A sanatorium in the south Atlantic.

Contributors

Royal College of Surgeons of England

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St Helena,

A SANATORIUM

IN THE

SOUTH ATLANTIC.

LONDON:
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A SANATORIUM

IN THE SOUTH ATLANTIC.

Few, probably, of our invalid readers, whose ailments require, and circumstances permit, their flying our shores on the approach of winter, to seek, amongst foreigners, in the more genial climes of southern latitudes, immunity from the effects of our chilling snows and biting east winds, are aware that by a short trip, of three weeks' duration—sufficient, in many cases, to afford the benefits desirable from a sea-voyage—they may reach a small, quiet British settlement, with a climate equally adapted to most of their requirements as are such places as Madeira, Naples, Pau, Nice, or Rome; a colony peopled chiefly by an English community, and a civilized mixed race, whose religion, language, manners and customs are those of our own country; and they, and our general readers also, may be somewhat surprised to learn that the settlement we wish to bring forward as a place of resort for invalids is none other than the Island of St. Helena, in the South Atlantic Ocean.

We can apprehend this surprise, and some degree of scepticism also, as to the salubrity of the Island, from the fact that, although well known to the world as the prison of "the prisoner of Europe," all general idea of its climate is tainted with the prejudicial impress of the published opinion of the great Napoleon and his suite, who, exiled there under unhappy circumstances, could only find in its bright skies, balmy breezes and genial showers, a source of all the evils which flesh is heir to. Nor have the frequent visits of the voyager—touching at the Island for a few hours only—been of such a nature as to correct these erroneous notions; for his "run on shore" has been usually devoted to visiting Longwood and Napoleon's tomb; a hurried visit to

one small part only, and that the least favored, of the Island, from which no adequate knowledge of its climate and verdure could be acquired; this concentration of thought on things Napoleonic throwing every thing else connected with the Island into the shade; for, although, especially, if from the east, the visitor may have felt invigorated by the cool air on the heights, and been struck with the healthy aspect of ruddy-faced children in the country, his whole energy has been applied to one series of objects—to see the house in which the great man lived and died, the tomb in which he was laid, to pluck a branch from the famed weeping willow, and drink of the Emperor's favorite spring.

As shewing how little has been known of the salubrity of the Island, we may adduce the fact, that it is only within the last few years that insurance companies have ceased to charge extra premium for residence there, an extra charge having been formerly exacted, apparently on account of its geographical position only—a dogma which was compelled to yield to irresistible evidence that the life risk there was less than in England.

Having had the opportunity during several years' residence in the Island of judging of the climate, and its apparent influence on the European constiution, and having had access to several of its statistical records, we are in a position to lay before the readers of this pamphlet such details as may enable them, under medical guidance, to judge how far it may be considered a sanatorium, or, at least, a safe, quiet and convenient refuge to those suffering from diseases which are aggravated by our English winter. We say under medical guidance, for we would not that the invalid should unguardedly fly some four thousand miles to a foreign shore, without professional assurance of every probability of deriving benefit from the change; and because of this, and the grave responsibility attached to our subject, we will furnish such brief but faithful description of the Island and its meteorology, as will enable the qualified physician to determine pretty accurately what diseases would and would not be benefitted by a residence there.

And here we may anticipate the question which no doubt will arise in the minds of our readers—"What have we to say of St. Helena now that was not known before? What knowledge have we of the salubrity of its climate that former residents did not know, and could not have told hundreds of times during the last hundred years?"—to which we reply—"Nothing." But we have to tell them that it is only now that the Island has direct steam communication with England, and that the voyage can be accomplished in about twenty days, while formerly from fifty-five to one hundred and upwards were required by sailing vessel; and by steamer, viâ the Cape, with ten days' detention in Table Bay, the passage was seldom made under fifty days—passages which no judicious medical adviser would recommend to the sickly, except, perhaps, for the sake of a sea-voyage. It is owing to the circumstance of direct and easy transit by steam having been established, that this article is written; and we may add, that rumour speaks favorably of the vessels employed.

