

## **Winter health resorts / by T. Lauder Brunton.**

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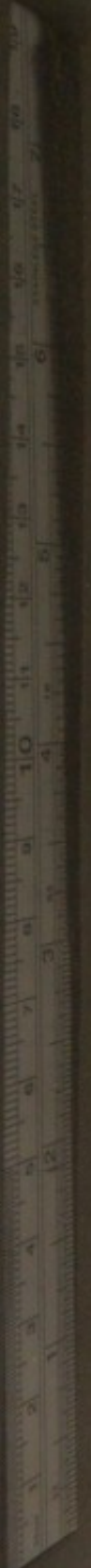
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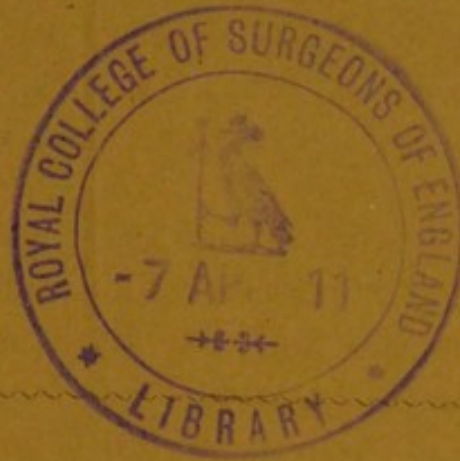
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WINTER

T. LAUD

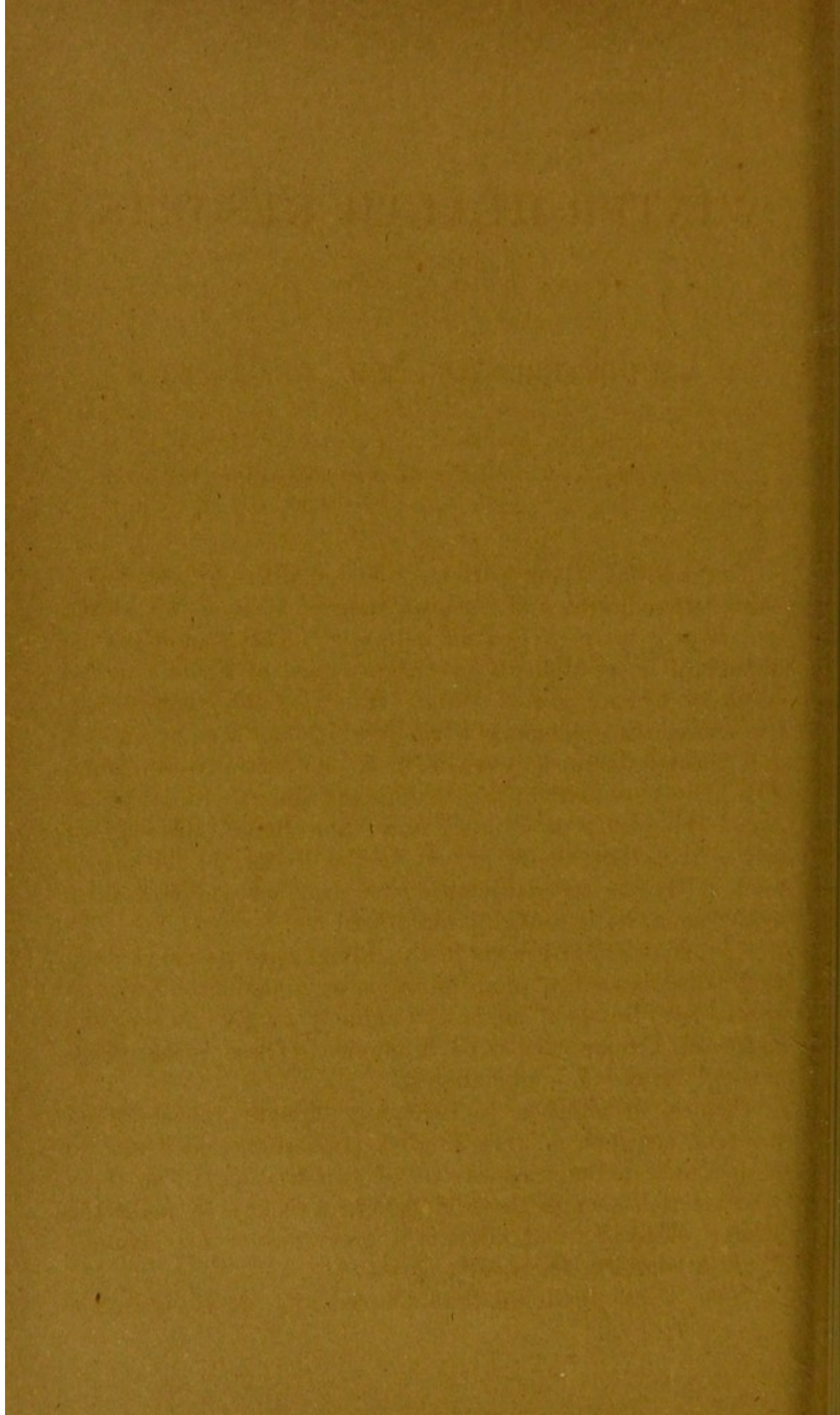
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**WINTER HEALTH RESORTS.**

