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NOTES

ON

FOLKESTONE

BY

ARTHUR E. LARKING, M.D.,

D.P.H. Camb.

TOPOGRAPHICAL,
CLIMATOLOGICAL,
MEDICAL,
HINTS ON
SELECTING
APARTMENTS,
&c., &c.

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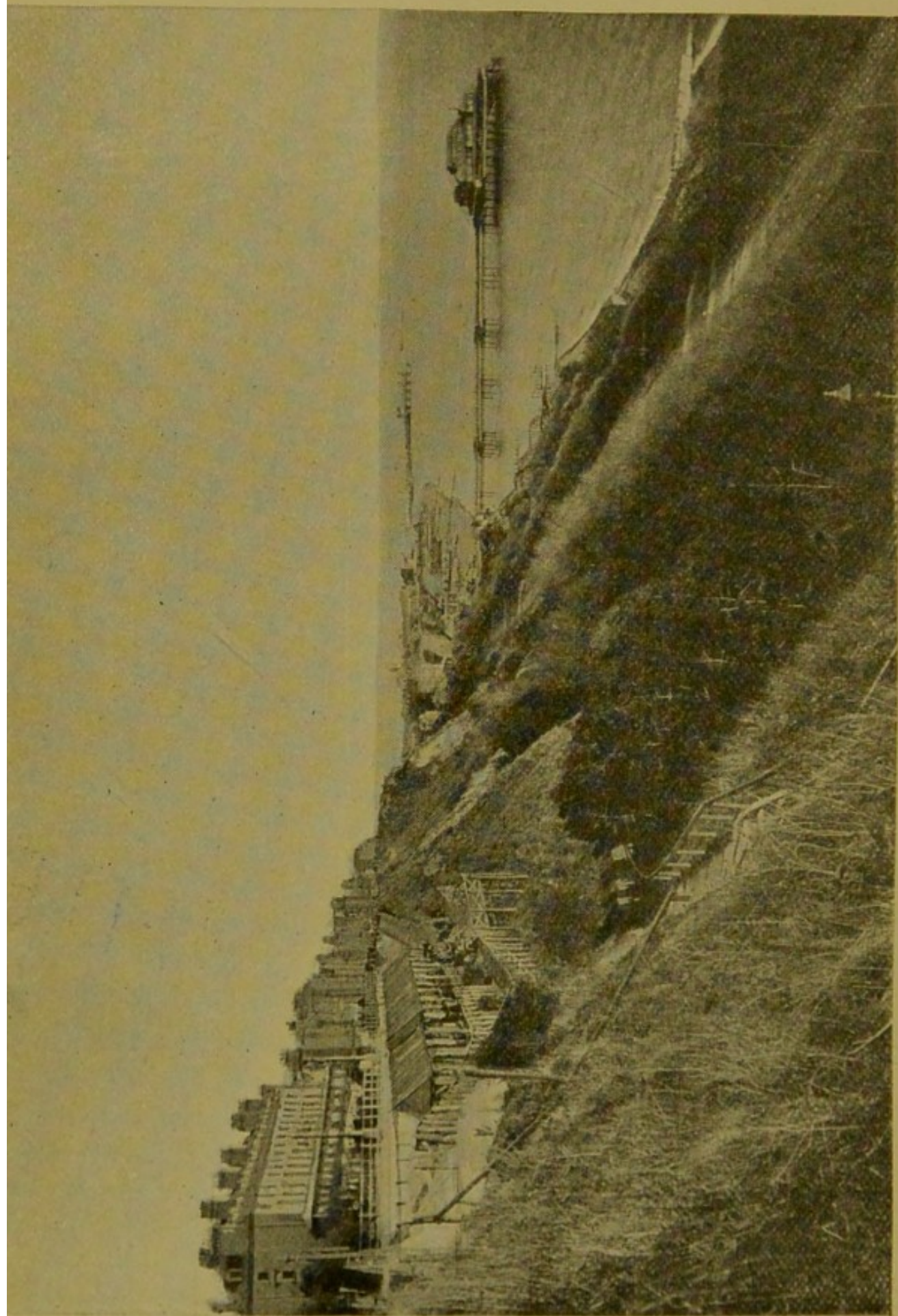
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CHANCELLER