Presuming that those who may think of resorting to this little island in quest of health, will acquire from other sources such general

description of it as they may desire,* we shall confine ourselves to such particulars as here require our consideration. As the nature of a climate is dependant on, and its character indicated by a variety of circumstances and conditions, and is hot, cold, mild, insalubrious or healthy, according to their nature and extent, we shall treat briefly of such local features and phenomena as bear upon these points. They are chiefly geological and meteorological, and may be referred to under the following heads:—

Configuration, soil and vegetation	Elastic force of vapor
Seasons	Humidity of the air
Temperature	Gaseous pressure
Barometric pressure	Pressure (or velocity) of wind
	Rain fall

Configuration, &c.—The island is small, hilly, and rocky, about 10½ miles long by 6¾ miles broad, situated in the 16th degree of south latitude and 6th degree of west longitude, distant from the west coast of Africa about 1050 miles, from the east coast of South America 2000 miles, and from the Island of Ascension 760 miles. Its external aspect, as first viewed from the ship's deck, is extremely forbidding—so much so as to create an unfavourable impression, which, however, is soon removed by a leisurely view of the beauties of the interior, for truly it may be said the worst is on the outside. It has been familiarly compared to a good pie with a bad crust.

It rises abruptly from the sea, and presents around its whole circumference a series of perpendicular and rugged cliffs intersected by valleys. Few of the cliffs are less than 600 feet, while some attain 1600 feet in height. Many of the valleys, where they terminate at the coast, are so deep and narrow that the term ravine might more appropriately be applied to them. These cliffs and ravines are the terminations of the crescentu and tortuous ridges and valleys which stretch from the interior, and which represent the general contour of the island; for, with the exception of the plain at Deadwood and Logwood on the east side of the island, and a few others of small extent, the whole may be said to be formed of undulating ridge and valley throughout.

It is of volcanic origin, trappean formation—greenstone baysalt and baked ashes—forming the bulk of its rocks. It is rocky from its base to its highest peak (2697 feet), but although rugged and bare on the outside and for nearly a mile inwards, the highest point in the interior has sufficent soil to sustain a rich clothing of verdure. It cannot boast of either lake or lagoon, nor can the largest of the many rivulets which trickle down the valleys be deemed but insignificant, yet water is abundant, and being chiefly rain, filtered through hard, and but slightly soluble rocks, is remarkably pure.

Its flora is extremely interesting. A striking feature of this tropical Island, at once observed by the traveller, is the presence of many small forests of fir-trees which crown the ridges and, though more rarely, dip

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* A little guide-book, "St. Helena, by a Bird of Passage," has been recently published by Houlston & Wright, of 65, Paternoster Row.

down into the valleys. There are many other large trees grow in soil of limited depth, for, with the exceptoin of the plains already referred to, deep and cultivated soil is found in the valleys only. Of the 30,300 superficial acres—the estimated entire superficial area of the island—about 8000 are under pasture and 600 in crop. Wheat, barley and oats give good return, but are not extensively sown. The yearly average of these cereals is about 7000 tons. Of culinary vegetables there are raised annually about 300 tons.

It may excite surprise, that growing on this small, extremely isolated, and rocky island, should be found no less—probably more—than four hundred and sixty species of the vegetable kingdom—a mixed indigenous and exotic vegetation, displaying a pleasing assortment—a speaking indication of the mildness of climate—of the fruits and flowers of north and south, of temperate and torrid zones. Here the roadside decorated with the buddlea and bramble, the rock rose and Port Jackson willow; there, near by, stand side by side, a tall fir and jointed bamboo, a sturdy oak and spiked aloe; yonder, the hill-side disputed by the cabbage tree, the tree fern, and the furze bush; down by the brooklet in the valley, glisten in profusion the moon plant and yam flowers, overhung by a weeping willow, and embraced by wild geraniums and roses; and away on the distant slope in the garden, shaded by the Norfolk Island pine, and ornamented with cypress and myrtle, blossom and ripen in juxtaposition, the loquat of Japan, the rose-apple of China, the plantain and date of Africa, the cherimoaya of South America, with the grape, lemon, olive, apple, pear and holly of northern and southern Europe. We would not, however, be understood to say that every ground has its holly bush, and every orchard its apple tree, but that all the plants enumerated above—and many more natives of different climatic zones—grow there and flourish, we ourselves, having seen them, can testify.

