel, who remarked: "In the different regions of Italy, each season has its predominating winds, which, notwithstanding the accidental changes that supervene in the weather, generally preserve their ascendancy, and their regular type. But the winds of each season are not the same in the southern as in the northern portion of Italy. In the latter, the north and its collaterals sensibly predominate from autumn to spring, and, in the former, from spring to autumn it is the southern winds which predominate; but in both regions it is difficult not to confound the reflected with the direct winds—those of the inferior with those of the superior region. The former evidently proceed from the latter, and from their combination the reflected winds are generally derived.

"On account of this reflex action, or repercussion, of the winds blowing against the Alps from all the points of this mountainous and sinuous barrier curved towards northern Italy, it has been thought that the north, with its two collateral winds, prevailed during more, by twice the number of days, than all the five others together. This also affords an explanation of the apparent contradiction, the manifest opposition, with respect to the formation of rain and clouds; viz., that the high and dry north winds, passing over arid and mountainous regions before reaching Italy, bring with them

thick clouds, which generally yield heavy rains; whereas the low and humid southern winds, surcharged with clouds and vapours from their passage across the sea, watery plains, and shores, are not so apt to bring rain; but it must be remarked, that these winds from the southern hemisphere, which do not immediately occasion rain, are almost always its precursor in Lombardy, whence it is to be considered that the most stormy and rainy winds, which are the north-east and north-west, *greco e maestro*, are no other than the sirocco and *lebèche* reflected.* The same may be said of the Ponente and the Levante, both reflected as much by the chain of the Alps as by that of the Apennines."

These observations would seem to refer more particularly to the plains of northern Italy; but, as regards the central and southern portions, the remarks of M. Carrière accord with the general experience of ancient and modern times. "The summer winds blowing from the sea produce humidity, but the winter winds coming from the continent dry the air and restore its transparency. Thus, there is a good reason why the day should be fine in summer as well as in winter, in which respect the Italian peninsula has advantages over other countries situated more to the south. In Africa, for instance, the south is a dry wind, and the north winds are humid; hence a twofold condition, producing burning summers and cloudy winters. In Judea, the zephyr, which is soft and refreshing on the shores of Italy, is a rainy wind.† In fact, the west wind has to traverse the whole breadth of the Mediterranean before it reaches the shores of the east.

"The western zone of Italy has an exposure to the west and the south, comprising the great arch of the Mediterranean;

* The Libeccio or African wind brings clouds. It differs from the sirocco and from the south wind, inasmuch as it generally blows with violence.

† "When ye see a cloud rise out of the west, straightway ye say, There cometh a shower; and so it is. And when ye see the south wind blow, ye say, There will be heat; and it cometh to pass."—*Luke* xii. 54, 55.

and the shore of the Ionian sea is especially exposed to the winds characterised by heat and humidity. This district is generally favourable to those physiological conditions which require a calm air, impregnated with warm vapours. The eastern zone, comprising the Milanese and part of the territory bordering upon the Adriatic, is principally exposed to the dry north and north-east winds, and is good for those organizations which are rather invigorated than exhausted by the influence of an atmosphere relatively cold, dry, and agitated. There are, however, numerous exceptions to this rule, such as the hygrometrical state of the Milanese, &c.

"Maritime climates," continues this author, "are milder than continental (inland) ones. This mildness, which depends upon the hygrometrical state of the air, and the uniformity of the sea's temperature, bears a relation to the windings of the coast, or, in other words, to their absolute development; in proportion as the shore presents this character, so much the more do the extremes of temperature approximate: the less cold the winter, the less hot will be the summer. There are in Europe two regions thus favoured—the British Isles, and Italy from Tuscany to Calabria. The former owes to the above-mentioned condition a mean winter temperature, which, even at 62 degrees of latitude, has never descended below zero. The latter is indebted to the same cause; at all events, in great measure, for its elevated winter mean." The same may be said of the Mediterranean coast, extending from the Estrelles to Tuscany.

The great variations in the range of temperature, not only from day to day, but even in the course of the same day, in some parts of Italy, have been already referred to; those occurring with respect to the relative dryness and humidity of particular situations, are equally extensive, and to be guarded against both by valetudinarians and healthy visitors, who are too apt to neglect the necessary precautions taken by the natives. It is not unfrequently seen in the same street

or square, that on the side where the sun has not penetrated, or after it has ceased to shine, the walls of houses, and the street pavement, are wet or damp even in the most serene weather, at the same time when, at the distance of a few feet on the sunny side, there is extreme dryness. In general, in selecting a residence, the southern and eastern exposures are to be preferred as the most salubrious; but in all cases where there is the slightest impaludation of the earth or of the air, a southern exposure should be avoided, as the siroccal winds greatly multiply the causes of insalubrity: and of the two inconveniences, where they cannot be avoided, it is better for persons in tolerable health to suffer from the penetrating influences of a northern ventilation, than to risk the consequences attendant upon the impression of a malarious atmosphere.

III.—SUPPLEMENTARY NOTE ON ITALIAN CITIES.

WHILE fully agreeing with the remarks of my friend, Dr. Henry Bennet, in his little book on "Mentone," with respect to Genoa as being an unfit station for delicate invalids, I cannot quite concur in all that he has said as regards other cities in Italy, frequented in the winter by our countrymen. Pisa, it is true, is dull enough as a place of abode; the environs are wanting in interest, and invalids are in great measure restricted to the Lung' Arno in cold weather, on account of the great difference of temperature between this part and the more exposed streets of the town. It likewise rains a great deal; this circumstance, however, and its propinquity to the sea, impart to its climate characteristics which render it well suited for a temporary or prolonged sojourn, of many persons to whom the climate of the Riviera would not be so well adapted. The low average duration of life among the inhabitants of this and of some other towns, who are subjected to anti-hygienic influences throughout the year, in nowise detracts from its advantage as a place of sojourn, in suitable cases, during a few months in the winter season. Florence, it is likewise true, is not a good winter residence for invalids, though many may remain with benefit till late in the year. Snow on the adjacent hills in November, which Dr. Bennet met with, is a very unusual circumstance.

Rome is well suited to some invalids for the whole winter—to others for a portion of this season. The numerous objects of interest which the city contains would have a most favourable effect on the *moral* of invalids, who in small places, as Mentone, possessing no indoor resources, are apt to become dispirited, and to brood over their condition, which thereby

becomes aggravated. Ordinary precautions against transitions of temperature are of course requisite.

Naples is variable in point of climate, and insufficiently protected from winds, which, however, rarely produce inconvenience till the end of winter or early spring. A two or three months' sojourn at the beginning of the season is not unfavourable to many patients.

Dr. Bennet charges the writers on winter climates, whose works he has perused, with neglecting the consideration of the hygiene of the localities treated of, and enquires—"Of what avail is it to place a patient, suffering from a constitutional disease, such as phthisis, in the most favourable climatic conditions, if every law of hygiene is violated, if he is made to live in the midst of a foul, badly-drained, badly-ventilated town, such as Florence, Rome, or Naples?" There is no doubt that there is great room for improvement in this respect, and Dr. Bennet appears to have visited Naples at a so unfavourable moment. The political state of the country has probably prevented due attention being paid to the internal improvement of its cities. Strangers, however, reside in the most open parts of these cities, where ventilation is free enough; and I cannot call to mind having met with, or having heard of, during the periods of my residence in Italy, any deaths among them that could be exclusively referred to this cause. Persons who remain late in Italy—especially at Rome—are liable to be affected by malaria, and also by fevers (frequently gastric), as they might be in other places. The consequences of bad drainage are mostly observable in the warmer months, when there are few strangers remaining in the Italian towns.

IV.—NOTES ON THE MOUNTAINS OF ITALY.

THE semicircular wall of the Alps, separating Italy from the east of Europe, is divisible into three sections: the eastern, central, and western. The highest mountains occupy the central division; the lowest the eastern. The western range takes a direction from south to north, extending from the coast of the Mediterranean near Nice, and from the Col di Tende to Mont-Blanc, and comprising the Maritime, Cottian, and Grecian Alps. Their altitude varies from 5,000 to 10,000 feet, which increases in the northernmost portion from 9,000 to 13,000 feet above the sea; that of the principal passes is between 5,000 and 7,000 feet—viz., Col di Tende, 5,600; Mont-Cenis, 6,400; Little St. Bernard, 6,700; all the valleys of these Alps have a transverse direction, and are much shorter than those of the central division. Their rivers empty themselves into the Po. There are no lakes at the base of the western range. The plain of the Po is from 600 to 800 feet above the level of the sea.

The central Alps extend from Mont-Blanc to the Gross Glockner. Their principal direction is from south-south-west, to east-north-east. They comprise the Pennine, the Lepontine, and the Rhetian. Their most elevated points are from 12,000 to 15,000 feet; the height of the principal passes being between 6,000 and 8,000 feet; viz., Great St. Bernard, 7,700; Simplon, 6,200; St. Gotthard, 6,500; Bernardino, 6,600; Splugen, 6,500; Stelvio, 8,600; Brenner, 4,300. The two valleys of the Tessin and the Adige penetrate deeply into the central Alps. To the west is the great longitudinal valley, the Valteline (Adda); to the east, that of the upper Adige, which is also longitudinal. Reckoning

from west to east, the most important valleys are those of Aosta, Lys, Sessia, d'Ossola, Tessin, Misocco, St. Jacques, Bregaglia, Adda, and Upper Adige. With the exception of the two last named, all these valleys are transverse. Their rivers (except the Adige), are tributaries of the Po. At the foot of the central Alps are the lakes D'Orta, Lago Maggiore, Varese, Lugano, Como, and Garda.

The eastern range comprises the Carnic and the Julian Alps. Their average elevation varies from 4,000 to 6,000 feet, at the western portion; from 2,000 to 4,000 feet at the eastern. Their direction is from north-west to south-east. The longitudinal valley of the Tagliamento is of considerable extent. The other important valleys are the Brenta and the Lisonzo. The Brenta and three smaller rivers empty themselves into the Adriatic. There are no lakes at the foot of this range.

The length of the chain of the Apennines from the plain of the Po to the southern extremity of Calabria, is about 250 leagues. This chain is divisible into the northern, central, and southern portions; the central portion is the widest and the highest. The northern Apennines take a direction from west-south-west to east-south-east, extending as far as Genoa, and forming a semicircle around its gulf. Their altitude is much less considerable than that of the Alps, and of the central Apennines; the highest summits rarely exceeding 3,530 feet, except at the eastern and western extremities, where some attain the height of 5,000 feet. The rivers which flow from their southern acclivities are the Tauro, the Trebbia, and the Taro: the Magra is the only one of any importance at the western extremity.

The central portion of the chain begins at Pontremoli. Its principal direction is from north-west to south-east. Its altitude varies in the northern parts from 3,000 to 5,000 feet; in the southern part, from 4,000 to 6,000 feet. The most important rivers on the north-eastern side, are the Serchio,

the Arno, the Tiber (the source of which is near that of the Arno), which flow in a direction parallel with the chain.

There are likewise isolated mountains and groups, as Mont-Albano, the Pontine chain (extending parallel with the marshes), the detached promontory Monte Cerceo, Soracte.

The direction of the southern Apennines diverges somewhat from that of the central chain, being from north-north-west to south-south-east. Their northernmost extremity has no higher point than 4,500 feet. There is no river of any importance connected with this range.

As respects rain, northern Europe, from the line of the Alps and the Pyrenees, presents a distribution very different from that which occurs in Italy, south of the Apennine range, and on the southern coast of France. In the British isles, the amount of rain is pretty equably distributed throughout all the months of the year; the autumnal months are, however, somewhat more rainy than others. In the northern portion of France, and in Belgium, the difference in this respect between the months is not very marked, though there is more rain in summer, in which respect this part resembles the plains of Germany.

The Spanish and Grecian peninsulas belong, as respects rain, to the same natural division as the Apennine chain, and the shores of France on the Mediterranean; and consequently, as in the southern part of Italy, the rain is more concentrated upon a certain portion of the year. This period (as also at Palermo) extends from September or October, to April.

The concentration of the quantity of rain upon the winter months is still more decided at Madeira. The annual amount at Funchal is somewhat greater than at Lisbon, as might be expected in a mountainous island, situate in the Atlantic. The causes which produce an increase in the quantity of rain, are the proximity of mountains and of the sea. The influence of the sea acts more by increasing the number of rainy days than on that of the amount of rain. Thus, at Nice the average

number of rainy days is only 52; at Palermo, 75; at the foot of the Alps the number of rainy days is much greater than in the plain of the Po. At Brescia there are 126 rainy days; at Verona, 111; whereas the number at Milan is but 72; at Turin, 87; at Venice, 81; at Bologna, 97 in the year. High up in the Alps the number is much more considerable—viz., on the St. Gotthard, from 160 to 211. The amount of rain in summer is less in proportion to the neighbourhood of the Mediterranean. In the plains of Germany (Stuttgard, Augsburg, Berlin, Prague) the annual quantity is considerably less, and approximates to that of southern Italy, viz., 19·91, though less rain falls in autumn; whereas at the north base of the Alps it ranges from 25 to 34 cubic inches. Isolated groups of mountains in Germany produce an increase in the annual amount of rain. At Freudenstadt, in the Black Forest, it is as much as 57 inches. In Holland, on approaching the sea, as also in western France, the amount is greater than in northern France, Belgium, and central Germany.*

* Schouw, Tableau du Climat et de la Vegetation de l'Italie.

V.—ON THE REMEDIAL ADAPTATION OF CLIMATE.