THE SEA FRONT AT FOLKESTONE

NOTES ON FOLKESTONE

HISTORICAL, CLIMATOLOGICAL, AND MEDICAL

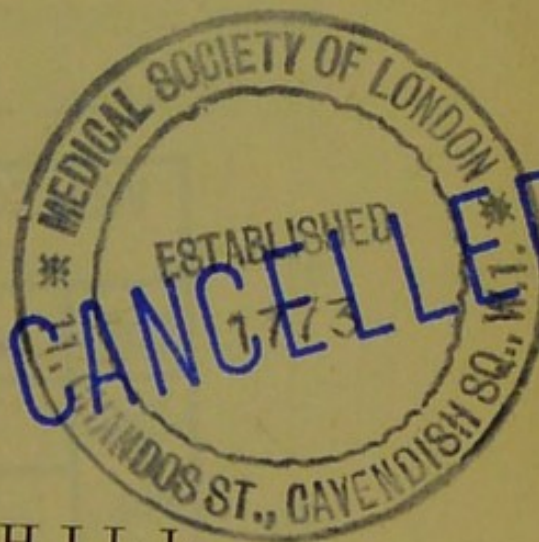
WITH A CHAPTER ON

HINTS ON SELECTING APARTMENTS

BY

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SOCIETY; SURGEON-LIEUTENANT FIRST VOLUN-
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PREFACE

THERE appears to be no book published within recent years dealing with the climate of Folkestone, and comparing it with other towns that are competing to obtain the favour of the public.

People are also at a loss to know what classes of disease are specially benefited by the locality.

It is my aim to meet this want, and to point out that this town is second to none in many of its health-giving properties.

I have endeavoured to give a true account in all particulars, and have avoided as far as possible misleading statements. The scientific matters are dealt with in a

popular style, whilst the climatic and meteorological data are as far as possible presented so that they may be compared with those of other towns.

I have to acknowledge my indebtedness to the following works :

‘Climate and Health Resorts,’ by Dr Burney Yeo.

‘The Climates of Great Britain,’ by a Committee of the Royal Medical and Chirurgical Society.

‘Margate as a Health Resort,’ by Dr Crook.

‘Folkestone and its Neighbourhood,’ by J. Mackie, published by J. English.

‘Illustrated Handbook to Folkestone,’ published in 1848 by H. Stock, High Street.

Sir Hermann Weber on Climates, in ‘Allbutt’s System of Medicine,’ &c.

Address by Dr C. E. Fitzgerald to the Association of Sanitary Inspectors.

Reports of Medical Officer of Health for
Folkestone.

‘Rambles round Folkestone,’ by Mr
Ulyett.

‘The Story of the Earth,’ by H. G.
Seeley.

ARTHUR E. LARKING.

1, LONDON STREET,
FOLKESTONE;
July, 1899.



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NOTES ON FOLKESTONE

CHAPTER I

TOPOGRAPHICAL

FOLKESTONE is situated on a projecting point of the south-east coast of Kent, with a frontage facing more south than east.

The population in 1898 was estimated to be 28,250, and the area of the borough 2481 acres.

During the season, which begins about the middle of July and lasts until the end of September, the population is increased enormously, and it is probable it amounts then to 50,000 souls.

The town has in recent years made rapid strides in progress and in popularity, and at the present time houses are being built on a large scale, and yet the demand is greater than the supply.

Although it is only within the last twenty years that Folkestone has developed into the fashionable and well-built town it is at present, yet it has been known from early times as a prosperous fishing village.

The present rivalry and jealousy between this town and Dover, which is six miles to the eastward, has existed since the sixteenth century. Then Dover contained 358 houses and Folkestone 125. Now the disproportion is less marked, and Folkestone runs its neighbour very close. The two towns differ very much in their climates, Dover lying in a hollow, and Folkestone on an exposed situation at the top of a cliff.

CHAPTER II

HISTORY OF THE TOWN

At the close of the last century Folkestone is described as "an opulent and well-peopled town of 450 houses and 2000 inhabitants." There were eight or ten luggers engaged in herring and mackerel fishing, and about thirty small boats for general fishing. Between two and three hundred men and boys were employed on them. Smuggling was also a very remunerative occupation, and much followed by these adventurous men.

In the latter part of the last century the ravages of the sea destroyed much of the property of the fishermen, and groynes were erected, only to be again swept away; but in 1766 an Act of Parliament was passed by which tolls were levied on coal brought

into the town, and the income from this was expended in improving the protective works.