BY

**T. LAUDER BRUNTON, M.D., F.R.S.**



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T. LAUDER BRUNTON, M.D., F.R.C.P., F.R.S.

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THE question where patients affected with phthisis, bronchitis, albuminuria, and rheumatism are to spend the winter is always a more or less difficult one. This year it is rendered still more difficult by the presence of cholera in the south of France and in Italy. It is probable that during the winter the epidemic of cholera which has been prevailing will greatly diminish, even if it do not entirely die away. The risk of a patient's catching the disease by going to spend the winter at Cannes, Nice, San Remo, Mentone, or any of the other health resorts in the Riviera is but small; even at Hyères, notwithstanding its proximity to Marseilles and Toulon, he is probably quite safe.

The chief health resorts in the Riviera are so well known that when a medical man is asked by a patient where the winter is to be spent he is not unlikely to give at once the name of Cannes, Nice, or Mentone. These places have certainly very many advantages.

Cannes, in addition to its sunny climate and sheltered position, has such a large English population that a visit to it does not in the least savour of expatriation. For those who are well enough there is sufficient society to maké the winter pleasant; and, what is a great matter for invalids, English comforts are readily obtained.

Nice is less sheltered than Cannes, and, as we ourselves

have experienced, the wind sometimes blows furiously from the hills across the Promenade des Anglais. Its suburb, Cimiès, is, however, an excellent health resort, especially for March and April. There are numberless walks and lovely views. Nice is colder than Cannes, and is less suitable as a health resort for consumptives. It is still more lively, and, indeed, amusement is carried rather to an excess. But this, no doubt, attracts a number of people who dread boredom above everything else.

A little further east of Nice lies Monaco, the pearl of the Riviera, but quite unsuitable for a health resort on account of the gaming-tables and the crowd of people who resort to it solely for the purpose of gambling.

A little further on still lies Mentone, the best sheltered of all the places in the Riviera, and the best adapted, we think, for advanced cases of consumption where there is little hope of cure, and where one's only wish is to preserve life as long as possible.

Crossing the French frontier into Italy, we come to Bordighera and San Remo, both of which are becoming well known and favourite health resorts. In climate they are not unlike Cannes; San Remo being warmer than Cannes. For invalids who like quiet they are well adapted, but there is not the same amount of stir and amusement as at Cannes.

Within the last few years a number of hotels have been built at some of the smaller villages along the coast with the view of attracting strangers during the winter. Several of these are well situated. Alassio, Ospedaletto, and Pegli, Nervi, and Rapallo, have all a good climate and sheltered situation, and may do very fairly well for those who are not great invalids; but from the want of the conveniences which are always to be found where a number of English congregate, they are not so well suited to advanced cases of disease as the larger and more frequented health resorts.

It is possible that this year some of these may be considerably fuller than usual, because persons who are afraid of any risk of cholera, and therefore object even to pass through Marseilles, can reach some of the health resorts of the Riviera very readily *viâ* Turin.