FROM the preceding observations respecting the general influence of climate, and the peculiarities which characterise that of Italy, may perhaps be deduced inferences tending to the more correct adaptation of this powerful curative agent, the sphere of which has been hitherto too exclusively restricted to diseases of the respiratory apparatus, but which may be no less advantageously extended to a large proportion of chronic local ailments, and disordered conditions of the general health, which not unfrequently precede the invasion of local disease; for it is not merely the breathing a warm or cold air, a dry or a damp one, but likewise the action of states of the atmosphere upon the surface of the body, and consecutively upon internal organs (which has already been partially referred to), that requires to be considered. Every medical man is aware of the close sympathetic relations existing between the skin and internal parts, especially the mucous membranes and the thoracic and abdominal viscera, of which the bronchial, pulmonic, or enteritic irritations and inflammations, induced by a chill, exposure to wet, &c., are familiar examples. In winter it is well known that there is a corresponding diminution in the amount of the insensible perspiration, with a greater increase of bronchial and renal secretion; whereas in summer the reverse occurs, and we are more inclined to be thirsty, on account of the increased excretion from the skin. When, therefore, we consider the coldness, variableness, and humidity of the climates of Great Britain and Ireland during a great portion of the year, we at once perceive a cause of the prevalence among us of many diseases, especially catarrhal affections, pulmonary consump-

tion, rheumatism, &c., which so frequently resist the efforts of medicine, and in the removal or alleviation of which a change to localities where these causes can be in great measure obviated, is most likely to prove efficacious. In estimating the therapeutical effect of climates, the functional or material disorder of the organs concerned in respiration must, however, always be considered in the first place; the quality of the air inspired being in these cases a point of even more consequence than would be that of substances introduced into the digestive apparatus, when its functions are weakened or otherwise deranged; and, unless a circumstance of such paramount importance be attended to in the treatment of these affections, the powers of medicine will often be of little avail as respects any permanent advantage, though it not unfrequently happens that, by a too exclusive reliance upon them, diseases which might have been cured by a timely change to a fitting climate, aided by proper regimen and medication, become irremediable, and recourse is had to this means as a last resource, when it is but too obvious that the efforts of art and nature are powerless in arresting their progress. This remark more especially applies to consumption, which occasions annually so great a mortality among all classes in Great Britain, but which may often be effectually checked in its earliest stage—especially among those individuals who have the means of selecting or changing their place of residence, as circumstances may require—by a suitable winter climate, regimenal and medicinal management.* When the disease is fully confirmed, and attended with its more characteristic symptoms, little or no permanent benefit can be generally expected from climate, and a long land journey would be mostly prejudicial. Under these circumstances, there are several places in England where as much benefit may frequently be obtained as from the climates of the continent.† In many cases, again,

* See my "Effect of Climate on Tuberculous Disease."

† Specified in the "Watering Places of England."

especially in the early stages of this disease, great advantage, if not a permanent cure, may be obtained by a sea voyage, and by the climate of Madeira; which also, in the more advanced stages, holds out perhaps a greater prospect of life being prolonged; though, under these circumstances, it would scarcely be advisable to recommend a removal from home, and separation from friends. Madeira, however, to counterbalance its advantages, has its drawbacks, as the limited space for exercise, the amount of rain in the winter season (see annexed table), and the deficiency of resources for recreation. In fact, a too uniform and equable temperature would not always be the means best calculated for obtaining permanent amelioration. A residence in a climate of this kind has necessarily the effect of rendering those accustomed to it, like hot-house plants, extremely susceptible to the atmospherical variations which they meet with elsewhere. Thus, though some patients might be enabled to vegetate for a longer period, to others it would be more likely to prove detrimental from its enervating tendency. It is true, that when there is considerable excitation, or sub-inflammatory action, the repose of the suffering organs, as much as possible, is a matter of the highest importance, and in these cases the atmosphere of Madeira would, perhaps, be preferable to any other; but when this increased action does not exist, or where it exists only in a slight degree, as when there are tubercles in a quiescent and almost stationary condition, especially in lymphatic and scrofulous subjects, a moderate exercise of the organs, without fatigue, is rather advantageous, and especially when, from hereditary or other influences, there is reason to suppose a predisposition to the disease, the presence of which has not been manifested by positive symptoms.

The countries in which phthisis mostly predominates, are neither the coldest nor the hottest, but those having temperate climates, where there is much humidity, which renders

the air less pure, and obliges the inhabitants to remain more within doors; as Great Britain, the north of France, Holland, and great part of Germany. In Russia it is much less frequent, and also in Sweden, where the cold is extreme, but the air sharp and dry. It appears from statistical documents, that at Stockholm, out of every 1,000 deaths there are but 63 from this disease; whereas in London the proportion is 236 in 1,000; at Paris, it is nearly as great: at Vienna, 114; at Munich, 107; at Berlin, 71. These last-mentioned cities, it must be recollected, are less exposed to the physical causes, and much less so to the moral causes, which so frequently predispose to phthisis in the large capitals. The inhabitants of northern countries, not being brought up in an effeminate manner, and being for the most part accustomed from their childhood to variation of weather, acquire a robust *physique*, more able to resist external influences, which would be productive of serious inconveniences to the enervated natives of warm countries, apparently favoured with great equability of temperature.

It is true that consumption is tolerably frequent in some countries where the air is dry, but at the same time subject to great and sudden variations of temperature. Thus the account above quoted further shows, that the proportion of deaths from this cause, between the 45th and 53rd degree of latitude, are as one in four at Marseilles; one in six at Genoa; one in seven at Nice; one in eight at Naples;—but from what I have been able to observe, most of the cases of phthisis occurring in these towns arise from colds or inflammatory attacks of the respiratory apparatus, neglected, or but imperfectly cured; and relapses take place the more readily, owing to the mode of life, imperfect nutrition, exposure to atmospherical variations, &c. This disease, moreover, chiefly affects the lower classes in the towns, those in the country being comparatively exempt, which shows that it prevails more from other causes than bad climate, and also

of a totally different nature from those which, gradually undermining the health (or from hereditary predisposition), produce tubercular cachexy in humid localities. It is not, therefore, merely to the local lesion that the attention of the practitioner should be restricted, but it should be especially directed to the abnormal disposition of the system, upon which the disease depends in the majority of cases, and which is most likely to be remedied by an appropriate climate, and by means suggested by special indications—otherwise no permanent advantage would be obtained. At the commencement of the disease, by placing the patients under conditions opposed to those which concur to produce it, cures, or at all events notable ameliorations, may reasonably be expected.* Of late years, many practitioners have more closely studied the effects of hygienic means, trusting less to the employment of pharmaceutical remedies, several of which have by turns been empirically recommended, and have subsequently fallen into neglect more or less complete, and in some instances unmerited.

The indication above mentioned would frequently be fulfilled by a residence during one or more winters in Italy, Malta, Palermo, Nice, Algiers, or Malaga; the choice of the particular locality being decided by circumstances, which a reference to the peculiarities of climate, and to other resources considered under the heads of the respective places of resort, may perhaps tend to facilitate. One of the principal advantages possessed by the towns of Italy over those north of the Alps, is the shortness of the winter, and that invalids can live so much more in the open air, which is highly conducive to a

* "Tubercular consumption is not necessarily a fatal disease. The mortality has been undoubtedly increased by the very prevalent, but erroneous opinion, that when the disease is once fairly begun, it is never arrested. The definite opinions, too, sometimes given as to the supposed hopelessness of the case founded upon the revelations of the stethoscope, to the exclusion of other evidence, have produced the same effect."—*Physician and Patient.* by W. Hooker, M.D., 1850.

restoration to health in those labouring under chronic ailments in general. The sunny days, moreover, the purity and dryness of the air in general, the variety in the environs of some places, the antiquities and works of art, the greater freedom of association, &c., are circumstances which cannot but produce a most beneficial effect upon both body and mind. By the facility afforded for taking exercise daily, the muscular system is maintained in healthy tone; the due equilibrium of the vital powers is preserved; and a pernicious concentration of activity towards the brain and abdominal viscera is prevented. The numerous claims upon the attention from the variety of impressions received during out-of-door exercise, likewise counteract abnormal predominance of the sensitive system, by giving rise to fresh ideas. The digestive, respiratory, and cutaneous functions, are consequently more easily performed, the sleep is sounder, the general *bien-être* is more perfeet, and numerous inconveniences, resulting from a sedentary life beneath cloudy skies, are avoided.

Debility or disorder of the digestive organs, when of long duration, not unfrequenty gives rise to organic diseases, being like them often occasioned by depressing moral influences, some of which will be briefly adverted to further on. Before, therefore, the supervention of actual disease, its precursors, as evidenced by derangement of digestion or of other functions, or by general feelings of indisposition, should be combated rather by hygienic and moral means than by a too exclusive use of medicaments. Of these means there are none more efficient than travelling; a residence in some locality where the air is pure; the climate such as to admit of daily out-door exercise in winter; when sunshine, the aspect of a cheerful and pleasing country, and agreeable associations, tend to divert the mind from sombre thoughts, and, consequently, to strengthen digestion as well as the other functions of the organism—to prevent sanguineous congestions, by maintaining a due equilibrium between

the arterial and venous circulation, the muscular and nervous systems. Under similar circumstances, Nice in some cases, in others the more animated movement of Naples—or even visiting in succession the different towns in Italy possessing resources for recreation—would be attended with the most marked benefit. A properly directed course of mineral waters in the summer season would, in most instances, greatly facilitate the subsequent beneficial influence of climate.

Those persons whose health has been deteriorated by a residence in unhealthy countries, though they may not be labouring under actual disease of any particular organ, will for the most part be greatly benefited by a course of mineralised baths, and subsequently wintering in a southern clime. I have known several, on returning home from India, whose health has become seriously impaired, owing to the too sudden change of climate and mode of living, which those who are in a weak state of health, or in advanced life, are ill calculated to bear; such persons will become better acclimated to Europe, by passing the first winter or two in the south.

The same observations may apply to hypochondriasis, melancholy, and other nervous affections, whether accompanied or not by material derangement of particular organs. Every one is aware of the powerful effects produced upon these patients by the state of the weather, and the varying conditions of the atmosphere; whence may be inferred the benefit which they are likely to derive from sojourning in a locality which ensures that these conditions will be for the most part favourable. The two chief divisions of hypochondriasis, the material and the nervous, may require different remedial treatment, though climate produces an advantageous influence upon both kinds. In the purely nervous variety, where the accompanying disordered digestion is the consequence of morbid susceptibility, the patients would frequently derive more benefit from a division of the winter between two or three places, than by remaining for several months in any

one of them. In some relaxed and enervated conditions, giving rise to nervous disorders, the more bracing atmosphere of a northern city, as Munich, or some localities in the south of England, as Brighton, &c., would be preferable to the south of Europe.

Gout and rheumatism must be ranked among the diseases in which the beneficial action of an appropriate climate is the most marked. In the former disease there is almost always a tendency to venous stagnation, visceral congestion, and renal super-excitation, the amount of cutaneous exhalation being diminished. Many valetudinarians, subjects to gout, escape their periodical attacks by passing their winters in a position possessing facilities for walking exercise, and where the air, warmed by the sun, favours a more active circulation and secretion through the cutaneous vessels, to the great relief of internal organs. A no less favourable effect is produced by the same agency in most rheumatic cases, which are generally induced by the combined action of cold and humidity. Here, also, the choice of a proper locality must be regulated by the special indications in individual cases.

Tic and neuralgic affections will be frequently removed by a combination of the means of treatment above specified, viz., mineral waters and climate. It is especially important, in these cases, to guard against exposure to the heat of the sun, to cold winds, or to the night air, which causes are frequently instrumental in inducing a recurrence of the attacks. Nice or Naples may be recommended in some cases; in others these climates would be too exciting, and an atmosphere like Hyères or Pisa would suit better. A prolonged residence at Rome would often be prejudicial; but a visit for a few weeks may generally be made without disadvantage. Florence in November and December would not be objectionable. This city, likewise, agrees well with many patients subject to nervous asthma, which has great analogy with neuralgic complaints.

Paralysis, when dependent upon apoplectic attacks, though perhaps not capable of being removed by any remedial means, may yet frequently be relieved by climate and mineral waters. Sunny skies have a beneficial influence both upon the bodily and mental condition of paralytic patients, who are less subject to cramps and other distressing symptoms than they would be in a less favourable atmosphere. When paralysis of a part supervenes upon repeated attacks of gout or rheumatism, from exposure to wet or cold, from the over-excitation consequent upon excesses, and from the action of malaria, &c., there is great probability of recovery by the judicious employment of these means. In some cases Rome would be the preferable place for a winter residence, though not when there exists a tendency to determination of blood to the head, or in persons of full habit. In some cases, Pau, Pisa, or Hyères would agree better; to others, Nice, Naples, or Malta would be more suitable.

Scrofula being, like tubercular cachexy, generally occasioned by living in a damp atmosphere, by imperfect ventilation and improper alimentation, would, in most cases, be cured by a dry and sunny clime, aided by a fitting regimen. The dryness and amount of electricity in the air of some southern places of resort tend greatly to promote nutrition, and a more perfect sanguification, which are generally so faulty in this complaint. It is well known to most practitioners that in Great Britain, where strumous affections are so common, the great majority of these patients get better in the summer, but worse in winter notwithstanding the most approved methods of treatment; that the more aggravated forms are met with in low, cold, and humid positions, among the poorer classes, who live upon coarse, unwholesome, and scanty food, and who are indifferently protected by their houses and clothing from the vicissitudes of the weather. Among the children who work in the close and impure air of the manufactories at some of our large towns, this disease is

almost endemic. Sir James Clark adduces, as a proof of the effects of impure ventilation in producing scrofula, the instance of a school at Norwood, containing six hundred boys, where great mortality had occurred from this disease, which was ascribed to improper food, till Dr. Arnott, on investigating the matter, found the ventilation extremely defective, which being remedied, the scrofula disappeared, and eleven hundred children were subsequently maintained in good health in the same place.

Hence it may be supposed that climate is calculated to exert the greatest influence in its removal. The sea-side, with a southern exposure, is generally beneficial. In that form of the disease, accompanied by general lassitude, torpor, and debility, languid circulation and digestion, enlarged glands, yielding of the bones, &c., a somewhat exciting and dry climate, like Nice, Naples, or Malta, would most likely be productive of advantage; but in young persons of fair florid complexion, and irritable habit, those localities would very probably disagree, and Hyères, Pau, Rome, according to circumstances, would be preferable, particularly if there should be cough or other indication of pulmonary disease, in which case Madeira would often be serviceable.