In 1807 a harbour was commenced by a company with a capital of £22,000, in £50 shares. This amount was trebled later on, but even this proved insufficient, and the works became choked up by shingle and sand. The directors despaired of success, and nothing was done until 1842, when it was purchased by the S.E.R. Company for £18,000, cleared out, platforms erected, and a steamboat service established between it and Boulogne.

The beach accumulated on the further side of the quays, and the sites of the present harbour station, the custom-house, and the whole of the jetty were reclaimed from the sea, and where there existed only an exposed muddy bank there is now an inner harbour capable of holding big colliers and other craft. Such is the result of well-directed enterprise!

In 1841 there were 975 houses and the population 4413, and in 1848 (fifty-one years ago) it rose to 5000. From this date it has had an uninterrupted increase.

The inhabitants of Folkestone must always be under a sense of deep gratitude to the S.E.R. Company. Had it not been for their energetic fostering of the Channel route to Boulogne by the equipment of modern steamboats, both for passengers and goods, the town would never have come to the front as it has done.

Many people have no idea of the immense quantity of imports coming into the port of Folkestone. At midnight, when the town is slumbering, the boats are arriving with their cargoes of fruit, vegetables, wines, liqueurs, flowers, silk and velvet from Lyons, gloves from Grenoble, clocks, watches, pictures, works of art and perfumes ; and a large number of men are employed to transfer them on to the railway, whence they proceed to London and other parts.

Mr. Major, in a most interesting speech on the Queen's eightieth birthday, stated that Folkestone stands fifth on the list of ports in the whole kingdom in the value of its imports, and that in 1897 no less than close on £17,000,000 worth of goods were

imported by this route. All this is of recent growth, for in 1865 there were only two small steamers engaged in the traffic.

In 1874, 752 ships entered the port from foreign countries. In 1898 there were 1512. In addition to these there were 150 or 160 colliers from the north of England. Well may he say, 'God save the Queen and the South-Eastern Railway!'

(The S.E.R. would add still more to their credit if they used a better kind of coal for the engines working on the harbour branch. At present the dense smoke given off from them is most unpleasant.)

The old town stood near the harbour, and the present streets, known as Radnor Street, Dover Street, North Street, Beach Street, High Street, The Bayle, Mill Bay, are the remains of the ancient fishing village.

About fifty years ago Radnor Street was the fashionable part. The Stade, which now forms the land side of the harbour, parallel with Radnor Street, was a muddy bank on which the boats rested. The harbour was full of beach, and was used as

a drying ground on washing days. Tontine Street was for some years composed only of unoccupied and unfinished houses, the speculator who commenced them about the year 1850 being unable to complete their erection. Now there is not an empty house in this locality, and it is the busiest street in the whole town.

At the present time a new harbour is in course of construction which will, when completed, extend over several acres and afford much extra accommodation for shipping. It is anticipated that Folkestone will then become a favourite yachting centre.

The present inner harbour will then, it is hoped, be filled up, so that colliers will be unloaded further away from the Pavilion Hotel.

CHAPTER III

CONFIGURATION OF FOLKESTONE

IF one goes to the top of the high chalk hills, the North Downs, which approach to within a mile or so of Folkestone at the back of the town, and gazes down from the height of 500 feet or thereabouts on to the tableau below, it is seen that a huge plateau runs out towards the sea, and on this the town of Folkestone is built.

This plateau or table-land goes up to within a hundred yards of the sea, and then a sharp, steep declivity leads down to the sea-shore, some 150 feet below (*vide* Frontispiece).

The sides of this are clothed with verdure of all kinds, fir trees and numerous wild flowers and shrubs. Sequestered and shady walks abound along the side and at the bottom of the bank.

Along the top of the cliff, overlooking a wide expanse of the English Channel, from which the French coast is plainly visible on clear days, extends the famous esplanade called The Leas.

The houses lie back from the front at distances varying from 30 to 150 yards, and the whole of this space is composed of asphalt paths or grassy sward. No shops are allowed on the front. Owing to the excellent condition of the ground there is never any dust blowing on the Leas, and thus one of the greatest drawbacks to being exposed to the wind is absent, viz. clouds of irritating dust.