The Seasons.—Being a tropical island it may be expected that we have to describe tropical seasons—seasons of intense heat and scorching winds, of prolonged heavy rains and steamy atmosphere, of frequent typhoons, recurring thunder-storms, &c., &c.; but so far as all these are concerned, St. Helena is essentially *un*tropical. It will be gathered hereafter that there is no intense heat; that the average temperature of the hottest months, in the more elevated country, but slightly exceeds that of the summer months of the south and west coasts of England. It may appear superfluous to intimate to the reader that when it is winter in the northern it is summer in the southern hemisphere; but it will be well for our subject to bear the fact in mind, for if when the English winter sets in, the invalid leaves home about the 1st of November, he will, after a voyage of some three or four thousand miles, 39° of which are in pleasant tropic seas, reach St. Helena so as to have the benefit of a warm, equable temperature, averaging for the five following months from 64° to 73°, according to elevation; and leaving about the 1st of May, reach home as the warm weather is established, thus acquiring the enjoyment of perpetuity of summer. The warmest months are December, January, February, March, April and May; the coldest June, July, August, September, October and November; a maximum of temperature being attained about the middle of March,

and a minimum early in September, the progression from the maximum to the minimum, and the minimum to the maximum, being continuous.

Although the rain-fall is usually considerable, it cannot be said that there is any portion of the year which can strictly be called rainy. A record of the pluirometer for five years shews no definite period when rain may be looked for with any degree of certainty, but perhaps the fall is greatest in the months of June, July, August and March.

The year then will only admit of correct division into two seasons, which we may call summer and winter, or more correctly warm and cool. Not that in the valleys, between bare rocks—as where Jamestown is situated—it is never hot, for in the month of March, with the thermometer at 84° to 86° in the house, it is decidedly warm; nor, that on the heights it is never cold, for in September, on a wet, gusty day, it is uncomfortably cool, but these extremes are transitory, and not such as to characterise the climate, and moreover can be always avoided by change of residence.

There are no land and sea breezes, such as are common to most tropical islands, the prevailing wind being the almost-unceasing S.E. trade—entirely a sea-wind—and coming from over thousands of miles of ocean, is as pure a wind as blows on the surface of the globe. The Island enjoys a strange immunity from storms of every description; we cannot learn that it was ever once visited by a hurricane. Lightning is so extremely rare that its appearance creates great alarm amongst the natives.

The following table shews the result of a series of meteorological observations taken at the Longwood Observatory. It is compiled from recorded observations taken there during the years 1840 to 1843 inclusive, by a detachment of the Royal Artillery, sent out from England for the special purpose of taking magnetic and meteorologial observations at St. Helena, and published in 1847, by order of Government, under the superintendence of Lieut.-Colonel Sabine, of the Royal Artillery. From this publication we shall compile and abstract much of our meteorological information. We select it, of all available records, on account of its completeness in extension, and not because we consider that the climate of Longwood *exactly* represents the climate of St. Helena generally, or perhaps any part of it, except Longwood itself. If, however, the following facts are borne in mind, a fair estimate of the climate of the Island may be gathered from the Longwood observations. The Observatory was 1764 feet above the level of the sea, on a plain on the windward side of the Island, about three miles from the sea, the intervening land being nearly barren and plain, with only one point, and that close to the sea, higher than the Observatory itself. The temperature was 7° lower than at the level of the sea on the windward side, and about 9° lower than at the same level on the leeward side—as at the foot of James' Valley. The barometric pressure at sea level on windward side was 1·795 in. greater than at the Observatory, and about 1·800 in. greater on leeward side. Being on the windward side, it received the first impression of the prevailing wind, and whatever cold and moisture was borne with it; so that perhaps it was on the coldest, if not the wettest, side of the Island. We have omitted the rain-fall from this table, that we may treat of it separately and more fully hereafter.

MONTHLY MEANS OF METEOROLOGICAL OBSERVATIONS

Taken at Longwood, 1764 feet above the level of the sea.

Mean annual temperature at sea level on windward side 68·47; barometric pressure 30·080.

Months.	Mean temparature of the air in each month for 5 years.	Mean monthly height of the barometer for 5 years.	Mean elastic force of vapour in each month for 5 years.	Monthly mean of gaseous pressure for 5 years.	Mean degeee of humidity of the air in each month for 5 years.	Mean monthly pressure of the wind for 2 years, (by Oster's Anemometer.)
		In.	In.	In.		Lbs.
January . .	63·98	28·238	·497	27·741	85	1·28
February .	65·87	28·226	·537	27·689	86	0·99
March . .	66·24	28·225	·559	27·666	89	0·86
April . . .	65·60	28·242	·545	27·697	88	0·72
May . . .	63·05	28·277	·491	27·786	87	0·72
June . . .	60·07	28·331	·443	27·888	86	0·82
July . . .	57·99	28·360	·412	27·948	86	0·91
August . .	57·17	28·350	·411	27·939	89	1·28
September .	57·07	28·313	·412	27·901	89	1·11
October . .	58·23	28·275	·427	27·848	87	1·37
November .	59·84	28·252	·438	27·814	87	1·52
December .	61·77	28·250	·464	27·786	86	1·34