Elderly people who are approaching, or who have already passed the grand climacteric, and experience a failing of the powers of the system, will mostly derive the greatest advantage from mineral waters in the summer months, and an habitual residence in a southern climate in the winter, where they may enjoy the revivifying effects of the sun's rays, and take daily out-of-door exercise. Rome agrees well with most old people, if not liable to head affections. Florence has also its advantages for those who are not very susceptible to atmospheric vicissitudes, its climate being more bracing than that of Rome. Naples, or Nice, when not found to be too exciting, will be preferable in some instances. Pau might suit several who would rather remain in France. But most

persons, after having resided for a short period at any of the above-mentioned places, would be able to ascertain by their own feelings whether or not the climate agreed with them.

The agency of climate may be beneficially applied to rectify various other conditions of chronically disordered health than those already specified; and the preceding data may perhaps enable the practitioner the better to determine as to how far its sphere might be extended in any given case. Inasmuch, however, as the prevention, where it can be effected, is better than cure, I propose briefly to advert to a few of the predisposing causes of disease prevalent among the higher classes of the community, by an early attention to which many of their disastrous results might be obviated, not only without any sacrifice, but with the advantage of increased comfort and wellbeing.

VI.—CONSIDERATIONS UPON SOME PREVALENT PREDISPOSING CAUSES OF DISEASE.

THE directly exciting causes depending upon a vitiated state of the asmosphere, and other physical deleterious agencies, would, in many cases, be insufficient for the production of disease, were it not that the body is frequently rendered more susceptible to be affected by them, from the action of predisposing influences of various kinds, which, being slow and gradual, seldom attracts attention, and their avoidance or removal is consequently too often neglected till the health has become materially impaired. A too sedentary mode of life, and the want of proper daily walking exercise, is a common indirect cause of ill health, by impeding a free circulation; thereby inducing a congestive state of particular organs, with a deficiency of blood in others, and consequently an arrest of, or an abnormal condition of, various secretions. Few persons who take regular and sufficient walking exercise are subject to cold feet, which is so common a complaint among females in the higher ranks of life. The prevention of a vicious concentration of nervous power upon the brain, is another good effect of walking exercise, which has been already alluded to; and to its habitual practice among the middle and inferior classes, especially in the country, is doubtless in a great measure to be ascribed the freshness of complexion by which women in Great Britain are particularly distinguished from those of other countries. The imperfect expansion of the lungs in breathing, which is also a consequence of sedentary habits and tight lacing, not unfrequently predisposes to disease of these organs, the tendency to which has, in many cases, been removed by exercises which more especially bring

the muscles concerned in respiration into action, as rowing, the use of dumb-bells, &c. Any circumstances which lower the powers of the system, as dissipation, fatigue, diet of a too exciting or otherwise improper nature, render the body more liable to be affected by deleterious external agencies. Over-anxiety, disappointment, and other distressing moral impressions, act in the same way, and are more instrumental in the production of many diseases than all other causes combined.

"When the mental or moral equilibrium is impaired," says a medical writer who has well treated of this subject, "that of the vital actions will also shortly become so; and, truly, there are but few diseases in the actual state of civilisation 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 attack, and the individual disposition, an aneurism, a liver disease, a cancer, an extravasation upon, or a softening of the brain, the greatest number of nervous disorders, &c., originate more or less directly from some misfortune, experienced it may be long ago; but of which the weight, the remembrance, has suddenly or gradually broke down the springs of vitality.

"No one, therefore, apparently dies from grief, despair, or lost illusions; it is disease of the stomach, the 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, then, the origin of the greater number of organic alterations." *

These prejudicial results will mostly be found to be proportionate to the undue exercise in youth of certain faculties; while others, whose development would be more conducive to happiness and well being, are either allowed to remain inactive, or their natural tendency to activity is repressed. In proportion, moreover, as individuals are endowed with a

* Reveillé—Parisé. Etude de l'Homme dans l'Etat de Santé et de Maladie.

greater share of mental capabilities, and with acuteness of feeling, which has not been blunted by the necessity for active exertion, will the want of fit objects, whereon to exercise these capabilities and feelings, be more forcibly experienced. The mind, if not supplied with adequate nourishment, will often prey upon itself, inducing a disordered condition of its powers, or of its bodily functions, which not unfrequently terminates in organic diseases.

One of the most popular authors of the day corroborates an opinion which has long been very generally entertained—viz., that there is a greater amount of discontent among the rich classes in England than among those of any other country, which he refers to the circumstance of "eager minds being placed in a dull and insipid circle, whence arises the desultory love of travel, for which the English have long been remarkable."* To this cause were doubtless attributable those disturbances of the public peace, formerly of not uncommon occurrence, and duly chronicled in the police reports, under the heading of "gentlemanly amusements." In fact, the English are endowed with capabilities of the highest order, and these were never intended to lie fallow; for, as our immortal bard has well said,—

> "Sure, He that made us with such large discourse,
> Looking before and after, gave us not
> That God-like capability and power
> To rust in us unused."

On account of his great capabilities, and also from the nature of the climate, the Englishman makes a bad idler, and can seldom, like the Italian—

> "Lose and neglect the creeping hours of time,"

or exist on the *far niente* principle, without experiencing in one way or another the prejudicial consequences of a want of occupation. To this eagerness and mental activity, combined

* Bulwer Lytton.—*England and the English.*

with resolution and perseverance, is owing the daring and the spirit of enterprise by which the British are characterised — which have mainly contributed to render them pre-eminently successful in war, foremost in the perfection of arts, science, commerce, and industry, and consequently to raise our country to the high position in the scale of nations which she has occupied during so many centuries. Hence the endowments which have tended to the formation of the national character, and which, when properly cultivated, conduce to individual welfare, but too frequently become, through neglect and misdirection, the occasion of much wretchedness and disease.

The author of a work of great interest observes upon this point:—"An honourable and serious object of activity preserves man from idleness and ennui, the source of numerous affective and intellectual disorders. Habits result from it which, excluding frivolous or guilty desires, prevent disappointment, satiety, and insatiability. Without a constant object of activity, man is delivered up, body and soul, to external influences, and to the capricious appeals of his nervous organism.

"The more the object of activity is moral and elevated, the more beneficial will be the action which it exercises upon the system. If, on the other hand, the object of activity of a man or woman be the success of a drawing-room, the attaining a reputation for wit or beauty, or the receiving flattery and homage, the result will be an existence in which the most trifling and inevitable causes will occasion unhappiness and despair.

"How many persons are there who voluntarily inflict upon themselves the torments of inaction and the pains of an agitation without an object? There are some at whose feet society complacently lays the power and means of action, the instruction and the encouragement best fitted to direct their activity towards the conquest of an honourable and serious object,

and whom their education gives up without pity to all the ennui, all the vicissitudes, all the torments of idleness! They can only avoid the sufferings which oppress them, by abandoning to circumstances, or to their own inclinations, the charge of giving rise to a frivolous and dangerous object of activity. It then happens that they escape for a brief period from the pains of ennui, in order to plunge into the abyss of passions, in which are often swallowed up at the same time fortune, health, honour, and reason. It is thus that a great number of affective and intellectual disorders, which are ascribed by practitioners to the empire of the passions, accuse, beyond these passions and in the neglect of education, a cause more distant and more deeply hidden."*

Most persons who have at all considered the subject in an unprejudiced manner, will, I think, be disposed to admit that the methods which have been pursued in the education of a large proportion of the higher and middle classes in public institutions, are far from being calculated to attain what should be the true objects of education, viz., the due development of the moral qualities, and of the mental faculties, in accordance with that of the bodily powers—but that they have rather had an opposite tendency, by inattention to the cultivation of the moral and religious principle, and by the course of study being mostly restricted to matters in which few young people feel any interest, to the neglect of available and useful information. If, instead of a too exclusive attention to classical lore, an acquaintance with history, various departments of science and arts, modern languages, literature, &c., had been cultivated, it would have enabled them to resist the approaches of ennui, without applying to means of temporary excitement, which enervate body and mind, and rarely fail to induce a corresponding degree of subsequent depression, paving the way for invasion of disease.

* Des Fonctions et Maladies Nerveuses dans leur Rapports avec l'Education. Par le Dr. Cerise.

"It is the more important," says an esteemed writer, "that the reality of intellectual pleasures should be ascertained, and a capability for their enjoyment cultivated, in the very earliest youth. The want of such resource will be most deeply felt by those who had originally most capacity for its enjoyment. Ennui is always experienced in its worst forms by those who are by nature the most fitted for useful employment. Their minds cannot be so easily satisfied with the nothings of ordinary social existence, as minds of narrower limits and weaker texture. Ill is it for the former, and worse for their associates, if no independent resources have been established in early youth, on which they can in after life depend for interest and occupation. There is no more certain source of uneasiness and discontent in this world than undeveloped faculties and unexercised energies. However unconscious to the sufferer, half the restlessness and peevishness witnessed among the spoilt children of fortune is the penalty of unemployed capabilities."*

As respects the too exclusive attention accorded to the classics and to mathematics in public educational institutions, the distinguished professor of Arabic at Cambridge (Dr. Lee) remarks in the preface to his sermons, "There are in our Universities large—and, indeed, the largest—number of students who have not perhaps a turn of mind adapted to these studies, or an adequate end in view to ensure their deep and successful cultivation, and also to acquire a sufficient stock of information necessary for the profession for which they may have been designed; and when the tide of popular feeling runs high in favour of classics and mathematics only, the consequence will be that those who cannot distinguish themselves in these will

* Miss Warburton's "Letters on Happiness."

"Cheerfulness of temper is a virtue in which our countrymen are observed to be more deficient than any other nation. Melancholy is a kind of disease that haunts our island, and often conveys itself to us in an easterly wind."—Selections from the *Spectator*, on Cheerfulness.

lose their energies, give up all effort with regard to everything else, and actually abandon themselves to apathy and idleness. Surely something ought to be done to call forth those latent and dormant energies which are languishing without an object, or exerting themselves only to produce misery and mischief."

There are, it is true, exceptions sufficiently numerous to retrieve, in some measure, the character of the English among other nations, with respect to the variety and solidity of information upon general subjects; but these are entirely owing to individual energy and exertion, tending to make up for lost time, and from the necessity of such information being apparent to those who have a higher ambition than merely self-enjoyment. Indeed, a very slight consideration will suffice to show, that it is not surprising that a large proportion of those whose time has been chiefly engaged upon subjects in which no interest is felt, or has been frittered away in mere pleasure, should, when youth has faded (and sometimes before that period) find themselves *used up*, unable to amuse or be amused, without objects whereby to occupy the mind or to touch the heart; and that, having "felt the fulness of satiety," many should have to learn, from bitter experience, how commonly it is—

> "The constant revolution, stale
> And tasteless, of the same repeated joys
> That palls and satiates, and makes languid life
> A pedlar's pack, that bows the bearer down.
> Health suffers, and the spirits ebb; the heart
> Recoils from its own choice, at the full feast
> Is famish'd—finds no music in the song,
> No smartness in the jest, and wonders why."

That this state, and the feeling of isolation which accompanies it, should frequently induce various diseases, is self-evident, and these seldom admit of more than palliation by medical treatment, unless the mind can be diverted, the habits changed, and a proper object of activity pursued.

And this consequence of the prevailing systems of education, whence arise the dissatisfaction and ennui which so commonly terminate in disordered states of health, is perceptible in the comparative unsociability of disposition by which many of the English are characterised. This peculiarity arises, in some instances, from a degree of natural bashfulness or reserve, frequently dependent upon a deficiency of general information and association; but more frequently from the spirit of coterie, by which society is divided into a variety of gradations, separated from each other, and leading individuals to endeavour to outdo others in appearance, which may enable them to raise themselves a degree higher in the social scale, and to look down upon those whom they consider to be beneath them. Hence cordiality is banished, selfishness is encouraged, and by mixing only with one set of associates the ideas become circumscribed, and the powers of the intellect rusted.*

"There are many points," says the writer of Murray's Handbook for France, "in which our character is mistaken by foreigners. The morose sullenness attributed by them to the Englishman is, in perhaps nine cases out of ten, nothing more than involuntary silence, arising from his ignorance of foreign languages, or at least from his want of sufficient fluency to make himself readily understood, which thus prevents his enjoying society. If an Englishman were fully

* This tendency to individual isolation is illustrated by the mode pursued in the clubs. These establishments were originally formed for purposes of sociability, but at the present day most of their members would prefer dining alone at a separate table on a steak, to partaking of a properly served house-dinner at the same price; and if one were to address another, to whom he had not been introduced, on any common-place topic, it is not improbable that the answer would be abrupt and monosyllabic, discouraging any further intercourse. The same rule seems to obtain in all public places; and persons not unfrequently travel together for hours without speaking a word, as if an interchange of the ordinary courtesies of society were necessarily to entail upon any one the acquaintance of an objectionable character. As, however, "man was not born to live alone," this self-isolation is severely felt by many, producing its prejudicial effects upon the disposition and health.

aware how much it increases the pleasure and profit of travelling to have made some progress in foreign languages before he sets foot on the continent, no one would think of quitting home until he had devoted at least some months to hard labour with grammars and dictionaries." *

The deficiencies in the systems pursued at our public schools and colleges were perceived by an illustrious personage, who could scarcely fail to contrast the amount of information possessed by the young men of his native and those of his adopted country, and who, several years ago, gave a very strong hint to this effect by establishing at Eton an annual prize for proficiency in modern languages, which has since, to a limited extent, been acted upon. It is, however, pretty evident, from the opposition made by the heads of colleges, and others interested in supporting the present system, to the Royal Commission appointed to inquire into the state of the Universities (questioning its legality), that but little improvement is to be expected from them unless enforced by the pressure from without. †

> " 'Tis education forms the common mind,
> Just as the twig is bent the tree's inclined."