Towards the more eastern parts of Folkestone the Leas slopes down to the sea level, and then the ground again rises to form the East Cliff.

Speaking roughly, therefore, it may be said that the town is divided by a valley running north and south into two parts. The bottom of the valley, down which a stream used to flow, is formed by Tontine Street, and opens out into Harbour Street.

In a northerly direction it is continued as Foord Road.

The best method of describing Folkestone is by dividing it into three parts.

The western side of Guildhall Street is the more modern and residential, the eastern side the older and less select, whilst the part at the foot of the cliff between it and the sea, known as Marine Parade and Crescent, is distinct both in aspect and situation.

The railway which passes across the town from east to west acts as a huge barrier, and prevents free communication with the northern parts. This is an immense embankment extending from the western end of the Central station across to the Junction station, only broken at the deeper parts of the valley by nineteen massive arches through which the wind rushes with mighty force in rough weather. So lofty are these tiers of arches, that nervous people have been known to get out at the station at one side and take a cab to that at the other to avoid the passage across.

The presence of this tremendous artificial elongated mound modifies considerably the climate of the houses adjoining.

Taking firstly the part to the west side of Guildhall Street, this may be said to possess great advantages. It is fairly flat on the surface, and thus invalids can walk without the effort of hill climbing such as is necessary at the eastern end of the town.

The houses are of modern design, and are built on sandstone. The roads are wide, well kept, and many are planted with trees.

Castle Hill Avenue may vie with any thoroughfare in the world for picturesqueness and comfort.

The Leas, the Shelter, Band-stand, Theatre, and in fact nearly all the amusements, are in this part of the town. There is a band-stand with other attractions, however, down by the Marine Parade and Gardens.

The part to the east of Guildhall Street is hilly, the houses and streets are smaller, and are occupied by a less affluent class of people than those further west. There are

a few exceptions, such as Copthall Gardens, Wear Bay Road, and others.

For persons of limited means who do not mind residing in the older part of the town, St. Michael Street, Bradstone Avenue, East Cliff Gardens, and the Dover Road are pleasant localities.

The East Cliff is a second edition of the Leas in its situation, but the authorities spend very little money in keeping the grass in good order or in making the locality attractive. Its natural advantages, however, are great, and the rugged coast-line, composed of an upper layer of gault and lower of greensand, is very picturesque. The boulders on the sea-shore are also interesting.

The part known as the Marine Parade and Crescent, in which the Pavilion Hotel is situated, possesses features of its own. For instance, it is sheltered from the north and north-east winds, and is less exposed than the part of the town situated on the higher level.

A lift conveys passengers from this low-

lying part up to the Leas above. It is a very suitable situation for persons who cannot ascend hills, and whose chests are weak. Its contiguity to the harbour and to the sea is a great advantage.

There are ornamental gardens stretching along the lower part of the front; the Lower Sandgate Road also passes at the foot of the cliff. The Pier, Switchback Railway, Bathing Establishment, are all situated here.

Opposite the western end of the town are the two well-known places called Sandgate and Shorncliffe.

The former is a long narrow town of about 2000 inhabitants, situated close to the sea-shore. The latter is the high plateau on the top of the hills behind.

Between the western end of Folkestone and Shorncliffe there is a very deep valley, so that one wishing to walk from one place to the other has a hard climb to face.

The road to Shorncliffe from the Folkestone Town Hall is a circuitous one *viâ* Cheriton, and 'buses run all the day. This

way there are no hills to climb, but the road is very bad beyond Cheriton, and frequently covered in mud. There is a great want of a good road all the way between the two places. For those who do not mind hill climbing the quickest route is to take the 'bus *viâ* Sandgate as far as the path called Brewer's Hill, and at the top of this the centre of the Camp is reached. Another way is to go *viâ* the Military Road leading from the Folkestone end of Sandgate by a winding route of moderate gradient up to the cavalry barracks. This hill is, however, rather a long one.

This close contiguity of the Camp is of great advantage to Folkestone. The presence of the military always makes a place more attractive. Every day some hundreds of soldiers are seen in the town. If one wishes to see the different regiments drill it is necessary to go to Shorncliffe early in the morning. There are usually two or three cavalry regiments stationed there as well as a provisional battalion.

The eastern part of Folkestone is hilly,

owing to the range of hills behind coming nearer to the sea front and joining the sea at a place known as the Warren, about a mile to the east of the Town Hall.