Temperature.—The annual mean temperature, derived from five years' observation, is 61·4. The mean height of the thermometer in the different months ranged from 57·67 in September, to 66·24 in March, being a difference on the average of only 9·17 between the hottest and coldest months. The extreme range of the thermometer in each year was as follows:

Year.	Highest.	Lowest.	Extreme Rauge.
1841	73·0 on Feb. 8	53·9 on Aug. 19	19·3
1842	77·6 Mar. 3	52·1 July 19	25·5
1843	73·2 Feb. 23	52·3 Aug. 20	20·9
1844	74·8 Mar. 12	53·0 Sept. 12	21·8
1845	71·7 Apr. 25	52·0 „ 5	19·7

So that the lowest recorded height of the thermometer in the five years was 52·1, and the highest 77·6 degrees, giving an extreme range during the period of 25·6.

The mean diurnal range is greatest in December and least in June; its amount in the different months derived from the five years was as follows:

January	6·68	May	5·05	September	5·05
February	6·43	June	4·29	October	5·97
March	5·86	July	4·52	November	6·54
April	5·49	August	4·73	December	6·56

The mean is 5·6 degrees. We would press the importance of this small daily range.

Barometric Pressure.—This, derived from five years' observation, shews a minimum in the beginning of March, and a maximum towards the end of July, and between these points the progression from the maximum to the minimum, and from the minimum to the maximum, is continuous and uninterrupted. The mean pressure was 28·285 (corrected). The range in the different months 0·135 in.

The diurnal variation has two minima and two maxima; the maxima are at 2 hours and 22 hours, and the minima at 4 hours and 6 hours. The range of the diurnal variation in the different months was as follows:

January	·079	May	·074	September	·074
February	·072	June	·075	October	·076
March	·071	July	·065	November	·075
April	·085	August	·067	December	·073

The mean is ·074.

The Elastic Force of Aqueous Vapour.—The mean of this was found to be 0·470 in.; the mean in the different months varied from 0·559, the maximum in March to 0·411 in., the minimum in August—the range in the different months therefore 0·148 in. The diurnal range in the several months of five years was in—

January	·019	May	·040	September	·033
February	·021	June	·037	October	·036
March	·030	July	·029	November	·036
April	·038	August	·033	December	·029

The mean is ·032 in.

Gaseous Pressure.—The pressure of the dry air was found to have its minimum in March 27·673 in., and its maximum towards the end of July 27·955 in., the range in the different months being 0·282 in., which is nearly double that of the elasticity of the vapour. The mean pressure in five years was 27·816 in. The diurnal range in the different months was as follows:—

January	·079	May	·074	September	·074
February	·072	June	·072	October	·076
March	·071	July	·065	November	·075
April	·085	August	·067	December	·073

The mean being ·074 in.

Humidity.—The mean degree in the year was found to be 87, or there was present in the air, on the average, nearly nine-tenths of the quantity of aqueous vapour required for saturation.

The difference between rain-fall and evaporation is great. Lieutenant Haughton, Royal Artillery, made observations for a year, to determine this point. He placed an evaporation guage on the exposed roof of a house fifteen feet high, built on the top of almost bare rocks, 700 feet above the sea level, on the leeward side of the Island, and exposed on all sides to sun, wind, and rain. The result was—"In the year (of 52 weeks) commencing 12th February, 1860, and ending 10th February, 1861, the total excess of evaporation over rain-fall was 81·42 in., and in no single week did the rain-fall exceed the evaporation." But it must be recollected that this was on the leeward side, and at one of the *driest* parts of the Island.

The force of the Wind.—It is stated of the instrument supplied for ascertaining the velocity of the wind, that it was not sufficiently delicate to furnish a true and exact measure of the trade wind as it passes St. Helena. We must therefore rest satisfied with what we have recorded in first table, merely adding that this wind is usually a gentle and pleasant current of air, sometimes, in the months of September or November, becoming a light gale.