Yet small as the risk of catching cholera may be there are many persons whose dread of it is so great that they will object to winter on the Riviera as they might otherwise have done, and their medical attendants must yield to their wishes and send them elsewhere. If the patients dread cholera very much they will probably object, not only to go to the Riviera, but even to go south at all, and in such cases the Swiss health resorts are almost the only ones to which they can be sent. Of late years the number of phthisical patients who spend the winter in Alpine health resorts has been constantly increasing, notwithstanding the fact that many medical men have still an unfounded dread of sending patients to them. Some of them suppose that it is a case of either "kill or cure," and that unless the patient is strong enough to get well, the intense cold is certain to destroy him. In forming this opinion they quite forget the fact that the temperature of the human body depends very much on the dryness of the air. A very competent Canadian observer noticed that he felt very much colder in London, with the thermometer at  $4^{\circ}$  below freezing point, than in Canada when the thermometer stood at  $40^{\circ}$  below zero, Fahr. The dryness of the air in Canada more than compensated for a difference of  $68^{\circ}$  Fahr. Dry air has very little capacity for heat, so that when it is at rest it conducts away very little heat from the body. If fresh particles of it are constantly brought into contact with the surface either by a wind blowing, or by the person moving rapidly along as when driving in a sleigh, even dry air at a low temperature will remove the heat quickly and produce a sensation of great cold. It is for this reason that the chief Alpine health resorts are places well sheltered from the wind. In these Alpine resorts the sky is generally clear and not unfrequently perfectly cloudless. As the intensity of the sun's rays is not lessened by fog or cloud, their brightness and heat is such as would hardly be imagined by anyone who has not had personal experience of it. It seems almost incredible that invalids should sit out of doors during the greater part of the day basking in the sun and shading their faces with a parasol or umbrella, while all around, as far as eye can reach, there is a dazzling sheet of



pure white snow, broken only by the jagged outlines of projecting rocks, or the dark forms of leafless pine-trees. Even in the hotels the cold is not so much felt as it is in London. The public rooms and corridors are warmed either by stoves or hot-water pipes, and the private rooms also are heated either by stoves or by hot water. Rooms facing the north are apt to be cold, but in rooms having a southern exposure the occupants frequently do not light their stoves until the afternoon, as the sun's rays shining into the room warm it sufficiently during the forenoon.

The chief Alpine Swiss resorts are Davos and St. Moritz. Two others are likely this year to obtain a share of patronage—Wiesen and Maloja. There has been an hotel at Wiesen for one or two years, but it has recently been considerably enlarged. The hotel at the Maloja is open for the first time this year.

Davos is the oldest and best known of these health resorts. It is situated in a narrow valley which is so closed in, not only at the sides, but at the ends, that there is very little wind indeed; and thus the patients are less exposed to the chance of a chill. There are a number of hotels. Those chiefly frequented by the English are the Buol and the Belvidere. The Kurhaus and its *dépendences* are chiefly frequented by Germans.

The chief amusements of the more delicate are reading, gossiping, and basking in the sun, or gently strolling along the road, where seats are provided at short intervals on which they may sit down and rest whenever they feel tired. For the stronger there are excursions in the neighbourhood, skating on the rink, and tobogganing. The toboggan is a little sleigh about four feet long, and varying in height from a few inches to a foot or rather over it. Having drawn this to the top of a slope, the person seats himself upon it and glides down to the bottom with great rapidity, guiding himself either by his feet or by a wooden pin held in each hand. At Davos the chief toboggan run is behind the Hotel Buol, but those who are more athletic have a long run down the hill from Davos Dörfli, which is about a mile and a half from Davos.

Davos Dörfli lies further down the valley than Davos, or, as it is sometimes called, Davos am Platz, to distinguish it from Davos Dörfli. Dörfli is not much frequented by English, but there are a number of hotels which appear to be well filled.