This Warren is a curious place. The soil here is composed of clay or gault, and numerous landslips have taken place. These, covered with vegetation, make a rugged, uneven surface leading down to the sea-shore. Children delight to roam here and play hide-and-seek, collect fossils, or pick blackberries. The shore is composed of sand at places, at others of dirty clay; consequently it is advisable to select one's site for a picnic. As the sands run out for some distance, and the sea is very shallow, it is a most suitable place for the children to paddle. No visitor should leave Folkestone without visiting the Warren. There is a pleasant little cottage where tea is provided.

The range of hills known as the North Downs presents many well-known and striking features.

The Sugar-loaf Hill is a favourite climb, also Castle Hill, or Cæsar's Camp. More in

a westerly direction is that known as Beachborough or Brockman's Mount, with a summer-house on the top.

Having this range of hills at the back, and being itself a considerable height above the sea level, it is understood how in very hot weather, when people elsewhere are feeling the heat most oppressive, there is at Folkestone a gentle breeze that cools the air and makes the heat endurable.

This is owing to the fact that the radiation from the earth warms the air and causes it to ascend, and as it does this the cooler air from the ocean comes to take its place.

The prevailing wind is a south-westerly one. One has heard it remarked that Folkestone is a bleak place, with cold easterly winds. Although easterly winds occur here as elsewhere, their frequency is not at all noticeable. I should say that it compares very favourably with other places in this respect (*vide* Chapter XIII).

There is no doubt that the winds are occasionally very powerful, but at these times

there are always the walks along the ornamental gardens and the road known as the Lower Road, which are comparatively sheltered. It is also to be hoped that glass shelters will soon be erected on the Leas, as at Brighton and other places.

CHAPTER IV

SEA BATHING

THE sea at Folkestone is clear and usually of an inviting appearance, owing to the shore being composed of beach or shingle.

Bathing is excellent and much indulged in. The shore at places is steep and unsuitable for small children or non-swimmers to bathe, but at most parts it slopes gradually, and it is nowhere necessary, as at some other places, to wade out a considerable distance before one gets out of one's depth.

The beach is unpleasant to those who suffer from tender feet, and for these persons it is a great comfort to be provided with a pair of slippers made of a kind of grass unaffected by salt water, which are procurable in the town.

The bathing is remarkably safe, and an

accident is very rare ; the current near the place known as the Toll Gate is usually hardly perceptible. At low tide there is often an inner basin formed in which any one can bathe in perfect security. A boat is in constant attendance.

For those who are not swimmers and are nervous there is provided a unique arrangement known as "The Crates." These are spaces enclosed with iron railings, with the bottom made of coarse netting and connected on to a huge bathing machine with numerous cubicles. Persons in these crates are in no danger of drowning. There is one for gentlemen and another for ladies.