The Rain-fall.—It is puzzling to read the various and contradictory accounts which have crept into old *Gazettes* relative to the rain-fall at St. Helena; according to one author, the Island is arid and barren, and to another, rain is abundant and vegetation rife. Such conflicting statements can only be the result of limited or erroneous observation. But there are many obstacles to obtaining correct measurement of the rain. It falls often in partial showers, narrow strips of condensed cloud, which sweep over one small portion, perhaps two or three miles of the Island, or, as frequently occurs, they just reach the windward side of the Island only. Should a rain-guage happen to be where the rain falls it may be recorded, otherwise not. Again, there are the agencies, which appear in St. Helena to exert unusual influence, of aspect, elevation, vegetation, &c., which modify the rain-fall at a locality. As exemplifying this we quote the following:— "In 1841 Captain Lefroy, then director of the observatory at St. Helena, established rain-guages at three other points of the Island, for the purpose of obtaining a comparative estimate of the quantity of rain. The stations were:—1st, near the highest pinnacle of the Island, on a very narrow ridge of rock; 2nd, lower down on the same ridge of hills; 3rd, Longwood observatory; 4th, James' valley. The three first stations might be comprehended in a circle of one mile radius, and the fourth is but little more distant. The quantities of rain received at these stations during nine months of 1841 were as follow:—

1.	At 2644 feet of elevation	22·63	inches.
2.	1991 „	27·11	„
3.	1782 „	43·42	„
4.	414 „	7·63	„

It is obvious, therefore, that to obtain anything like a correct estimate of the rain-fall, observations should be taken at five stations at least; one to be at each of the cardinal points, and one in the centre of the Island. In the absence of any such complete observations, the different records must be conflicting, and so we find them. It is matter of regret too that the observations of such places as are recorded were made at different periods.

At Longwood, 1764 feet elevation, exposed and on windward side, the mean annual fall for eight years, 1841–8 inclusive, was 43·813 inches. At plantation, 1500 feet elevation, more to leeward and surrounded with trees, Governor Beatson found the average for four years, 1811–3 inclusive, to be 31·63 inches. At Ladder Hill, near the summit of a cliff overhanging the sea on leeward side, and 600 feet elevation, the rain-fall in 1862 was 18·85 inches; while in James' valley, immediately beneath, at 250 feet elevation, in same year the fall was 9 inches. In the same valley, but at an elevation of 40 feet, the mean annual average for three years obtained by the Royal Engineers was 6·629 inches only.

From such data we can only make an approximate estimate, so perhaps we are nearly correct if we say that if the whole quantity of rain which falls on the island during entire years were equally distributed over its surface, it would give a mean annual average of 30 inches. The number of rainy days in the year is estimated at 140. Mists on the higher ridges are not uncommon.

These are the climatic features of the Island. Let us compare the chief of them with those of some of the most noted sanatoria at home and abroad. Our information regarding these is scanty and incomplete, but the following table may be worthy of place.

TABLE *shewing certain Climatic conditions at noted European Sanatoria and at St. Helena.*

SANITARIA.	Annual mean temperature.	Difference of mean temperature of warmest and coldest weather.	Mean daily range of temperature.	Annual mean height of barometer.	Annual range of barometer in inches.	Annual quantity of rain in inches.	Number of rainy days.
Hastings	50·73	23·92	..	29·72	..	31·91	155
Clifton	51·26	23·00	..	29·733	..	32·560	149
Penzance	51·80	18·70	6·75	29·620	1·950	44·715	164
Pau	54·95	32·84	7·58	..	..	..	109
Nice	59·71	28·45	8·38	..	..	20·782	..
Rome	60·67	26·37	10·91	29.893	1·221	31·173	117
Naples	61.29	30·00	13·33	29.554	1·154	..	97
Madeira (Funchal) .	64·55	25·00	10·33	30·030	1·211	25·026	73
St. Helena (Longwood)	61·40	9·17	5·6	28·285	0·131	30·00	140

But it is time we turned our attention to the people of the Island, and the statistics of disease and death amongst them. By the census taken on the night of 7th April, 1861, the population, including the garrison, amounted to 6444. Being one of the few places of the world discovered without an indigenous population, having been held successively by the Portuguese, Dutch and English, and up to the year 1818 its labour carried on by slaves brought from all parts of the world, the lower class of inhabitants are, as may be supposed, a curiously-mixed people. There are the pure Caucasian, the pure Ethiopian, and the pure Mongolian (of the last but a few Chinese only remain); the Caucasian, all intermediate shades of dark and fair, mixed with the woolly-headed Ethiopean or the oblique-eyed Mongolian, and all this mixture mixed again into a heterogeneous and indescribable race.