The advantages of Davos as compared with the health resorts of the Mediterranean are that it is more bracing, and that the air—at least that outside of the hotels—is free from dust, which we now begin to associate so closely with disease ; and that the rarefaction of the air appears to lead to greater expansion of the lungs. The coldness of the air induces patients to take more exercise than they would probably do in southern climates, while the warmth of the sun and the intensity of the light probably act as vital stimulants. To those who are unacquainted with Alpine health resorts, it may seem exceedingly strange to rank them above the Mediterranean resorts in relation to sunshine, but such is nevertheless the case, and anyone going from the Mediterranean to Davos or St. Moritz will be struck by the fact that the inhabitants of the latter places are much more sun-burned than in the former ; and even patients who are far advanced in phthisis, instead of a pallid look, often present an almost nut-brown colour in the Alpine Swiss health resorts, from the intensity of the sun's rays pouring down through a cloudless sky, increased by the upward reflection from the pure white snow.

The advantages of Davos as compared with other Alpine health resorts are the complete shelter which it enjoys from wind and the greater readiness with which it is reached. By travelling to Switzerland *viâ* Laon and Delle, the invalid is able to leave London at ten o'clock one morning and get to Basel about six the next morning. By travelling in a sleeping carriage he has no change between Dover and Basel, and may enjoy a comfortable night's rest. At Basel he has nearly an hour and a half's stoppage for breakfast, and gets on to Landquart a little after two in the afternoon. Here he stays all night, and next morning he travels either by diligence or by private coach up to Davos. The diligence takes seven hours and a half between Landquart and Davos.

Instead of going on to Landquart, some patients prefer to stop at Ragatz, which they reach about ten minutes to two, and, resting there all night, catch the diligence at Landquart in the morning, or else hire a private carriage. Others, again, prefer to travel by Chur, which they reach at 2.35 in the afternoon. The hotels, both at Ragatz and at Chur, are larger than at Landquart. The journey from Chur to Davos by diligence is longer than from Landquart, but by starting at eight instead of ten in the morning one arrives at half-past four instead of half-past five in the afternoon. When an invalid wishes to stop at an hotel during winter a telegram should be sent on to the hotel-keeper to have the invalid's room not only ready but thoroughly well warmed beforehand.

St. Moritz is the best known winter resort, next to Davos. Although in summer it is usually crowded with strangers who are attracted to it either by the beauty of its scenery, or by the reputation of its chalybeate springs and bath, it is only within the last two years or so that it can be said to have become a regular winter resort for invalids. For some years, several people have been in the habit of spending the winter in St. Moritz, but these were chiefly persons in comparative health, fond of walking and mountain excursions. St. Moritz is now, however, coming rapidly into favour as a health resort for phthisical patients. Although about 6000 feet above the sea level, it is, like Davos, situated in a valley. But there is this difference between the two valleys; that while the Davos valley is closed in at both ends, as well as at the sides, so as to form an elongated cup, St. Moritz lies near the upper end of the valley of the Engadine, which stretches away eastward, gradually descending for many miles. St. Moritz would thus be much exposed to wind, were it not that moraines, stretching from the hillsides into the valley above and below it, direct any current of wind passing either up or down the valley away from it, so that it is well sheltered, although not quite so much so as Davos.

The Engadine valley begins about fifteen miles above Davos at the Maloja Pass. Its upper part is cut up by

moraines into a series of cups, in each of which lies a little lake. This series of lakes forms the head waters of the Inn, which, as it leaves the St. Moritz lake, is a small stream a few yards across, but, gradually increasing in size in its onward flow, has become a deep and rapid river when it joins the Danube at Passau. The baths at St. Moritz are situated on the flat ground at the head of the lake, and here also are several large hotels which are frequented by the summer guests. These are at present entirely closed during the winter months.