I have deemed it right on the present occasion to express

* "The English," says M. Lamartine, "are a great people, both moral and political; but in general they are not a sociable people. Concentrated within the sweet intimacy of family life, when they go out of it, it is neither pleasure nor the want to communicate their soul, nor to diffuse their sympathy that induces them: it is custom and vanity. Vanity (or ostentation) is the soul of English society. It is that which has constructed that form of cold, regulated, etiquetted society that creates classifications of ranks and titles, dignities or riches, by which alone men are distinguished in it, and which have made a complete abstraction of the man himself, in order to consider only the name, the covering, the social form."—*Voyage en Orient.*

† As a bright exception to the generality of public schools, Rugby may be cited, while under the superintendence of Dr. Arnold, whose pupils regarded him with veneration, and who not only distinguished themselves above others as regards the general results of education, but also in their superior bearing through life, in consequence of the principles which he had instilled into their minds.

my conviction, from some experience, that to the above-mentioned causes much of the unhappiness and ill health prevailing among the more cultivated classes is attributable, especially where there is no imperative call for exertion or occupation, which, in a climate like ours, is essential to the maintenance of a healthy equilibrium of the vital powers; and that many are consequently induced to seek relief from the resources presented by foreign countries, for preventible ailments, when they might otherwise have lived happily in their own. Lord Byron, in one of his poems, observes with truth, that—

> "It need not cost much showing
> That many of the ills o'er which man grieves,
> And *still more women*, come from not employing
> Some hours to make the remnant worth enjoying;
> And hence high life is oft a dreary void,
> A rack of pleasures," &c.

And in fact, if the want of fitting objects whereon to exercise the faculties give rise to pernicious consequences among a certain proportion of the male population, it is certainly no less operative in females, who are debarred by custom from taking an active part in affairs, or in the more stirring topics of the day, and are exposed to chagrins and annoyances of a nature to which men are little liable, and who for the most part lead an in-door life, superseding the natural exercise of walking by driving, and an attendance upon night entertainments in crowded assemblages, which, when indulged in habitually, and not as an occasional means of recreation, tends to the undue exaltation of the nervous sensibility.

The talented author of the article "Hysteria," in the "Cyclopedia of Practical Medicine," observes, respecting the most frequent causes of this and other nervous diseases:—"In England, where an acute sensibility is less desired for young women than accurate powers of *calculation*, the improper expectations, the vain rivalries, the restless and frivolous pleasures of fashionable life, are but too well calculated

to produce all the varieties of nervous disorders in young persons whom an affected refinement has debarred from active and natural exercises, and whose minds have never been subjected to the influence of self-control; whilst the want of all love of literature, or acquaintance with science, and consequently of all companionable qualities of a higher kind, diffuses an ennui over society that every one feels, without thinking of its source, and by which the whole moveable community is driven about from one place of public resort to another, without useful objects, without attachments, without duties; leading to the habitual neglect of all self-government, and the creation of much domestic wretchedness."

M. Aimé Martin likewise observes:—"Certainly, if the life of women were to be restricted to exhibitions and *fêtes*—if their business were only to dazzle and to please—the great problem would be resolved by this education of *soireés;* but the hours of pleasure are short, and in their train follow the hours of reflection. The life of home, moral life, the duties of mother and wife, all this comes, and all has been forgotten. Then they find themselves as in a void in the bosom of their families, with romantic passions, and unrestrained exultation and ennui, that great destroyer of female virtue. The lamentation over the fatal consequences of this state of matters assails our ears on all sides: it is the cry of all mothers—the complaint of all husbands; and in these painful straits, wherein each one is agitated and desponding, the worst effect is, that indifference terminates all."*

A popular author (Bulwer Lytton) remarks:—"It seems odd enough to me, that while young ladies are so sedulously taught all the accomplishments which a husband disregards, they are never taught the great one he would prize—they are taught to be exhibitors, he wants a companion."

* The "Education of Mothers of Families; with Remarks on the influence of the prevailing Methods of Education upon Health and Happiness."

Hence it may be inferred how often the too exclusive reliance upon qualifications calculated merely to captivate the senses, tend to produce the ill-assorted unions which are of such common occurrence.—"Il importe en amour," says a French authoress, in allusion to personal beauty, "que les impressions viennent des beautés morales; celles que produisent les beautés physiques s'effacent trop promptement;" and as it is in the nature of things that mere impressions upon the senses, if not varied, should be succeeded by satiety, it is not surprising that indifference and inconstancy should so frequently supervene upon alliances contracted solely or chiefly with reference to such qualifications, too often verifying the allegory of the incompatibility of the wings of Cupid with the fetters of Hymen.

An author already quoted (Dancel) remarks, with reference to this subject:—"A young nervous woman who finds herself *mésalliée* for life, experiences an insupportable void; to such an one there is no state more distressing than to feel herself alone in the world, without being able to live the life of the affections for which nature had adapted her. This privation of happiness at length brings on disordered health. The body participates in the mental suffering, and the weakest organ becomes diseased. A physician is called in, who ascertains the disease, and treats it accordingly; nevertheless it makes progress, because the cause still exists.

"The void of existence and ennui are the causes of many diseases and indispositions. In most instances, remedies for physical complaints occasioned by moral causes, produce no good effect without travelling, and drugs not unfrequently aggravate the evil. Journeys, therefore, in countries where there are objects capable of exciting the patient's curiosity, are the most efficient means of restoration."

The cause why marriages, when not followed by domestic happiness, should be more frequently attended by a disordered state of the health of women in England than in some other

countries, will, I think, be sufficiently obvious. In France and Italy, young girls pass for the most part a secluded sort of life, and are generally anxious to be married, as the means which will enable them to enter into and have a position in society, frequently without being very particular as to the individual who is presented to them as their future husband; whereas, in England, young ladies are frequently made the idols of society, enjoying all its pleasures before marriage, and have, or are supposed to have, a free choice in the acceptation or refusal of those who aspire to be their husbands, and after that event retire into the comparative seclusion of domestic life; when, if unhappy in their choice, or if not possessed of sufficient resources for occupation and amusement, they are apt to fall into low spirits, and to reflect with bitterness on the contrast which its monotony presents to their former mode of existence,

> ——"When life itself was new,
> And the heart promised what the fancy drew."

Not but that the pleasures of general society, which are at first so attractive, are often felt after a few seasons to be extremely monotonous, even if they do not become actually distasteful, though perhaps they are still continued from habit, or from having nothing else to do: and if this be frequently the case under ordinary circumstances, among those who have "all appliances and means to boot," how much more so must it be with others, when there are superadded the various positive causes of mental annoyance which are sometimes concealed beneath smiling countenances in the glittering saloon, and which it is unnecessary further to particularize!

I have enumerated some of the more frequent causes of a mental origin which predispose to disease; but there are others which might be specified, and which, like the above-mentioned, if not altogether peculiar to England, are at

all events productive of more serious consequences than elsewhere; and the influence of these causes will be quite sufficient to account for the greater degree of discontent, ennui, and ill health, without the necessity of our ascribing these effects to our variable climate, thick foggy atmosphere, &c. These, it is true, are not unfrequently the exciting causes of disease; but were it not for the others, which render the body more liable to be affected, their sphere of operation would be infinitely more circumscribed. This is shown to be the case by the comparative freedom of some classes, who lead regulated lives, and are engaged in pursuits which are sufficient to occupy their time without being attended with much anxiety, from several diseases which are extremely prevalent among other classes. The climates of Holland, and of many parts of Germany, are worse than ours; and yet the proportion of several diseases and disordered states of health, which are so prevalent among the upper and middle classes—especially females—in England, is infinitely smaller among the higher classes of these countries, because their education and mode of life are different from ours. The variableness of our climate is, in fact, as has already been observed, more favourable to health and exertion than the reverse, for persons in good health; but it does not follow from this, that a visit to another country would not often be beneficial, or that it is not frequently indispensable for invalids suffering from complaints thus induced.

VII.—ON THE ADVANTAGES OF TRAVELLING AND A RESIDENCE ABROAD.

TRAVELLING tends, in some measure, to prevent and to counteract the operation of the above-mentioned causes. The constant movement and change of scene; the cheering effects of clear skies and sunshine in winter, in southern countries; the interest excited by scenery of a novel and magnificent character, or by works of art, &c., are powerfully calculated to divert the mind from dwelling upon unpleasant or gloomy ideas, and consequently to procure the removal of many diseases, especially when induced by, or connected with, circumstances of a mental nature. On this principle travel and change of air were not unfrequently recommended in the earlier periods of history, and their influence is thus alluded to by Shakspeare, with reference to Hamlet's malady :—

> "Haply the seas and countries different,
> With variable objects, shall expel
> This something settled matter in his heart
> Whereon his brain, still beating, puts him thus
> From fashion of himself."

Individuals who pass a great portion of their lives in moving from one place to another usually enjoy robust health. Among savage nations the wandering tribes are more free from infirmities than those which remain stationary; but, as respects the disorders of civilized life, particularly those of a nervous character, the mere travelling from place to place would, in most cases, be unattended with permanent advantage—the diversion of the mind being the greatest advantage derived from travel, or from a locality where, in addition to a good climate, there are adequate resources for engaging the atten-

tion. Many nervous complaints are, in fact, not unfrequently kept up for a long period by habit, and by the patient's attention being concentrated upon them; any means, therefore, which tend to interrupt the chain of habitual thought, will be most influential in their removal.

"Journeys," says Dr. Reveillé—Parisé, "have been recommended with reason. The continual obligatory action of the muscular system, and the diversion of the thoughts, tend to restore the previous equilibrium between the muscular and sensitive powers. There is, in change of place, and of external impressions, an irresistible power which attracts attention, changes the course of the ideas, relieves pain and ennui, without shock or effort. In general, travelling is a means of great utility; like the body, the mind requires a change of place when it is unhinged or fatigued. A change of climate may also be advantageous to weak constitutions, especially to old people, who remove from a damp and cold atmosphere to a dry and warm climate."

"Ours is a nation of travellers," says Rogers; "few want an excuse. If rich, they go to enjoy; if poor, to retrench; if sick, to recover; if studious, to learn; if learned, to relax from their studies.

"Almost all men are over-anxious. No sooner do they enter the world than they lose that taste for simple pleasures so remarkable in early life. Every hour do they ask themselves what progress they have made in the pursuit of wealth and honour, and on they go as their brethren went before them, till, weary and sick at heart, they look back with a sigh of regret to the golden time of their childhood. Now travel, and foreign travel more especially, restores us in a great degree what we have lost. The old cares are left clustering round the old objects, and at every step as we proceed the slightest circumstance amuses and interests. All is new and strange. We surrender ourselves and feel once again as children. Like them we enjoy eagerly; like them when we

fret, we fret only for the moment, and here the resemblance is very remarkable; for if a journey has its pains as well as its pleasures (and there is nothing unmixed in the world), the pains are no sooner over than they are forgotten, while the pleasures live long in the memory.

"Nor is it surely without another advantage. If life be short, not so to many of us are its days and its hours. To escape from the weight of time, how many follies, how many crimes are committed! Now in travelling we multiply events, and innocently we set out as it were on our adventures, and many are those that occur to us morning, noon, and night. The day we come to a place which we have long heard or read of, and, in Italy, we do so continually—it is an era in our lives, and from that moment the name calls up a picture. How delightfully, too, does knowledge flow in upon us, and how fast! Would he who sat in a corner of his library, poring over his books and maps learn much, or so much in the time, as he who with his eyes and his heart open, is receiving impressions all day long from the things themselves? How accurately do they arrange themselves in our memory—towns, rivers, mountains, and in what living colours do we recall the dresses, manners, and customs of the people! Our sight is the noblest of all our senses; it fills the mind with most ideas, converses with its objects at the greatest distance, and continues longest in action without being tired. Our sight is on the alert when we travel, and its exercise is then so delightful that we forget the profit in the pleasure.

"Like a river that gathers and refines as it runs; like a spring that takes its course through some rich vein of mineral, we improve, and imperceptibly, not in the head only, but in the heart. Our prejudices leave us one by one: seas and mountains are no longer our boundaries: we learn to love and esteem and admire beyond them. Our benevolence extends itself with our knowledge, and must we not return better citizens than we went? For the more we become

acquainted with the institutions of foreign countries the more highly must we value our own."*

"Travel is the first of amusements, but curiosity is necessary to urge us to undertake it, or to give it the full zest; for travel always requires an effort, and the sacrifice of our favourite ease. When the first effort is got over, travel may be one of the greatest enjoyments in life, or at least may dissipate care and sorrow; for it combines many elements of happiness, activity, variety, novelty, and contrast; gratifies our desire for knowledge and our taste for the beauties of art and nature.

"Change is not only animating in itself, but it increases our feeling for objects in themselves familiar. Affections are lulled asleep by the quiet monotony of home, but they awake amid the vicissitudes of travel. Variety is the great enlivener: it prolongs and renews our youth; whereas uninterrupted uniformity brings on premature age. It not only prolongs our youth, but it *seems* to prolong our existence. When we look back upon the whole of our past life, or upon any part of it, the time appears long, or short, according to the force and variety of the impressions which we have experienced; and when there is nothing to mark a period, it is reduced to a point. †

"Change may at last become tiresome; for as we see more and more, less remains to be seen that is new; thus there

* Recollections.

† An Italian poet has thus adverted to the universal desire experienced for change and novelty:—

"Ma in ogni animal fin da ch'ei nasce
Desio di novitá pon la natura,
Onde ciascun di novitá si pasce
Piu variar che migliorar procura;
Annoia il buon sovente, annoia il bello
Ed oggetto si segue ognor novello."—

Casti Animali Parlanti.

will be change without novelty. So that the more we advance in years the *principle of the anchor* commonly gains the day."*

"To travel," says Lamartine, "is to multiply the impressions which the events of a stationary and sedentary life procure only at rare intervals. To travel is to comprise a long life in a few years; it is one of the most powerful exercises which man can give to his heart and to his thoughts. The philosopher, the politician, the poet, ought to have travelled much. To change the moral horizon is to change the thoughts."†

An esteemed writer also remarks on this subject:—"The defect in their education is a great inducement to Englishmen to associate too much with their own countrymen when they are abroad. Should the young traveller continue to associate only with Englishmen he will gradually so narrow the circle of his observations as to confine his attention to places when it ought to be directed to persons: he will merely gratify his sight and neglect to improve his understanding, and will be conversant with pictures and public buildings and a stranger to polite and well-informed society. Without possessing the language, it is impossible to appreciate either the genius or the character of a nation."