Notwithstanding many obstacles which a small Island conditioned as St. Helena is presents to increase of population, it appears that from 1815—prior to the arrival of Napoleon — there had been a gradual augmentation from 2891 to the number ascertained in 1861, viz., 5496. Individual prolificacy is proverbial, and several instances are related of quivers long empty elsewhere receiving a first instalment on the rock.

The English having held uninterrupted possession since 1673, every thing English predominates; indeed, it can scarcely be said that we now find any marked traces of the Island's first and second masters, except some few names peculiar to their countries.

Being a small island, not sufficiently productive for all demands, and therefore dependant, to a great extent, upon external sources for support and supplies, and having a sea-port and garrison, and both these at the only town of which the Island can boast, we need not say that the town is crowded. We find in 1861, of the whole number of the inhabitants of the Island (exclusive of the garrison, numbering in town, including women and children, about 550), 3268 were resident in Jamestown, and the remainder (2228) in the country. The town is on the leeward side, in a narrow valley, which stretches upwards from the wharf about a mile and three-quarters.

The lower part of the town, occupied chiefly by opulent merchants, is well built, clean and regular; the upper portion is dotted with a few elegant villas, which are considered desirable residences. Of the central portion, however, we have nothing favorable to say, for there every rule of health appears to be infringed or ignored. The site is limited, and naturally ill-adapted for a town, and the habitations are small, low, crowded, badly-ventilated, dark and dirty in the extreme. The people located there are generally poor, ill-fed, and of filthy habits; their food is chiefly fish and rice, and they are sorely addicted to an impure and unwholesome beverage called Cape wine. If we were to divide the town into six parts, and assign to the lower and upper ends each one part, we may safely assert that in the remaining four parts would be found to occur 65 per cent. of the mortality of the whole Island. Yet, notwithstanding the unhygienic influences obtaining there, and, indeed, amongst the poor generally, the sickness and death will bear comparison with perhaps any part of the world.

The following TABLE *shews the Annual Death-rate at different ages, for a period of Six Years, exclusive of Sailors, but including Garrison.*

Population.	Year.	Under 5 years of age.	Over 5 & under 10 years of age.	Over 10 years of age.	Total.	Annual mean for 6 years.
6444	1859	73	5	56	134	21·20 ℔ 1000
	1860	77	5	73	155	
	1861	48	4	111	163	
	1862	59	6	75	140	
	1863	34	6	83	123	
	1864	43	5	57	110	

The mortality in England and Wales per 1000 living is 22·36 per annum, being 1·16 greater than at St. Helena.* The numbers in last

* The death-rate of the Island would shew much more favorably if we could separate the mortality amongst liberated Africans and their descendants, of whom there are a considerable number in St. Helena. It is well known that all transported negroes die off rapidly, those of the Southern States of America perhaps excepted. Insurance offices have discovered the uncertainty of the expatriated African's life. We were told by an insurance agent at St. Helena that the Victoria and Standard Life Offices, while accepting all others at the English rate, have declined to assure, at any rate whatever, the lives of Africans, even of the best apparent health and steadiest habits.

table shew the death-rate of the entire population, European and native, or mixed; and as we have no means of separating those of European birth or descent, so as to shew statistically the influence of the climate on the European constitution alone, we must, for the sake of comparison, fall back on the English soldiers of the garrison, although their number is, perhaps, too small and fluctuating for our purpose. Yet this resource is valuable, inasmuch as three-fourths of the soldiers belonged to a local regiment, raised in England for service in St. Helena only; but we should add that one-half of the garrison was quartered in the central and unhealthy portion of the town, where we have been assured all the lethal disease amongst the troops occurred.

The following table shews the extent of sickness and mortality in the garrison for five years, and is compiled from Army Medical Statistics (Blue-books for the period). As we find the number of accidental deaths to be proportionately much greater than at home, we have allotted to them a separate column :—

TABLE *shewing the mortality amongst Troops in Garrison for Five Years.*

Years.	Strength.	Mean daily Sick per 1000 Strength.	Died, including Invalids sent to England.	Death rate per 1000 Strength.	Number of Accidental Deaths.	Remarks.
1859	465	36·23	6	12·90	2	The rates of accidental to total deaths of Soldiers in England is 6·56 per cent. The rates of accidental to total deaths in St. Helena is 16·12. The mean daily sick in England is 50·88, and in St. Helena 34·86 per 1000 of strength, calculated for five years.
1860	461	36·12	5	10·85	1	
1861	680	35·30	8	11·76	..	
1862	697	33·00	7	10·03	2	
1863	624	33·65	5	8·00	..	
Mean ..	585	34·86	6·20	10·70	1	