The chief hotels which are open during winter are the Kulm Hotel and Casper Badrutt's Hotel, but probably some other hotels may be open this winter to accommodate the influx of visitors. The two hotels just mentioned, as well as several others, are situated on the side of the hill, at a distance of nearly 300 feet above the lake. The advantage of this is, that they are completely above the reach of the mists which may frequently be seen hanging over the lake, especially in early morning. They are also well sheltered from the wind by the projecting spurs or moraines already mentioned. While Davos has an advantage over St. Moritz in being better sheltered and rather more easily reached, St. Moritz has an advantage over Davos in several respects. It is more lively and more agreeable because it is not, as yet, a resort crowded with invalids. The weakness, weariness, discomfort, and pain consequent upon illness are apt to render invalids irritable, and their irritability has a tendency to communicate itself to those who are around them, nursing them, or caring for them. The very self-restraint which healthy persons exert in order to bear an invalid's fretfulness or exactions, without the least indication by word or look of weariness and annoyance, is apt to render them occasionally irritable and captious, while the sorrow for their friends is apt to exercise a depressing effect. A society composed chiefly of persons who are very ill and of those attending upon them, such as that at Davos, is therefore not so likely to be pleasant as one of people comparatively healthy such as we find at St. Moritz. The opportunities for exercise at St. Moritz are also better. The skating rink is only about

fifty yards from the Kulm Hotel, and the lawn-tennis court is only about ten or twelve yards from the hotel. There are several toboggan runs—one, a short one, from the hotel door down through the village; a long one from the hotel terrace down to the lake; and another down a steep footpath leading to the village of Cresta.

The nearness of the skating rink and lawn-tennis court to the hotel induces those to make use of them who would be deterred from doing so by a walk of even a few hundred yards. There is the further advantage that invalids who are too weak to take any active exercise are able to sit in the court or on the rink during a great part of the day enjoying the sunshine, while they are amused and interested by watching the sports. Arrangements are made by which it is unnecessary for them to come in to meals, their luncheon being brought out to them. Both the rink and the tennis-court are so well sheltered from wind that although fully open to the sunshine, invalids can sit out on most days without the least risk of chill. Some patients even far advanced in consumption have done very well at St. Moritz, but probably the cases for which it is most suited are those where the lungs are simply consolidated, or where softening is at least not far advanced, and the patient retains a sufficient amount of energy to enable him to take active exercise out of doors. We have seen cases of simple consolidation clear up at St. Moritz in a way which was really marvellous, and we think more rapidly than at any other health resort. Even moderately-sized cavities contract and heal up.

St. Moritz is somewhat further than Davos, the difference in distance being chiefly in the diligence journey. The traveller may take the route already mentioned to Chur, leaving London at ten o'clock, and arriving about half past two the next day. He may rest at Chur all night, and take the diligence or a private carriage up to St. Moritz. The diligence leaves at a quarter past five in the morning, necessitating an uncomfortable start for invalids. It arrives at St. Moritz at a few minutes past six at night. This early start may be avoided if the traveller, instead of staying at Chur all night, should take a carriage on to Thusis and sleep there.

The diligence starts at twenty minutes to eight in the morning, arriving at ten minutes past six at St. Moritz. By this plan also the long diligence journey is shortened and the fatigue to the invalid is lessened.

Wiesen has for a few years back been used as a stopping place by invalids on their way down from Davos. The spring there is earlier than at Davos, so that when the snow begins to melt at Davos, and makes the roads sloppy and uncomfortable, it is already so far melted at Wiesen that the hill-sides exposed to the sun are free from snow. It is not so well sheltered from the wind as Davos, nor has it the same advantages for exercise as St. Moritz, but the hotel is comfortable, the cooking is said to be good, and several people who have been staying there speak very highly of it. It is also less expensive than Davos or St. Moritz.

Invalids going to Wiesen stop all night at Chur, and, leaving by diligence at eight in the morning, arrive in Wiesen at twenty minutes past two.

A new hotel has been opened this year at the Maloja as already mentioned. From the Maloja Pass the Engadine slopes very gently down towards the north-east, while on the other side the ground falls abruptly nearly a thousand feet into the Val Bregaglia, the diligence road descending in many windings down the declivity of one of the steepest mountain passes in Europe. Close to the summit of the pass on its eastern side lies a lake, the first of the series, in the Engadine valley. At the head of the lake, between it and the summit of the pass, is some flat ground, and on this is built an enormous hotel.