"Travelling," adds this author, "as far as it introduces a man into genteel and well-informed society in various parts of the world, and leads to an extensive knowledge of persons and places, expands the mind, removes local prejudices, produces a comparison between our own and foreign countries, satisfies that curiosity and fondness for change which are natural to mankind, supplies new sources of pleasing and useful information, and conduces to the increase of philanthropy and generosity of sentiment. He who is confined to his own country reads only one page of the book of human nature, and perpetually studies the same lesson; nor does he

* Ramsay's "Principles of Human Happiness and Human Duty."
† Voyage en Orient.

understand that completely, from his ignorance of its relative merit and connection with all other parts.

"If the great and opulent reside constantly in their own country they are acquainted only with a luxurious, easy, enervating mode of living. Foreign travel inures them to the severity of wholesome hardships, diversifies their lives, and places them in new situations. Thus they experience such changes and wants as render the luxuries which they can command at home, and which otherwise would be insipid, the source of real enjoyment; and their occasional privations of ease and plenty may increase their sympathy for the lower and more indigent portion of the community." *

In many cases, however, the beneficial effect of travelling and mental diversion is but of short duration, in consequence of the prolonged operation of deeply-rooted causes, frequently from an early period of life; hence the intractability of some complaints under all methods of treatment.

A standard writer on hygiene makes the following just observations on this subject:—"Men differ greatly from each other in a moral and mental point of view. Some like a variety of impressions, and, consequently, travelling; they feel themselves the better for frequent change of scene; others reconcile themselves better to a constancy than to a variety of impressions. It must be admitted that every one requires a certain amount of variety; after the retirement which isolates us, we experience the necessity of participating in an outward movement; the expansion, and the return upon itself, are the two general phenomena of every function. It is a matter of common observation that men who pass, so to speak, their lives in change of place, enjoy a flourishing state of health. Travelling suits invalid artists and literary men more than any other class. It is useful to all those who labour under obstinate chronic diseases, because the assimi-

* "Principles for the Conduct of Life." By C. Lloyd.

lative powers and the *moral* are in a state of suffering. Travelling corrects the effects of their sedentary habits, by causing them to live out of themselves, and by procuring for them an expansion of which they are ordinarily deprived. There is in change of place and social relations a vivifying power which dispels ennui, and alleviates moral pain without violent shock or effort. Physical movements, by suspending intellectual action, or undue exaltation of the sensibility, lessen the superactivity of both. Travelling forces us to mix ourselves up with the objects which surround us. The walk taken by an invalid traveller visiting new countries, is very different from that which a solitary man takes in his garden, where he will retain his exaggerated ideas and his sadness—the indication of a want of sympathy. Travelling is advantageous as respects the cure of morbid dispositions; especially of those which arise from our mode of life, our habits, or the action of depressing circumstances, because they are less rooted, depending less upon our own activity. Travelling, by breaking those habits, introduces changes in our mode of living and acting. It likewise acts beneficially, though in a less degree, in cases of hereditary morbid dispositions.

"Chronic diseases of the abdominal viscera are excessively intractable to the action of medicaments. There is no chronic abdominal affection that is not accompanied by painful moral states of sadness, depression, or irritable temper. With but few exceptions, all diseases of the liver arising from moral causes are of long duration, and are difficult to cure. They often occur from a sedentary life, passed in dark or humid localities, from a defective movement of the organs. In these cases, travelling is an excellent remedy: the gentle shocks imparted by riding in a carriage produce the disgorgement of the congested liver, and a free flow of the bile: the appetite and the digestion become improved. Persons with disease of the liver require to live in an outward world; the fresh air, and the distractions of out-door life, acting upon

their minds, satisfy this want. Travelling is always successful in cases of simple hypochondriasis, uncomplicated with mental disorder.

"The chagrins and hidden cares of the married state, and of family life, are, more frequently than is generally supposed, the principal cause of deep-rooted disorders, which are at first nervous, or without appreciable material alteration, but which become subsequently more and more organic. Pharmaceutical and surgical means are of little avail in these cases; they make the disease worse, or have only a temporary and deceptive effect, but on a journey being proposed, the idea often easily caught at, and the patient feels that his or her state arises from a heartfelt void, and from ennui. The journey may then prove a curative means, unless the powers of life have become too seriously impaired, or that this recommendation is made too late. Those who are the victims of diseases of this nature should visit countries in which there are many objects calculated to excite curiosity; which require to be contemplated and admired. They should move quickly, in order to chase away the dull thoughts which oppress them, for those labouring under depression are soon tired, and their attention is with difficulty arrested for long together. It is important to prevent them from isolating themselves morally, even in travelling.

"Journeys in mountainous localities, where the sky is bright, and the air bracing; the removal from low and humid places, from cloudy countries like England and Holland, are the best means for producing beneficial changes in the health. When the above-mentioned conditions exist, direct the patient towards the north, or to temperate climates, for in the south, excitations are more readily succeeded by debility.

"Journeys, by altering the habits and mode of life; by forcing patients to make a truce with their habitual preoccupation; by presenting unexpected and varied impressions to the mind, afford the best chances of success in remedying

many disordered states of the system. They are strengthening, and by exercising the sensibility in a moral manner, alter the morbid state which is kept up by the monotony of a fixed course of life. The application of travelling as a remedial means may be extended to other nervous disorders, as mental alienation. By this means, we may succeed in regularising the intellectual functions when not deeply implicated, or when the disorder is of recent date. There are many instances recorded of insanity cured by journeys or sea voyages. In many children, the mental faculties, especially the memory, are weak. These subjects are but little disposed to amuse themselves, or to run about like other children, and are, perhaps, threatened with idiocy. If there be no malformation of the head, journeys are an excellent means of developing the powers of the system, while the novelty and variety of the impressions may serve to strengthen and bring the mental faculties into activity." *

"The emotional influence of climate," says a distinguished writer on pulmonary diseases, "contributes to its successful or baneful results on the physical state of the system more actively than is imagined. But the nature of that influence cannot be predicted in any individual case. Climates vary in their influence on the temper both indirectly, through the improvement or the reverse they produce on the existing disease, and directly, by some mysterious working in the system, appreciable but unintelligible. Physical mischief will not be repaired in a climate that renders the temper morose and irritable.

"There are few pulmonary affections that may not be either cured or relieved by the influence of a judiciously selected climate. Those ill-defined conditions included under the vague title, 'delicacy of chest,' may thus be completely removed, and for a permanency, as likewise the tendency to

* "Traité d'Hygiene Therapeutique."—Dr. Ribes, 1859.

winter attacks of bronchitis, chronic bronchitis, asthma, emphysema, hay fever, and chronic pneumonia are always to be relieved—occasionally to be cured, and the disposition to recurring hemoptysis effectually controlled. But of all diseases, incipient consumption is that in which the efficacy of change of climate appears to be least questionable in the mass of cases. If in individual instances the experiment of change egregiously fails, the failure depends either on inappropriateness in the spot selected, or more commonly on the very advanced condition of the local and general suffering when the change is effected. There is no condition, be it ever so grave, in which at least temporary benefit may not ensue. The strength and flesh may improve, though the local disease be actually increasing. I have known reparative change take place in one lung, while softening and excavation advanced in the other.

"Mere change of climate is, *per se*, beneficial, provided there be no absolutely noxious quality in the new region sought *a fortiori*, moderately frequent change from place to place is more efficacious, therapeutically, than a prolonged sojourn in any one spot, although the climatic character of this be remarkably salubrious." *

As far as beauties of scenery, natural curiosities, and other objects calculated to restore the health, by diverting the mind, are concerned, the British Isles possess equal advantages with many parts of the continent; and less of the inconvenience of travelling will generally be experienced in excursions to several of the localities most visited by tourists in England, Wales, Scotland, or Ireland, than on the continent, though these inconveniences are not unfrequently greatly instrumental in the attainment of the object which is sought for; and, when the mind is agreeably excited, travelling has also the effect of rendering the body much less

* Professor Walshe on *Diseases of the Lungs*. 3rd Edition.

susceptible to external influences, which, under other circumstances, would often be severely felt. I have known several persons in delicate health, who, when stationary at home, were extremely liable to be affected by slight changes of the weather, and were unable to walk a short distance without feeling greatly fatigued, yet who, when sight-seeing abroad, as among the mountains of Switzerland, have been able to undertake walks of several miles without experiencing sensations of fatigue; and who, after having got wet through in the rain, were unable to take off their clothes till they had become dry, without taking cold or being otherwise prejudicially affected. The appetite, likewise, being sharpened by travelling and constant change of air, not only renders persons much less particular as to the quality of the food which is set before them, but enables the stomach to digest with facility many substances which would at other times be likely to disagree. Road travelling for health or pleasure is, however, almost superseded in England, or at all events is restricted to the summer and early autumnal months; whereas a principal advantage of many parts of the continent frequented by the English is, that a journey may be undertaken at almost any time of the year, and, as I have before said, a residence at any of these places enables persons to be more out of doors in the winter than they could be in England. The continent likewise possesses advantages over England, on account of the greater variety of impressions produced by the novelty of seeing the different habits, manners, &c., of the people, and of hearing a foreign language; the towns also offer a much greater variety of resources, in the numerous galleries, objects of art, &c., likely to excite an interest; so that, when a protracted absence of several months from home is contemplated, it would be preferable.

With respect to the permanent residence of individuals in health, the continent has its advantages and disadvantages. Single men and others, who have no particular ties, and can

move from place to place, find more resources in the way of occupation and amusement, at a comparatively cheap rate, than they could do in England. There is likewise more association abroad, from the circumstance of people meeting more at public places, as cafés, tables d'hôte, theatres, and from their being for the most part *desœuvres*, or in pursuit of the same object—amusement; whereas in England many of this portion of the population, who have not a large circle of acquaintance, are frequently under the necessity of eating their solitary dinner in their apartments, or at their club, and of passing the evenings alone. This is one of the reasons why a prolonged sojourn in London is distasteful to those foreigners who have but few friends and no fixed occupation. The above-mentioned circumstances, however, tend to beget in some of our countrymen the habit of a wandering, idle, and unsettled sort of life, which many of them find, after a time, to be but ill suited to their natural activity of disposition, and are consequently greatly instrumental in the production of discontent and ennui.

The principal inducements for families to prefer a residence on the continent to England are economy, the comparative facilities for the education of children, as far as languages and accomplishments are concerned, and the more easy and unrestrained tone of society. Persons, it is true, might live in many parts of England as cheaply as on the continent, but they could not procure the luxuries of life at so low a rate. Thus, house-rent, the keep of carriages, horses, servants, the price of wines, public amusements, &c., are in many towns little more than half the expense which they would be in England, and in some places are much less: a family might, for example, live in any of the principal towns in Italy for six or eight hundred pounds a year, in the same manner which would require two thousand in London. In the towns of Germany and the south of France the rate of living is even lower. Many, however, who do not remain the whole year

in one place, add considerably to their expenditure by travelling about from place to place. Florence is, perhaps, on the whole, the most eligible town for a permanent residence in Italy. Pau, or where English society is not required; Toulouse, in the south of France; Munich, Dresden, Stuttgard, Wiesbaden, and Frankfort, are the most eligible among the towns of Germany. Brussels presents many advantages, but is nearly twice as expensive a residence as Bruges. Boulogne is the pleasantest residence in the north of France. Several English have established themselves at Caen and other towns in that neighbourhood, where living is cheap; though I cannot speak of their other advantages, never having visited that part. A residence in Paris has of late become excessively expensive.

With regard to education, though instruction in accomplishments is more easily obtained abroad, and a knowledge of languages is best acquired in the different countries; yet it is very questionable whether a prolonged residence for young people on the Continent be not rather disadvantageous than the reverse, in more respects than one. The passing of several successive years in Italy, or even a single year in some instances, is generally prejudicial as far as health is concerned, especially to young people, from the relaxing and enervating nature of the climate, and the prevalence of malaria in some parts. Young ladies, in particular, frequently exhibit in their countenances and general appearance the marks of a prolonged residence in a southern clime; and I perfectly agree with the remark of Lady Blessington, that "the Italian climate has the same effects on female beauty as a hot-house on rose-buds, but it quickly withers full-grown roses. Women of twenty-five in Italy look quite as *passées* as those of thirty-five in England, and after twenty they lose that freshness of complexion which forms so great a charm in our young women. In short, they want the appearance of youth, for the absence of which no beauty can compensate." *

* Idler in Italy.

An author whom I have already quoted, remarks with respect to a foreign residence:—"I have known several families intimately, who have spent some years abroad, and, in every instance, have witnessed the same injurious effects. They come back improved in French, Italian, or German, with their English awkwardness and backwardness rubbed off; with increased fluency of tongue and ease of manner, and with a large store of new topics and impressions of art, always new ideas: but they come back restless and dissatisfied with the damp, dark, English climate, or the stiff, dull, English society, or the unsupportable bondage of house and home ties and duties. And how should it be otherwise? Think what this continental life is; in its whole aim and essence, it is pleasure seeking and nothing else. It is just the reverse of home. There our duties are apt to fall too heavily, while we are obliged to perform duties and economise.