Allowing for the excess of mortality from accidental causes, the death-rate amongst soldiers in St. Helena is a fraction higher than amongst soldiers in England. This fact is more significant than might at first sight appear. The period of five years considered embraces what we hear of as a new era to soldiers, and when those serving in England enjoyed many of the sanitary improvements introduced into the army by the late Lord Herbert, such as increased accommodation and supply of air, better drainage and improved cookery; with also the advantages of constant fresh-meat dietary, and an occasional year at one of the healthy camps. At St. Helena there were then few of these ameliorations. It would appear, that while occupying the same barracks the force increased gradually during three-fourths of the time, and that one half of the men were quartered in the centre of the most unhealthy part of the town; moreover, they were

fed on salt meat four days of the week, and led a life which to the uneducated mind must have been that of dire monotony. Yet we find that amongst the military at St. Helena there was much less sickness, and a death-rate about the same as amongst their more favored brethren in England.

In comparing the mortality we have adhered strictly to the figures, but on reading the records of St. Helena we find noted two sudden deaths from excessive drinking, and another in a recruit from boardship dying of consumption, and who died in three days after landing. We question if of 31 deaths in an English garrison there could be found, in addition to five accidental deaths, three more in no way attributable to duty or climate. It is evident, however, that the total number of deaths from disease, or natural causes, contracted on the Island were in five years 23, or 7·86 per 1000 per annum.

Of the causes of death amongst the troops we have correct information in the Blue-books referred to, but as we have good reason to believe that it has been customary to register the deaths of the civil population without a medical certificate, we cannot consider the statistics of disease at all trustworthy. This is much to be regretted, as it is of high importance that we should shew accurately what are the diseases of the climate.

It may be expected, however, that we should say something of "the English disease"—consumption—which drives so many of us to warm climates during winter. We have heard it asserted that this disease is not uncommon amongst the black and colored natives, and that this is the case especially amongst the negroes. We can readily believe, that is, if we believe—as we are told many of the faculty do now—that consumption is not entirely a disease of climate, but rather —as exemplified in the fine men of the Household Brigade, of which we heard so much a few years ago—the results of certain unhygienic, but unavoidable conditions; and that these conditions obtain to great extent amongst the Africans in that, to them, cold climate, is highly probable; but that consumption is a disease of St. Helena we have no reason to believe; and indeed it would be difficult to reconcile to all commonly received notions how such a climate, as a climate, should give origin to such a malady. Nor do the figures, taking them at what they are worth, give any such indication. By a return furnished by the Registrar we find that of 844 deaths, 107 or 12·67 per cent. are said to have occurred from consumption. Let us compare this ratio of mortality with that from the same cause amongst the civil population of England, and also amongst soldiers in St. Helena and in England.

Deaths from consumption amongst civil population of England and Wales	17·57	per cent.	of mortality.
Ditto ditto of St. Helena	12·67	,,	,,
Deaths from tubercular* disease amongst soldiers in England ...	30·18	,,	,,
Ditto ditto in St. Helena ..	16·12	,,	,,

* This term we find in the abstract tables in Blue-books. In includes with consumption some few allied diseases. Our adopting it in no way invalidates the statistics.

Strictly speaking, the mortality ratio for St. Helena should be 12·90, as the death of the recruit landed dying is included in the above calculation.

The island has always been singularly exempt from epidemics; except of two fatal visitations of measles, we find no record of any; but within the last few years hooping-cough and influenza have appeared in epidemic form. Such dread diseases as cholera and yellow-fever are unknown, and what is more remarkable, there is little, if any, malarious fever. The conformation and soil admit of easy, natural drainage; and as there are no marshes or excessive vegetation—no "tidal river bank, no lake border, no fenny moor"—miasma is rarely, if at all, generated. The only fatal fever there is typhoid, which modern writers on causes of disease tell us is produced by the exhalations from fermenting sewage. It is contracted by those only who reside in or frequent the filthy parts of the town. Amongst the soldiers it caused one-sixth of the deaths. Dysentry and liver disease are, perhaps, slightly more prevalent than in England; the reports circulated so industriously during Napoleon's captivity that these diseases are endemic and very fatal, are entirely without foundation. From all we can gather, the diseases of the Island appear to be those of a temperate climate.