Although the Maloja is fourteen miles higher up the Engadine valley than St. Moritz, yet the slope of the valley is here so gentle that the Kulm Hotel at St. Moritz, built as it is on the hill-side, is actually higher than the Maloja Hotel. No expense has been spared in constructing this new hotel. The rooms are all heated by warm air. As the hotel is built on the flat ground close to the head of the lake, there must be some risk of malaria, and consequently the openings in the external wall through which the air enters the hotel have not been placed near the ground, but

are at the level of the first floor. Through these openings the air is drawn in by a huge engine, and made to pass through a number of pipes lying in hot water, and then up to the rooms. By warming the air with hot water any risk of admixture with unpleasant gases is avoided. There are arrangements in each room by which the supply of hot air can be regulated, so as to keep the room at the temperature desired by its inmate. The public rooms are large and spacious; and besides the general salon, there are several small public sitting-rooms on the upper floors for the convenience of invalids who do not feel inclined to visit the salon, and yet do not wish to incur the expense of a private sitting-room. While everything has been done in the construction of the hotel to insure success, experience is required to show whether the Maloja will prove quite satisfactory as a winter health resort. From its position so close to the level of the lake it is likely to be frequently enveloped in fogs, the absence of which at the St. Moritz Kulm is such an advantage. A great deal will depend upon the management of the hotel, and more especially upon the cookery. If the food is good, and if the cooking is such as to suit English taste, and especially to suit the delicate palates of phthisical patients, the Maloja will probably prove successful in spite of any drawbacks in the way of fogs. A skating rink and tennis-court have been provided, and the diligence road zigzagging down the pass into the Val Bregaglia forms a magnificent toboggan run.

Besides these Alpine resorts there are other Swiss wintering places on the Lake of Geneva, such as Montreux, which do not possess the same advantages as the Alpine ones, but have a character of their own more resembling that of health resorts on the Riviera. Among the French health resorts which can be reached without going near any district infected with cholera are Biarritz, Arcachon, and Pau; besides these some of the health resorts more usually resorted to for rheumatism might be available also for phthisical patients, such as Dax.

The chief Spanish health resorts are Malaga and Seville. Seville is considerably colder than Malaga, and is hardly to

be recommended for phthisical patients, but patients who are simply delicate and who dislike wintering in this country might comfortably spend some months at Seville. The cooking, in some of the hotels at least, is fair, though not usually so agreeable to English palates as it is in France. There is a considerable amount of sunshine, and the place itself affords a sufficient number of objects of interest to prevent one from being thoroughly wearied.

Malaga is situated on a bay on the south-eastern coast of Spain, and the hills rising behind it shelter it from the wind. Malaga is sunny and warm and bright, but there are several serious objections to it: these are the discomfort of the hotels, the abominable cooking, the lack of objects of interest, and the difficulty of getting to it and away from it. On the hillsides towards the north-eastern end of the town there are some lovely gardens, and if some enterprising hotel-keeper would take or build a house amongst them, and keep a good cook, invalids might be tempted to go. Standing on the terrace of one of those houses and looking towards the bay the view is most lovely, so that one might fancy oneself in paradise, and if one had comfortable rooms and palatable food the temptation to winter in Malaga might be great despite the difficulty of reaching it. One can travel to Malaga either by land or by sea. The route by land necessitates a very long railway journey of thirty-six hours from Paris to Madrid, twelve hours more to Cordova, and of six hours and a half more to Malaga. Such a long railway journey as this is too fatiguing for any invalid. By sea, one reaches Gibraltar in about five days from England by the Peninsular and Oriental boats, and so far even invalids may travel in tolerable comfort. But if they attempt a voyage in one of the small steamers which ply between Gibraltar and Malaga they will probably have a trial before them such as no invalid should be subjected to, and they ought to wait for the large boats belonging to the *Compagnie Générale Transatlantique*. Mogadore, further along the coast to the south, has been highly praised, but the difficulty of reaching it makes it practically unavailable.

Tangier, on the African coast opposite Gibraltar, is much



more easily reached, and is, upon the whole, an exceedingly satisfactory health resort. The invalid travels to Gibraltar by the P. and O. boat, and although the steamers between Gibraltar and Tangier are but small, the passage only lasts a few hours. The situation of Tangier is lovely: the town is built in a sort of amphitheatre fronting the sea, and the white houses rise tier above tier almost from the water's edge. The streets are narrow and dirty. The hotels in the town are by no means very good, and although persons in health might bear with them, they are not to be recommended for invalids. Bruzeaud's Hotel outside the gates is highly to be commended.