"But gay, social intercourse; that out-of-door enjoyment; that delight in beautiful things which an English resident in many favoured places on the continent may have every day and every hour. And why should he not have them? Because an habitual excess of pleasure over duty is not the natural order of things in this probationary world, and is not good for man. The injnry it inflicts does not come suddenly and openly; if it did, it would probably put us on our guard. It steals over us softly and silently, undermining our former tastes and habits, and setting up a new standard of contentment. Instead of being satisfied with a large amount of work, and a little recreation to enliven it, we need a full supply of daily pleasure, let work come as it may. Instead of being content with a large proportion of humdrums in society, we demand in every circle something to interest and charm. Instead of being happy in ordinary routine, with an annual prospect of a little change, we sink into ennui, without the stimulus of constant change and novelty. The whole character becomes more superficial, and less in unison with

the real work of life. First the soul suffers: when visible things are so attractive to the senses, it is very difficult to look steadily at things which are unseen. Next the mind becomes enervated by pleasant idleness, and we exchange attention and energy for desultoriness and loitering. Then the heart's current shallows, and we learn to be satisfied with a succession of pleasant people, instead of attaching ourselves to the few who deserve to be friends." *

It has already been observed that England has greatly the advantage over most places abroad for a permanent residence, as far as the longevity of its population is concerned. Thus, at Naples the average annual mortality is about one in twenty-eight persons of the whole population; at Florence and Rome it is not much less; whereas in London it amounts only to one in forty, and, taking the account for the whole of England, to no more than one in sixty; so that, if these statistics be correct, the advantage of England in this respect is manifest. But it does not follow that those who have the power of varying the places of their residence, may not frequently avail themselves of that which is good in both, and derive much gratification, as well as benefit to their health, by a visit to the Continent for a portion of the year. The comparative greater annual mortality and unhealthiness of a locality is, therefore, no argument against invalids whose cases are suitable being sent thither with a view to benefit by the climate at the most favourable season; inasmuch as, with a moderate degree of precaution, they need not be exposed to those causes which are principally productive of disease among the permanent residents.

* Three months' rest at Pau.

SUPPLEMENTARY NOTES FOR TRAVELLING INVALIDS.

It is very advisable for invalids while travelling, as well as persons in health, not to sit too long at a time in the carriage, but to get out now and then to walk up the hills, or at the post-stations; as, by so doing, the fatigue consequent upon the muscles being kept long in the same position will be avoided. Those persons who labour under serious affections of the air-passages may be provided with a Jeffrey's respirator, though its too frequent use is not to be recommended, as tending to render the organs more susceptible. Essence of ginger is a useful stimulant; and a teaspoonful in a cup of tea on arriving after a day's journey is very refreshing. Those who are in weak health, and travellers in general, should eat very sparingly of animal food when on a journey, as it tends to produce heat and flushing. Black tea is one of the most useful articles travellers can be provided with, as it is seldom good in small towns or at inns on the road. As an evening meal after the excitation of a long day's journey, tea, with a little cold meat or chicken, is much preferable to a hot dinner or supper, which not unfrequently is a cause of sleeplessness. Those who are subject to cold feet should be provided with short boots of coarse cloth, to slip on and off, over their ordinary boots, as occasion may require; and a small feet-warmer may be placed in the carriage. A large medicine-chest, which is a constant companion of many families, will be cumbersome and unnecessary, as almost all drugs and medicines of good quality may be obtained in all the towns frequented by invalids. A small case, containing a few articles likely to be required at out-of-the-way places (as lint, soap-plaster, James's powder, calomel, laudanum, extract of henbane, spirits of ammonia, tartarised antimony, castor oil, rhubarb, weights and scales), will, however, be a useful precautionary addition to the luggage.

METEOROLOGICAL TABLES.

TABLE I.

MEAN TEMPERATURE OF THE YEAR, AND OF EACH SEASON, AT THE FOLLOWING CITIES OF GREAT BRITAIN, FRANCE, GERMANY, &c.

(Centigrade Thermometer).

	Year.	Winter.	Spring.	Summer	Autumn
Dresden	8·40	0·4	8·4	17·2	8·4
Munich	8·78	1·2	8·9	18·3	9·1
Edinburgh	8·88	3·8	7·9	14·7	9·0
Dublin	9·55	4·6	8·4	15·3	9·8
Geneva	9·70	1·3	9·7	17·6	9·9
Frankfort	9·80	1·2	9·9	18·3	10·1
London	9·84	3·4	9·1	16·5	10·2
Vienna	10·42	0·2	10·5	20·3	10·5
Carlsruhe	10·42	1·4	10·6	19·0	10·4
Paris	10·84	3·4	10·4	18·2	11·3
Penzance	11·21	7·0	9·8	15·8	12·1
Bordeaux	13·95	6·1	13·4	21·7	14·4
Marseilles	14·26	8·1	13·6	20·0	15·3

TABLE II.

MEAN TEMPERATURE OF THE YEAR, AND OF EACH SEASON, IN THE CHIEF CITIES OF ITALY, &c.

	Year.	Winter.	Spring.	Summer	Autumn
Milan	12·83	2·1	13·0	22·7	13·2
Venice	13·72	3·3	12·6	22·8	13·3
Genoa	15·50	8·3	13·9	23·4	16·5
Florence	15·31	6·8	14·7	24·0	15·7
Pisa	15·74	7·9	13·9	24·1	17·0
Nice	15·86	9·6	18·0	23·2	15·5
Sienna	13·45	5·2	12·0	21·7	14·0
Rome	15·40	8·1	14·1	22·9	16·5
Naples	16·10	9·5	14·4	23·7	16·9
Palermo	17·20	11·4	15·0	23·5	19·0
Malta	19·40	14·1	17·0	25·4	21·4
Madeira	18·94	16·5	16·8	20·9	19·5
Cairo	22·23	14·7	21·5	29·3	20·3

TABLE III.

MEAN TEMPERATURE OF EACH MONTH IN THE CITIES OF ITALY, CALCULATED UPON OBSERVATIONS VARYING FROM SEVEN TO SEVENTY-FOUR YEARS.

	NORTHERN ITALY.				SOUTHERN ITALY.					
	Venice.	Milan.	Turin.	Bologna.	Florence.	Nice.	Sienna.	Rome.	Naples.	Palermo.
January	1·8	0·6	0·6	2·1	5·0	8·3	4·4	7·1	9·0	10·8
February	3·9	3·4	2·4	4·5	7·3	10·0	5·8	8·4	9·8	10·7
March	7·9	8·2	7·0	9·2	10·5	10·5	7·9	10·6	11·9	12·2
April	12·6	12·9	11·5	14·0	14·6	12·7	12·5	14·1	15·2	14·7
May	17·4	17·9	16·8	19·1	18·8	16·7	16·9	18·2	19·8	18·2
June	21·3	21·4	20·2	22·9	21·9	20·6	19·7	21·1	21·8	21·7
July	23·9	23·7	22·7	25·9	25·0	23·2	22·7	23·9	24·9	24·3
August	23·2	23·1	22·9	25·0	24·4	23·6	22·7	23·7	25·0	24·6
September	19·0	19·0	18·0	20·0	21·0	21·4	18·8	20·9	21·3	22·6
October	13·7	13·5	12·5	15·3	15·9	17·1	14·7	17·0	17·7	19·5
November	7·0	7·1	5·9	8·8	10·4	12·9	8·4	11·6	12·7	15·2
December	4·4	2·4	0·7	4·0	7·6	9·8	5·4	8·6	10·9	12·6*

* Palermo has a low temperature, especially in summer, as compared with its latitude, which is owing to its being surrounded by mountains on the south, and more open to the north.

TABLE IV.

MAXIMUM AND MINIMUM OF TEMPERATURE OF THE SEASONS, AND OF THE YEAR, AT

	FLORENCE.		NICE.		ROME.		PALERMO.	
	Max.	Min.	Max.	Min.	Max.	Min.	Max.	Min.
Winter	17·2	5·3	20·1	9·6	18·7	5·9	23·9	0·0
Spring	29·2	0·8	27·6	0·0	31·2	1·5	36·4	2·5
Summer	35·0	13·8	33·4	11·8	38·0	10·0	39·7	12·2
Autumn	30·1	2·5	31·2	4·1	34·9	3·1	36·3	6·9
Year	35·0	5·3	33·4	9·6	38·0	5·9	39·7	0·0

TABLE V.

AMOUNT OF RAIN IN CUBIC INCHES, IN DIFFERENT SEASONS, AND PROPORTIONATE NUMBER OF RAINY DAYS PER 100, IN VARIOUS TOWNS IN FRANCE, GERMANY, ENGLAND, &c.

	Year.	Winter.	Spring.	Summer.	Autumn.	Number of days on which rain fell.			
						W.	Sp.	Su.	Au.
France—South.									
Toulon	17·61	4·10	4·26	1·63	7·62	23	24	9	44
Marseilles	20·62	4·26	4·60	2·56	9·18	21	22	12	45
Montpelier	30·38	8·59	6·79	3·89	11·11	28	22	13	37
Lyons	29·31	—	—	—	—	—	—	—	—
Toulouse	23·72	4·97	6·27	5·68	6·80	21	26	24	29
Bordeaux	25·42	6·72	5·20	5·85	6·50	—	—	—	—
France—North, &c.									
Dijon	25·33	4·27	6·11	6·60	6·69	18	26	27	29
Paris	21·54	4·93	5·17	6·07	5·35	22	25	28	25
Metz	27·24	5·87	6·87	6·02	8·48	22	25	22	31
Brussels	17·92	3·35	4·25	5·53	4·79	18	24	31	27
Geneva	28·00	5·71	5·93	8·06	5·30	20	21	29	30
Vevay*	40·38	6·53	6·44	16·91	10·45	16	16	42	26
Valley of the Rhine.									
Coblenz	20·83	3·36	5·00	7·30	5·17	16	24	35	25
Mannheim	21·00	3·85	4·97	6·84	5·34	18	24	32	26
Carlsruhe	25·55	5·43	5·91	7·71	6·49	21	23	30	26
Strasburg	25·57	4·10	6·04	8·72	6·71	16	24	34	26
Mulhausen	28·39	5·44	7·50	8·11	7·34	19	17	20	26

* This is probably an error; for it certainly does not rain much more at Vevay than at Geneva. A local publication states the number of rainy days in the year to be 75.

TABLE VI.

MEAN QUANTITY OF RAIN IN THE PRINCIPAL ITALIAN CITIES FOR EACH SEASON, AND THE WHOLE YEAR, WITH THE PROPORTIONATE AVERAGE OF DAYS.

	Year.	Winter.	Spring.	Summer.	Autumn.	Number of Days on which rain fell.			
						W.	Sp.	Su.	Au.
Northern Italy.									
Venice	32·09	6·45	7·97	8·62	11·78	18	23	25	34
Milan	35·74	7·60	8·51	8·61	11·02	21	24	24	30
Turin	35·27	5·20	10·62	10·51	8·94	15	30	30	25
Bologna	19·31	3·63	3·92	5·44	6·31	19	20	28	33
Genoa	51·63	13·68	12·70	6·24	19·01	—	—	—	—
Southern Italy.									
Pisa	38·71	10·35	9·04	5·68	19·44	23	20	13	42
Florence	34·52	9·53	8·04	4·94	11·89	28	23	14	35
Rome	29·01	8·74	6·84	3·21	10·22	30	24	11	35
Naples	29·09	8·18	6·50	3·19	11·22	28	22	11	39
Palermo	21·42	7·86	4·82	1·20	7·53	37	22	06	35
Nice*	25·78	5·62	5·65	6·62	7·88	—	—	—	—

The approximative proportion of rain in the plain of the Po, to that of the western side of Central Italy, and of Calabria and Sicily, may be estimated at 35, 30, and 20.

* By its exposure to the south, Nice may well rank among the climates of Southern Italy. It would appear from this that the amount of rain is not very unequally distributed throughout the seasons.

TABLE VII.

AVERAGE NUMBER OF DAYS ON WHICH RAIN FALLS IN THE YEAR, IN COUNTRIES NORTH OF THE ALPS.

Holland	170	Northern Russia	144
Valley of the Rhine	161	Western France	135
Central Germany	154	N. base of the Alps, Munich, &c.	131
Switzerland, near Geneva	154	Valley of the Rhone, North	98
British Isles	152	Valley of the Rhone, South	76
Northern France	152		
Belgium	152		

TABLE VIII.

The two following Tables, relating to the temperature and amount of rain at various places in England and abroad, are as given in Sir James Clark's work; and, on comparing them with the preceding ones, it will be perceived that considerable differences exist with reference to some localities, especially as respects the amount and distribution of rain.

MEAN TEMPERATURE FOR THE YEAR, AND FOR EACH SEASON, OF PLACES IN ENGLAND.

(Fahrenheit's Thermometer.)

	Year.	Winter.	Spring.	Summer	Autumn
London	50·39	39·12	48·76	62·32	51·35
Torquay	52·12	44·05	50·88	61·26	53·11
Cove	51·93	44·19	50·17	61·36	52·01
Penzance	51·80	44·03	49·63	60·20	53·36
Undercliff	51·35	41·89	49.66	60·63	53·58
Clifton	51·26	39·91	49·79	63·87	51·49
Hastings	50·40	39·06	47·46	61·77	52·22
Newport (Isle of Wight)	49·73	38·62	48·19	61·17	50·63
PLACES OF RESORT ABROAD.					
Paris	51·20	38·43	50·40	64·47	52·30
Marseilles	59·50	45·50	57·56	72·50	60·08
Montpelier	57·60	44·20	53·33	71·30	61·30
Pau	56·18	41·86	54·06	70·72	57·39
Rome	60·70	48·90	57·65	72·16	63·96
Naples	61·40	48·50	58·50	70·83	64·50
Pisa	60·60	46·03	57·20	75·15	62·80
Genoa	60·37	44·57	58·60	75·03	62·99
Nice	59·48	47·82	56·23	72 26	61·63
Florence	59·00	44·30	56·00	74·00	60·70
Baths of Lucca	55·00	—	—	68·17	—
Malta	67·30	57·46	62·76	78·20	71·03
Madeira	64·96	60·60	62·36	69·56	67·30

TABLE IX.

MEAN QUANTITY OF RAIN (IN CUBIC INCHES) FOR THE YEAR, AND FOR EACH SEASON, AND NUMBER OF DAYS ON WHICH RAIN FELL.