Such then is St. Helena from a sanitary point of view. If, however, it is expected of us to say for what diseases the climate is adapted, we fear we must cause disappointment. We are not in position to elucidate the question, and indeed how could we, with any certainty, specify what experience alone can determine. We have no hesitation in pronouncing it highly salubrious to those Europeans whom duty or adventure have sent thither; and, as we believe there are few maladies would be aggravated by it, so we may safely leave it to our medical readers to judge who would be benefitted by a climate so essentially insular, marine, mild, equable, warm and moist, as that we have described.

And yet we feel that unless, as we anticipate, it should prove pre-eminently adapted for several ailments, there are many who would eschew the Island on account of its size, geographical position, and the distance from home. Our sickly nomads have usually long purses, and when wandering in quest of health, often look for intellectual amusement and pleasureable excitement; and therefore we would say to those who cannot seek for strength for their sickly frames away from majestic rivers, magnificent lakes, lofty mountains, and the scenes of classic lore—"Do not go to St. Helena." But to those who require a sea-voyage and prefer or require quiet, and can be contented with limited, but peculiarly picturesque and beautiful scenery, and would wear their summer clothing at Christmas, in one of the most delightful climates in the world, we would say—"You may do well to go to St. Helena."

Let not the word "tropical" become a bugbear. We at home are too apt to associate with the term a land only of scorching heat, a country of muddy rivers with lazy alligators basking on their slimy banks, of dense jungles alive with lions and tigers, of deadly swamps emanating mephitic effluvia, &c., &c. We have already shewn that St. Helena is neither hot nor malarious, and as for beasts of prey, there are none; and it is a pleasing fact to add that one may climb the steep

cliffs, wade through the thickets, and loll on the grassy slopes of *that* tropic land, without dread of anything more venomous than a mosquito; scorpions and centipedes are occasionally met with in the town, being the only venomous creatures in the whole Island.

And lest there should be any of our readers who have learned to think of it as a barren rock, we would say, emphatically, that it is not so. An island of its size, which can depasture, all the year round, some 1400 cattle, 6000 sheep, 1000 goats, 230 horses and 400 donkeys, and yield fair amount of cereals and vegetables to supply the people, and some 900 calling ships beside, must be considered fertile.

As the question of expense of living may arise, we subjoin a list of market prices as furnished by the market-clerk.

Beef	10d.	to 1/	per lb.	Milk	2/ to 3/ per gallon.
Mutton	ditto.			Onions	5d. „ 8d. per lb.
Pork	ditto.			Guavas	2d. „ 4d. per dozen.
Fowls	2/	to 3/	each.	Mangoes	6d. „ 1/ each.
Ducks	2/6	„ 4/	„	Peaches	3d. „ 6d. per dozen.
Geese	10/	„ 12/6	„	Pears	4/ „ 5/ per hundred.
Turkeys	18/	„ 25/	„	Grapes	1/ „ 1/6 per lb.
Vegetables	5d.	„ 6d.	per bunch.	Loquats	1d. „ 2d. per dozen.
Potatoes	15/	„ 25/	per bag.	Blackberries	2d. per basin.
Hay	5/	„ 6/	per cwt.	Bilberries	2d. „
Grass	1/	„ 1/6	„	Fire-wood	1/ to 1/6 per cwt.
Forage	6/	„ 7/6	„	Coal	50/ „ 70/ per ton.
Pumpkins	½d.	„ 1d.	per lb.		

The means of communication with, and transit to, all parts of the world are numerous and constant, about 900 ships of all nations touching annually for supplies.

And the benefits of religious instruction and secular teaching are not wanting, there being a resident Bishop and four or five clergy, and some seven schools for children. Private tuition is also available.

The society of the Island, so far as anything deserving the name extends, we may characterise as we found it—generally refined and intelligent, and all residents, including the civil and military officers of Government, exercising a liberal hospitality. We can confidently offer to strangers the hope of meeting with many agreeable companions.

The St. Helenian is enlightened beyond what might be expected from his isolation. His island being like a way-side inn on the homeward route of one the great commercial routes of the world, he meets with men of every nation, kindred, and tongue, and so his ideas become expanded. He is proud of his native country, believes it to be the loveliest and healthiest in the world, and congratulates the newly-arrived officer on being sent to such an elysium. May we add a hope, that invalids may be able to endorse his opinion of its salubrity.

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