It is built in a garden on the hill outside the city, and one may go from it right out into the country without coming near the town. The rooms are comfortable, and the cooking is good. The new part of the hotel, which was only finished a year or two ago, has ample means for warming the rooms, and is built upon a thick layer of charcoal so that no malarious or disagreeable emanations can rise from the soil. Donkeys or horses may be hired for riding into the country, or for a gallop on the sandy beach which extends for a couple of miles or more round the bay. There are a number of walks suitable even for delicate people.

The downs behind the castle form a pleasant promenade with an extensive view, and some of the gardens belonging to the consulates, and freely open to visitors, are charming. Even those who are unable to walk can find considerable amusement, especially if they have a good field-glass or telescope, by watching the long caravans of camels coming in from the country, or the Arab encampment just outside the gate. The town itself is thoroughly Eastern, with narrow and dirty streets, and a good deal of amusement may be got by strolling through it and by visiting the bazaars, where one can spend a great deal of time in bargaining for goods and yet spend very little money. If Tangier were better known it would probably be much more commonly resorted to than it is.

Algeria is another health resort likely to be a good deal visited this winter. Although steamers are constantly

running to it from Marseilles, Algiers has remained free from cholera. A few doubtful cases have been reported at Oran, but none at Algiers itself. Algiers, like Tangier, is built on the side of a hill facing the sea, but it has a much more extended frontage, and while the limits of the town are tolerably sharply defined towards the west, it stretches away towards the east in numerous villas forming the suburb of Mustapha Supérieur. Most of the hotels are situated in the town, and these are frequented by travellers or by persons who stay only for a short time, but those who intend to spend the winter either try to get rooms in the hotel or in the boarding-houses at Mustapha Supérieur, or else hire a villa for themselves. Some invalids, instead of staying in the town or at Mustapha all the winter, make occasional excursions out in the country, spending a little time at Blidah or at Hammam R'Irha. The hotel at Blidah is very comfortable, and the orange gardens in the neighbourhood are worthy descendants of the gardens of the Hesperides.

We have already given a detailed description of Hammam R'Irha (*Practitioner*, vol. xxvi, p. 241). A new hotel has been built there, and was to have been quite ready at the beginning of last winter. Owing partly to the large scale on which it has been projected it was not perfectly finished, and the heating apparatus was deficient. This year, however, we learn that a considerable part of the hotel has been quite finished, and if this be so we can fancy few pleasanter places to stay at than Hammam R'Irha.

The disturbed state of Egypt may perhaps prevent some from going to it, while others will be attracted by the knowledge that so many of our fellow-countrymen are there at present.

Cairo itself is not a very good place for consumptive patients to spend a winter in, although it is usually warm and very dry, yet it is dusty. The best plan is to get a dahabiyeh and spend the winter on the Nile. The disadvantage of this is that it is expensive even if several join together to take a boat, and extremely so for anyone to go alone. There is an hotel at Luxor (Thebes), and here an invalid might stay, but this hotel is far from being a quiet

one as it is much used by tourists going up and down the Nile in Cook's steamers. There is another hotel at Heluan about an hour south of Cairo by rail. This is built on the edge of the desert, and for climate leaves, perhaps, but little to be desired, but the last accounts we had regarding its management were not satisfactory.

Rome and Florence will probably be frequented as usual this year by numbers of persons who are delicate and feel the winters here dry, but who are not consumptive.

Pisa, although a good deal frequented by Germans suffering from phthisis, is not nearly so good as the Riviera, Algiers, or Switzerland, for the climate is damp and relaxing. Persons with irritable throat and irritable nervous systems, however, may do well at Pisa.

For information regarding long sea voyages we must refer to the admirable articles by Dr. C. Faber in the numbers of the *Practitioner* for March, May, July, August, and September, 1876, and October and November, 1877; and for information regarding Australasia, South Africa, and South America, to the articles by the same author in the numbers for January, May, November, and December, 1878; and by Mr. Leach, September and October, 1878. Peru as a health resort is described by Dr. Dickson Hunter in the *Practitioner* for November, 1881.