	Year.	Winter.	Spring.	Summer	Autumn	Days.
London	24·80	5·85	4·80	6·67	7·43	178
Torquay	28·20	6·82	5·61	6·38	9·39	132
Cove	33·25	10·54	4·05	7·05	11·92	131
Penzance	44·66	12·64	9·35	9·34	13·33	178
Clifton	32·56	8·43	5·69	9·44	9·00	169
Undercliff	23·48	4·65	4·06	4·29	9·48	146
Hastings	32·81	7·59	5·80	6·40	13·02	153
Edinburgh	23·50	5·28	3·81	4·58	9·83	—
Dublin	29·98	—	—	—	—	—
Paris	18·62	4·05	4·13	5·39	5·05	—
Marseilles	15·54	3·72	2·45	3·40	5·97	55
Montpelier	29·89	8·59	9·05	2·20	9·91	80
Rome	31·17	9·49	6·29	4·16	11·17	117
Nice	26·81	7·30	6·44	2·75	10·12	—
Florence	31·68	9·65	8·78	3·77	9·45	107
Milan	37·79	7·95	9·12	9·03	11·69	—
Madeira	29 23	11·40	5·77	1·45	10·61	70
Pau	—	—	—	—	—	135
Naples	—	—	—	—	—	99

NOTE ON THE CLIMATE OF BRUSSELS.—Height above the sea, 59 metres. Mean temperature of months, from 1833 to 1852, supplied by the kindness of M. Quetelet, director of the Observatoire:—January, 2·0; February, 3·8; March, 5·5; April, 9·0; May, 13·5; June, 17·2, July, 18·2; August, 17·8; September, 14·8; October, 10·7; November, 6·6; December, 3·6; Year, 10·20. Annual quantity of rain, 726·98 millimetres—less than any other large town in Belgium, except Namur.

Selection from the Critical Notices

OF

THE PRECEDING EDITIONS.

"Distinguished by the practical good sense that belongs to Dr. Lee's publications, as well as by that fulness and certainty of knowledge which result from long experience."—*Spectator.*

"While the descriptions of the various places are sketchy, they are accurate—the book has all the merits of an excellent travelling companion, and a guide to the invalid."—*Medical Gazette.*

"Contains a good deal both of amusement and information."—*Med.-Chirurgical Review*

"Invalids who seek health in such resorts would do well to consult it."—*Literary Gazette.*

"This work will prove useful to valetudinarians. From his experience and observation, Mr. Lee is well qualified for the task. His book gives information in a manner calculated to please as well as to instruct. The remarks on the influence of climate and travelling are good."—*Medical Times.*

"The work will be found a trustworthy indicator to the continental visitor. The appended observations on the influence of climate and travelling are of a sensible character."—*British and Foreign Medical Review.*

"This is a very superior book; full of information elegantly communicated."—*Monthly Magazine.*

"Mr. Lee is a high and well-known authority on the subjects indicated of a medical character, and this volume will be found to be a valuable manual in the respects mentioned."—*Monthly Review.*

"This is the production of a scholar and a gentleman; of one who knows how to be interesting while he is scientific, and to convey most valuable and sterling information with all the graces that are expected to adorn elegant literature."—*Metropolitan Magazine.*

"There is much useful information in this volume, interspersed among clever descriptions of places, persons, and things."—*Sunday Times.*

"This valuable volume professes to dwell more particularly on those matters connected with climate and the watering-places, which may be found beneficial to invalids, or interesting to the medical profession. Notwithstanding this modern proviso, the spirited manner in which a great deal of information is compressed into a small space, gives a novelty and almost an originality to Dr. Lee's local descriptions."—*United Service Gazette.*

"A companion on whose fidelity and usefulness travellers may with security depend. Its medical precepts appear to us to be the result of much scientific observation."—*Gentleman's Magazine.*

"As the accuracy and soundness of the author's details may be depended upon, the work cannot fail to be one of very general utility." —*New Monthly Magazine.*

"The author's object was to a large extent medical, and he has succeeded in a very high degree—a degree which renders the public his debtors. His solid dissertation on the influence of climate and travel, and on some prevalent causes of disease, are alone worth the price of the work."—*Christian Witness.*

"The author is well known for his excellent works on a variety of medical subjects. This work is written in a pleasant familiar style, and is replete with information, but it will be found peculiarly useful to the invalid."—*Observer.*

"This volume well sustains the author's previous reputation as a scholar and a gentleman."—*Bell's Messenger.*

"Alike entertaining and instructive. The descriptions are animated and accurate."—*Dispatch.*

"This work will prove of much value to invalids."—*Weekly Chronicle.*

"A delightful volume, admirably adapted for visitors to France, Italy, and Germany. The author thoroughly understands the subjects of which he treats."—*Morning Advertiser.*

"It unites instruction to the traveller with advice to the invalid." —*Economist.*

"The writer's position as a medical man renders the observations on the influence of climate on disease by far the most valuable portion of this convenient volume."—*Court Journal.*

"The author's general remarks are distinguished by sound judgment, and considerable penetration. As a volume replete with interesting information to the intending tourist, and of indispensable utility to the valetudinarian, we cordially recommend it."—*Wesleyan Magazine.*

"This is a useful, and seems likely to be a popular work. There is nothing overdone in it, and yet for most purposes there is quite sufficient indicated to the traveller. The medical observations are of particular value."—*Douglas Jerrold's Paper.*

"The medical ability of its author renders it an exceedingly useful work to those whom ill-health or ennui shall have driven to seek either a winter or a summer residence abroad. We recommend it for its conciseness and simplicity."—*Critic.*

"A very agreeable companion on the way to the delightful countries and places which the author describes with so rapid, yet graphic, a pen. We can cordially recommend this work, the production, as it evidently is, of a refined mind improved by study, and conveying the soundest reflections in the liveliest manner."—*Post Magazine.*

"This is essentially a medical book of travels, and will be valuable to invalids as entering with careful minuteness into the peculiarities of various localities. The author not only records the result of his own research and experience, which are considerable, but adds weight to his views by giving the concurrent testimony of other medical authorities held in high estimation."—*Guardian*

WORKS ON WINTER RESORTS AND CLIMATES,

BY THE SAME AUTHOR.

NICE AND ITS CLIMATE, re-issued, with Additional Remarks on Climate. 3s. 6d.

A SUPPLEMENTARY NOTICE OF MENTON. 1s.

SPAIN AND ITS CLIMATES. 3s. 6d.

THE SOUTH OF FRANCE. 3s.
(Hyères, Cannes, Pau, and the Pyrenean Baths).

"Dr Lee's publications have an extensive circulation, and deserve it. Practical and suited to the occasion, they recommend themselves by their utility."—*Dublin Medical Press.*

"Though small and unpretending, Dr. Lee's books are practically more useful than many bulky volumes on the same subjects."—*Ibid.*

"Dr. Lee has certainly placed both the public and the profession under many obligations to him. We recommend his valuable Guides as containing perfectly trustworthy information."—*Dublin Journal of Medical Science.*

"Dr. Lee has deserved well of science and of invalids."—*Union Medicale.*

"Valuable medical handbooks."—*Jahresbericht der Medecin.*

"Dr. Lee's works are very agreeably written, and give all the information that can be desired on the subjects."—*Monthly Medical Journal.*

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

"We can recommend Dr. Lee's work to all who purpose to repair to Nice for health or pleasure."—*Medical Times.*

"The author can speak and write with authority upon the relative advantage of the places. The books are written in an agreeable style, and may be consulted with advantage and profit."—*Illustrated London News.*

"Dr. Lee's productions have acquired a recognised value. All are excellent. The medical authority, too, being mellowed by a genial tone, the books will be read with pleasure."—*Sunday Times.*

"Dr. Lee's works are both interesting and instructive, and acquire a 'solidity' (as the Germans call it), from the fact that the information has been derived on the spot. They appear to us to be written in the right spirit."—*Literary Gazette.*

"The general sound sense and calm judgment, as well as the purely professional acumen which distinguish Dr. Lee's publications, render it unnecessary to do more than mention the re-issue of two of his works. The observations on the remedial influence of climate are worthy of studious perusal."—*Globe.*

"A complete *resumé* of the climate and other remedial resources of the South of France."—*Spectator.*

"An agreeable and instructive little volume (South of France), containing a considerable quantity of reliable information."—*Dublin Medical Press.*

"The 'South of France' contains much general as well as medical information, and will be found highly useful to the invalid and the traveller."—*Medico-Chirurgical Review.*

"A pleasantly written *vade mecum* (South of France). Though ostensibly medical, there is much information, and the book is small." —*Athenæum.*

W. J. ADAMS, 59, FLEET STREET.

Critical Notices of Works by the same Author

ON

MINERAL WATERS, THE EFFECT OF CLIMATE, HOMŒOPATHY AND HYDROPATHY.

MINERAL WATERS AND THEIR CURATIVE AGENCY. Second Edition. (Nearly ready).

"We can especially recommend the present production. Mr. Lee's remarks and limitations as to the utility of mineral waters are very discriminate and just."—*Med. Chir. Review.*

"A good epitome on the subject of mineral waters, and free from the cant about the infallibility of particular springs."—*Athenæum.*

"The book contains a considerable amount of useful practical information on the subject of which it treats."—*Foreign Quarterly Review.*

"Able, just, and intelligent."—*Atlas.*

THE BATHS OF GERMANY, FRANCE, & SWITZERLAND, considered with reference to their Remedial Efficacy in Chronic Disease. Fourth Edition. (Ready for publication).

"Marked by good sense, reflection, and an acquaintance with the action of the waters."—*British and Foreign Medical Review.*

"The judgment which Mr. Lee expresses regarding the properties of these waters is enlightened, and exhibits no traces of that exaggeration which is so frequently seen in works written by the resident physicians at baths. On this account it is the best work which we can recommend to those who are desirous of being acquainted with the properties of these baths."—*Gazette Medicale de Paris.*

"The account embraces every point of practical interest or importance connected with the subject. We consider Mr. Lee's work an extremely useful publication. Its general accuracy on all important details, and its conciseness, recommend it strongly to the notice of the public, and especially of the medical profession."—*Dublin Journal of Medical Science.*

"None other than a favourable judgment can be given upon this book, which must be ranked among the best handbooks on the subject—even of those published in the German language."—*German Medical Review.*

"The profession is much indebted to Dr. Lee for affording them information on subjects which otherwise could not be easily obtained. All the author's works are marked by sound views of medical science. This work is very complete, and worthy of any recommendation we can bestow."—*Dublin Medical Press.*

"Complete and comprehensive."—*Edinburgh Medical and Surgical Journal.*

"This work is from the pen of the talented and indefatigable gentleman who, by his various and valuable publications, has laid the medical profession and the world at large under peculiar obligations to him. We can cordially recommend this volume, for, in our judgment, it is the best practical work on mineral waters in the English language."—*Atlas.*

"Mr. Lee's production deserves the popularity it has attained. A work so clear, so circumstantial, so free from technical terms or pedantic abtruseness, is worthy of the praise that has been so generally bestowed upon it."—*Sunday Times.*

"From the few publications of Mr. Lee that have fallen under our notice, he appears to possess considerable medical knowledge, and what is of quite as much importance, great common sense, and a rational judgment. To point out the different disorders to which the German baths are *generally* adapted, and to suggest the best mode of using the waters, is the object of this work."—*Spectator.*

"An interesting work."—*Allgemeine Zeitung.*

"Mr. Lee sets himself to explain the properties of the waters with scientific and professional accuracy, in this certainly very satisfactory volume."—*Literary Gazette.*

"The 'Principal Baths of Germany,' by the author of several works distinguished by the scientific knowledge they display, but perhaps still more for the comprehensiveness of his views, explained with singular brevity and perspicuity, and the soundness of his judgment, as well as the force of his logic."—*Monthly Review.*

"Evidently the result of much study, and exhibits much natural acuteness, and considerable scientific knowledge."—*Britannia.*

"A sound practical work."—*Naval and Military Gazette.*

THE WATERING PLACES OF ENGLAND. (Fourth Edition).

"This work recommends itself by the spirit of independence in which it is written, by the justness of its therapeutical points of view, and also by the important information which appears in every page."—*Gazette Medicale de Paris.*

"A very useful companion to those who resort to the English watering-places, giving a concise and very fair account of these sanitary resorts. The remarks on the employment of mineral waters are well worthy of perusal."—*Medical Gazette.*

"Mr. Lee's *coup d'œil* of British watering-places is that of a master. Everything unimportant in his subject escapes notice, while everything which is of value to the invalid or medical man he seizes with intuitive sagacity, and places before his readers with a precision and concise elegance which makes his book a treat even to the fastidious scholar."—*Medical Times.*

"A commodious and a complete handbook for the knowledge of the mineral springs of England."—*German Medical Review.*

"The medical remarks are judicious, and the descriptions concise and accurate."—*Morning Chronicle.*

"Contains a large amount of information in a concise form. The author's accounts of the localities, with which we ourselves are well acquainted, are very accurate and characteristic."—*British and Foreign Med. Chir. Review.*

"The present work, like others written by Mr. Lee, is characterised by moderation and good sense. The springs are ably treated of."—*Douglas Jerrold's Paper.*

"A capital little manual. The author possesses the invaluable art of being interesting, at the same time that he is scientific."—*New Monthly Magazine.*

"Combines the *utile* with the *dulce*, and contains ample information."—*Dublin Medical Press.*

"The medical statistics are ample, conveying every information which the scientific inquirer, or the invalid and physician can desire." *Press.*

"A valuable work."—*Leader.*

"As in all Dr. Lee's works, a cool judgment prevails over mere enthusiasm in speaking of cures, and he imbues his book with the principles of the subject."—*Spectator.*

"Though small in dimensions, this book is full of information. The author's views are well considered, and he describes with discrimination the complaints likely to be alleviated by a residence at the various watering places."—*Morning Herald.*

"Its descriptions and suggestions may be fully depended upon."—*United Service Gazette.*

"Dr. Lee's judicious, sensible, and able works abide closely by the subjects treated of. We consider him to be an independent and searching thinker, the very reverse of fanciful. His personal experience, too, with regard to watering-places, has been very extensive."—*Monthly Review.*

"This capital little volume will prove a welcome boon to the invalid."—*Critic.*

THE EFFECT OF CLIMATE ON TUBERCULOUS DISEASE, with Notices of Places of Winter Resort. (Fiske Fund Prize Essay).