Capri possesses many advantages (*Practitioner*, vol. xxiv, p. 112), but the presence of the cholera at Naples will deter many persons from visiting it.

Before concluding this article it may be well to give a few words of general advice to invalids who are travelling. One of the discomforts of the long railway journey which is required in order to reach most health resorts is the constant vibration and the fatigue it occasions. This may be, to a considerable extent, avoided by the proper use of air cushions. It is well for an invalid to be provided with two or more of these. The one to be used for sitting on may be either round or square, and may be either with or without a depression in the centre. Air cushions of a horseshoe shape and furnished at the ends with tapes, so that they can be opened out and again tied together, are most useful. One of them tied round the loins

supports the back, and another put like a collar round the neck supports the head, so that in whatever position it is put, sideways, backwards, or forwards, it always rests against the cushion. It is very annoying if one begins to get tired and sleepy and wishes to rest the head against the side or back of the carriage, to feel the vibration going through and through it, until, in desperation, one is obliged to sit bolt upright again. The use of a horseshoe air cushion completely remedies this discomfort. When sleep comes on and the head begins to nod, it is always supported in any position by the inflated horseshoe, and if one has in addition an air pillow which may be inflated to a larger size than the ordinary cushions, one may, if the carriage is not crowded, stretch one's self along the seat and enjoy a comfortable sleep. Even if one is upright, by putting a cushion or pillow against the side of the carriage, one may get a comfortable sleep, as the pillow supports the temples and it is prevented from slipping down, as it would otherwise readily do, by the horseshoe cushion round the neck. Another comfort to invalids travelling is an india-rubber bag for hot water with a flannel case. Indeed it is well to have two of these if the invalid be very delicate. If any sudden chill is felt, or if any pain in the chest or elsewhere should come on, relief is often obtained by the application of a hot-water bottle, which takes the place of a poultice. The invalid's friend can easily get these bottles filled with hot water by giving a small gratuity to the guard of the train and asking him to fill them when stopping at a station. Stoppages occur on the French lines at least every two hours, and the water retains its heat quite long enough to make it useful between the stoppages. Another thing which is a great comfort to invalids is an eider-down coverlet, which should be both long and broad. It is useful not only during travelling by land or by sea, but during a stay at the health resort. Chills always occur, whether the invalid be staying on the Riviera, in Algiers, in Egypt, or Switzerland, and then a warm covering is of advantage. It is perhaps more likely to be wanted, indeed, in the southern health resorts than in Switzerland, for in the Alps more care is taken to heat the interior of hotels. On a dahabîyeh on the Nile the cold

during the night may be considerable, and the same may be said of the Riviera and Algiers. Sometimes too, if the sun has been warm, fires and stoves may not be lighted, a sudden change of temperature takes place, and the invalid begins to suffer from a chill ; but if he has at hand a large eider-down quilt in which he may completely wrap himself, the chilly feeling soon passes off, and he may thus not only save himself from great discomfort, but from permanent injury. One would imagine that an eider-down quilt would be bulky and inconvenient to travel with, but this is not the case. In most "hold-alls" there is a large pocket, and the eider-down quilt can be readily rolled up and put into this pocket. When the straps are once around it, it can, from its softness, be easily pressed into a small bulk.

Two other things that the invalid should not be without are a small etna, with can or kettle, to boil water, and a small package of tea. Brandy is an article usually to be got at an hotel, but one cannot always immediately get hot water, and in case of a chill, the brandy mixed with the hot water is much more efficacious than the brandy alone. Tea which is fit to drink is by no means always to be had, and it adds greatly to the invalid's comfort if he has the means of making himself a cup of tea whenever he wants it. By taking also a few skins of Brand's beef tea or pots of Liebig's extract, with a small box of biscuits, he can have a slight but refreshing meal on coming back from a walk, and thus prevent or remove any exhaustion which he might otherwise feel. Even when such things are to be had at an hotel, the prices put upon them are sometimes so exorbitant that the invalid would hardly care to order them, however much he might desire them.