"A sensible dissertation."—*Spectator.*

"A valuable summary of practical information. Few persons have had so much opportunity of making themselves acquainted with the sanative influence of climate as Dr. Lee."—*Westminster Review.*

"A judicious treatise."—*Athenæum.*

"Dr. Lee gives a very fair *resumé* of the relations of climate to pulmonary disease."—*Lancet.*

"The precepts are drawn from considerable experience."—*Medical Times.*

"The author brings to bear upon the question a large amount of practical knowledge, acquired by extensive travel and personal inquiry."—*Med. Chir. Review.*

"Contains a considerable amount of important and valuable information."—*Midland Journal of Medical Science.*

HOMŒOPATHY AND HYDROPATHY, Impartially Appreciated. With Notes, illustrative of the Influence of the Mind on the Body. (Fourth Edition).

"Mr. Lee deserves commendation for having exposed, and it is hoped prevented, the progress of it (homœopathy) in this country."—*Times.*

Mr. Lee's opinions respecting the dogmas in question are generally just, and he gives a very fair and impartial outline of their leading features, pointing out erroneous hypotheses and distorted facts wherever found."—*Lancet.*

"The author has been enabled, by placing two such opposite methods of treating disease in juxtaposition, and exposing their fallacies, to do good service to the cause of legitimate medicine."—*Dublin Medical Press.*

"These essays have been recognised as sensible and moderate expositions of the slender merits which attach to the popular charlatanisms of hydropathy and homœopathy."—*Medical Gazette.*

"In his appreciation of water as a remedial means, without depreciating its becoming power, the author nevertheless exposes the harm attending the excessive and one-sided use of the water practice. In the second part he controverts the theories of Hahnemann, and justly observes that one advantage of homœopathy in England is, that the excessive administration of drugs has been thereby circumscribed."—*Schmidt's Jahrbücher der Medecin.*

"The candour and moderation displayed in the book amply justify the enconiums passed upon it by the press generally."—*Westminster and Foreign Quarterly Review.*

"Dr. Lee's work appears to be a judicious estimate of the real merits of the water cure. With equal correctness has he appreciated in our opinion the homœopathic theory. The book is exceedingly calculated to disabuse the mind of that portion of the public which may have been deluded by the imposture termed homœopathy."—*Douglas Jerrold's Newspaper.*

"We admire the cautious and temperate style in which Mr. Lee has treated the subject. His views are sober and rational."—*Atlas.*

"This instructive and most entertaining volume, though of moderate dimensions, is replete with every information bearing on the subject. The author has never allowed anything appertaining to science to escape his notice; and while he has rejected wild and extravagant theories, he has carefully and cleverly reserved those which have received the stamp of universal approval, adapting them with peculiar facility to the illustration of his excellent works. His personal experience has been most extensive; his remarks are always judicious, and his descriptions accurate and concise."—*Press.*

"Dr. Lee treats of these matters more liberally and with greater candour than the majority of his colleagues; and the demand for his book furnishes unquestionable evidence of the importance the public attaches to the subject."—*Literary Gazette.*

"Written in an agreeable style, and propounds so many wholesome truths, that it cannot be too warmly recommended to general favour."—*Morning Post.*

"Dr. Lee's style is candid and temperate, and his opinions are the result by close, attentive, and patient observation and examination."—*Wesleyan Times.*

"The author argues the questions connected with these systems in an impartial and scientific tone, and at the same time in a thoroughly popular style."—*John Bull.*

"The fact that Dr. Lee's work has reached a fourth edition is sufficient proof that his able denunciations of the shortcomings of these systems, and his appreciation of any few merits they may possess, are justly estimated by the public."—*Medical Times and Gazette.*

"A very convincing work; it ably dissects the question."—*Literary Gazette.*

"This little work is worthy of great praise; it does credit to the author's judgment."—*Edinburgh Medical Journal.*

"Distinguished by comprehensive brevity, sound and sensible views, and a cool judgment and convincing logic, which neither scholastic nor medical learning will give without natural penetration an common sense."—*Spectator.*

"Abounds in learning, research, and observation." — *Monthly Magazine.*

"A highly creditable examination into the claims of the two great medical innovations of the age. The author has brought to bear upon the subject extensive research, scientific knowledge, and, above all, sound judgment. Without any taint of prejudice, but relying solely upon common sense, fact, and science, Dr. Lee has rendered his exposure of the pretensions of homœopathy as complete as any that ever came under our notice."—*Brighton Gazette.*

J. CHURCHILL, NEW BURLINGTON STREET.

MEDICAL AND SURGICAL WORKS.

OBSERVATIONS ON THE PRINCIPAL MEDICAL INSTITUTIONS AND PRACTICE OF FRANCE, ITALY, AND GERMANY, with Illustrative Cases, &c., and a Parallel View of English and Foreign Medicine and Surgery. (Second Edition, enlarged).

"Mr. Lee's work deserves particular attention; it is written with more independence and justice than are usually met with. His comparative observations are almost always just, and do as much honour to his knowledge as to his judgment."—*Revue Med. Chir.*

"This is a very useful volume, and contains much valuable information."—*Dublin Journal of Medical Science.*

"Of the highest value, combining, as it does, so much of the *utile* with the *dulce*, so many facts with so concise a manner of announcing them. We cordially recommend it to the profession."—*London Medical and Surgical Journal.*

"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.*

"A work of great utility: it is so much an elegant record of facts carefully observed, and of opinions judiciously formed, that the duty of the impartial critic is limited to praise and quotation."—*Medical Times.*

"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 Jahrbücher der Medecin.*

"We recommend this work to the profession; it is full of interest." —*Atlas.*

"Interesting and instructive."—*Monthly Journal of Medical Science.*

"The contents show the industry and experience of the author. The view of English and Foreign medicine and surgery is remarkably well written, without a false enthusiasm for foreign novelties, and without a bigoted admiration for our own system; evidently the result of a long and intimate acquaintance with all that he treats of." —*Monthly Magazine.*

"The succinct account of the principal medical institutions, and the pertinent remarks on Continental practice, bear the stamp of accuracy and impartiality, and convey much useful information to the profession."—*Quarterly Journal of Science.*

COUP D'ŒIL sur les HOPITAUX DE LONDRES, et sur l'Etat actuel de la Médicine et de la Chirurgie en Angleterre.

"M. Edwin Lee, complète aujourd hui son œuvre en nous donnant l'histoire de l'état actuel de la médicine dans son pays. Elle est une peu courte et l'on y désireroit de plus longs details. Telle qu elle est, cependant, elle sera recherchée avec curiosité et intérét par un grand nombre de lecteurs."—*Revue Medicale.*

"Mr. Lee has had an opportunity of observing the general ignorance which prevails on the Continent with respect to the state of the hospitals in this country; and, with the view of contributing to remove this, has given a short sketch of the metropolitan institutions of England, which he has very properly written in the French language, and published abroad. It is, we believe, the only effort made to enlighten our neighbours on the subject which has been made since the work of M. Roux, which has been rendered obsolete by the numerous changes which have since occurred."—*Medical Gazette.*

"Nous ne terminerons pas cette courte notice sans féliciter M. Lee de la tentative qu'il a faite. Nous souhaitons même qu'il trouve des imitateurs, non seulement dans son propre pays, mais en France même."—*Gazette Medicale de Paris.*

THE JACKSONIAN PRIZE ESSAY (of the Royal College of Surgeons), on the Comparative Advantages of Lithotomy and Lithotrity.

"An excellent manual of all the facts relating to Lithotrity."—*Dublin Journal of Medical Science.*

"The subject is discussed with temper and judgment, and the various conditions under which the operations are respectively proper or contra-indicated are adduced in a lucid and forcible manner."—*Medical Times.*

"We cannot conclude our remarks without congratulating the author upon having obtained the prize in so worthy a manner."—*Hamburg Medical Journal.*

TWO LECTURES ON LITHOTRITY AND THE BILATERAL OPERATION, publicly delivered in London, Birmingham, Bath, and Bristol; to which is appended a Translation of M. Chevalier's Essay on the Dissolution of Stone in the Bladder. Reprinted from the *London Medical Gazette.*

ON STAMMERING AND SQUINTING, AND THE METHODS FOR THEIR REMOVAL.

"An excellent treatise on Stammering and Squinting."—*Graefe and Walther's Journal für Chirurgie.*

"We can recommend the work as by much the completest and best published on the subject in this country."—*British and Foreign Medical Review.*

"Mr. Lee is one of the most candid, calm, sensible, and well-informed writers on subjects in the medical department. Indeed, we know no one who with such assiduity directs the public, sometimes by cautioning people against pretensions and quackery, on other occasions against the delusions countenanced by visionaries and professional theorists, and frequently by means of plain and practical details, founded on science, and fortified by much experience. Let every practitioner, and let every patient, before falling in with one pretension or another, consult Mr. Lee's book."—*Monthly Review.*

"Mr. Lee has shown so much talent in his professional works as to afford a strong guarantee of the practical usefulness of his writings. His directions are clear and practical, and his Essay on Squinting will be invaluable to those who are afflicted with that deformity."—*United Service Gazette.*

"The general practitioner, in default of personal observation, will find in Mr. Lee's book such an account of the maladies in question, and of the peculiarities of the several operations, as may materially assist him in coming to a just conclusion."—*Athenæum.*

A TREATISE ON SOME NERVOUS DISORDERS.

(Third Edition nearly ready.)

"Mr. Lee has written a book which possesses an uncommonly high degree of practical worth. He has the merit of having, by his researches, placed in a clearer light several complaints which, till now, had not been very minutely studied. His remarks on Hysteria, Epilepsy, and Hypochondriasis are in general excellent, and contain much that is new, especially in a practical point of view; and even if it be not all gold which he gives us, yet, as he emphatically directed the attention of practitioners to one point, which, with further labour, will certainly lead to great results not yet dreamed of, and which, at all events, merits a closer investigation at the present time."—*Schmidt's Jahrbücher der Gesammten Medecin.*

"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.*

"This part of his work, which Mr. Lee has devoted to their consideration, appears to us to be the most complete treatise existing on the subject."—*Gazette Médicale.*

"A work which deserves attentive consideration from all professional men. It is well written, its statements are clear, and it exhibits an intimate acquaintance with the whole bearings of the inquiry."—*Atlas.*

"Mr. Lee's work is of a practical nature, and worthy of attention." *Med. Chir. Review.*

"Mr. Lee has presented us with a very useful and clever treatise in the volume under notice. He is evidently well acquainted with his subject."—*Monthly Magazine.*

"A valuable treatise, in which those nervous affections which simulate structural disease are treated of with skill and ability."—*Literary Gazette.*

J. CHURCHILL, NEW BURLINGTON STREET.

MEDICAL ORGANIZATION.

REMARKS ON MEDICAL ORGANIZATION AND REFORM (FOREIGN AND ENGLISH).

"For describing the systems of medical organization and education in France, Italy, and Germany, Mr. Lee is well qualified, having made these subjects his particular study on the occasion of several and prolonged visits to the Continent. Already he had published a work on the medical institutions of that part of Europe, which was reprinted in this country."—*American Journal of Medical Science.*

"Among our neighbours across the Channel, more than anywhere else, the state of matters is such, that without an entire abnegation of opinion and personal interest on both sides, and unless enlarged views be brought to bear upon the question, for the entire remodeling of all the existing medical institutions, it will be impossible to effect any profitable amelioration."—*Paris Medical Gazette.*

"We recommend to those interested in medical reform the present work, which it would have been worth while to have enlarged. The author treats the subject with a full knowledge of it, and with perspicuity."—*Zeitschrift für pie Gesammten Medicin.*

"Mr. Lee's remarks indicate an intimate acquaintance with the subject."—*Westminster Review.*

"The great merit of the work is, that the author confines himself to a practical consideration of the various points involved in this complicated question, instead of bewildering us with ingenious theories. It strikes us that many of Mr. Lee's suggestions would meet some of the principal difficulties which have hitherto obstructed the adoption of a definite plan of reform."—*John Bull.*

"A very temperate and able work on a subject of importance."—*Atlas.*

"Mr. Lee states his own arguments in a lucid and clear manner, and his work should be read by both parties of the medical world."—*Dispatch.*

THE MEDICAL PROFESSION IN GREAT BRITAIN AND IRELAND. Parts I. and II.

THE ST. GEORGE'S HOSPITAL MEDICAL STAFF: A Supplement to the preceding Work, with Three Series of Additional Notes.

"Dr. Lee's *brochure* is welcome at the present period, and ought to be consulted by every one who wishes to arrive at right conclusions upon this important subject."—*Medical Circular.*

"This is a very seasonable production on the eve of a Medical Reform Bill, which threatens to inflict for a longer period the corporations upon the profession and the public. The question of medical reform has been made too exclusively a professional one. The interests of the public are not less concerned in the abolition of the present monopolies, and the existing system of examinations, than those of the profession."—*Athenæum.*

"This *brochure* (part I.), inspired by the most praiseworthy sentiments, manifests a perfect acquaintance with the institutions of France, Germany, and Italy."—*Archives de Medicine.*

"Amidst this universal agitation, this confusion of ideas and of means (with respect to medical reform), there remained but one course to take, viz., to study seriously the mechanism of the medical institutions, and the conditions of the profession in other countries; to compare those institutions and conditions with those of England, and to draw from the comparison conclusions which might serve to ameliorate the state of the profession in England. This is just the task which Mr. Lee imposed upon himself, and which he has perfectly known how to accomplish, after having made many prolonged visits to the Continent, and seen the working of the medical institutions in the most highly-civilised countries. The perusal of the two memoirs, while showing how much remains to be done for English medicine, leaves us room to hope that it will yet see brighter days. We have, as a guarantee for this hope, the zeal and the talent of men, who, like Mr. Lee, work for its regeneration."—*Gazette Medicale de Paris.*

J. CHURCHILL, NEW BURLINGTON STREET.

THE END.

BRADSHAW AND BLACKLOCK, PRINTERS, MANCHESTER.