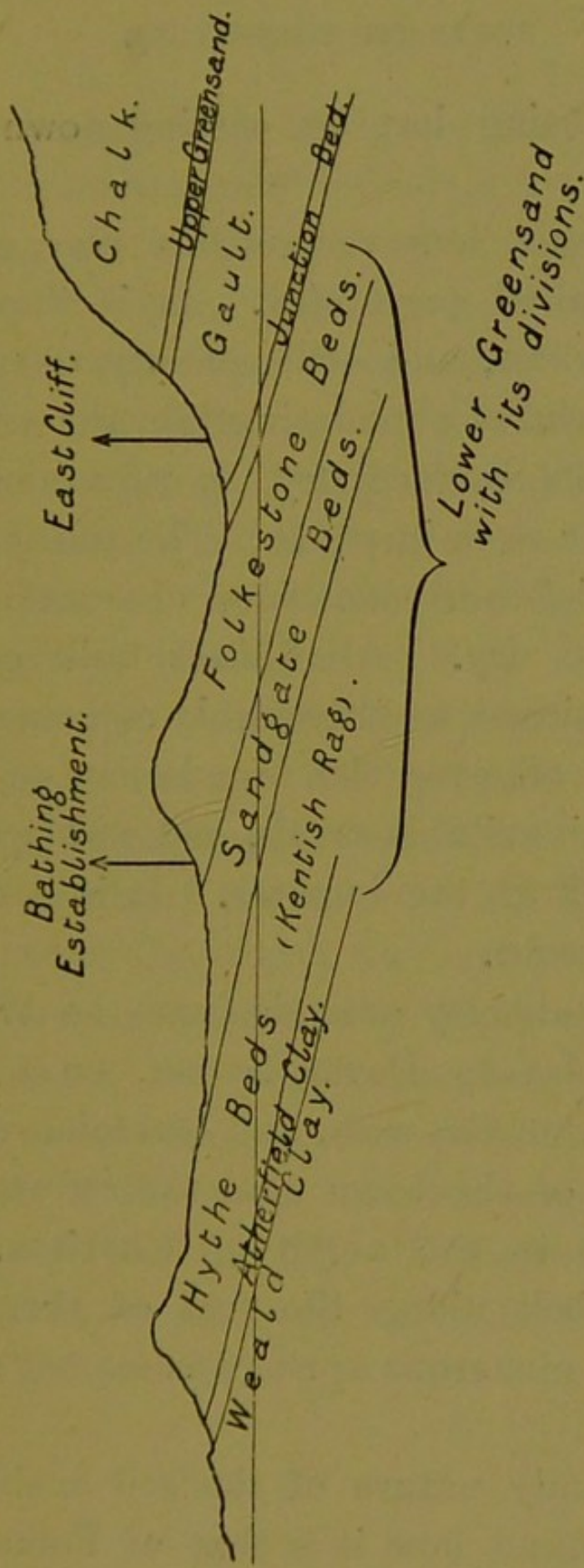
CHAPTER V

THE SOIL

THE salubrity of any part depends greatly upon the nature of the soil underlying it. The nature of this differs very much within even very small areas. Geologists map out the district as on next page.

It is thus seen that the western part of the town is built upon those parts of the lower greensand known as the Folkestone and Sandgate beds, whilst the extreme eastern part is built on gault.

Sand rocks, as is well known, are a very good foundation to build upon, and are the most healthy sites possible. This soil is permeable, and does not retain moisture, and consequently there is less liability to dampness, which is a fruitful source of disease. It is a warm soil, the heat of the



GEOLOGICAL MAP.

sun not being lost by passing downwards as in clay.

The gault, however, is like clay, and is in fact called gault clay. It is impermeable to water, and consequently when rain falls, instead of percolating into the soil and leaving the surface dry, it runs along in streams or rests in pools. The soil is itself of a moist and tenacious character, and difficult to dry. All houses built on the gault require to be thoroughly cemented and asphalted all over the foundation, or damp walls will inevitably result, and consequently bad health of the inmates. It is a colder soil than sand.

This gault clay extends from the Warren on the east to Dover Street, or a little beyond it, on the west, and stretches across the back of the town near the railway embankment to the north of Cheriton. It forms a belt along the foot of the chalk hills, and numerous springs come out above it.

The sandy nature of the soil enables us to understand how it is that at Folkestone

there is very little mud, and that after rain the streets are soon dry again.

Fogs are very rare. The atmosphere is generally clear. Being a seaside town, there are occasional "sea mists," as they are called; but these are of a distinct nature from "land fogs," and are liable to occur at all places situated close to the sea.

In one of the books dealing with the geology of the district it is stated that Folkestone is built on the upper greensand. This is an error. This stratum comes no farther towards the sea than the range of hills behind the town. Mr Turner, the manager of the Cherry Gardens Waterworks, discovered a narrow slip representing this layer when he was excavating the latest reservoir there. It was very thin and on the top of the gault, and was some distance up the side of the hill. Professor Dawkins concurred in the opinion that it was the upper greensand.

CHAPTER VI

THE AIR OF FOLKESTONE

IF one were asked what is the special feature of Folkestone as regards its character as a health resort, one would immediately say *the air*.

No doubt chemical analysis would fail to find any difference in the composition of the air of Folkestone and that of any other seaside health resort; but there is something especially exhilarating about it.

Persons coming from a populous town—London, for example, and alighting at Folkestone are at once conscious of a difference. It has a smell, taste, and appearance of its own. It seems to impart new vigour and new life into both body and mind, and things around look fresher, clearer, and brighter.

The blueness of the skies, the whiteness

of the clouds, is more marked, and after breathing it one feels that the heavy poisonous gases of the city have been replaced by a stimulating, tonic, and purifying ozone. Not an ozone as at Weston-super-Mare, generated from acres of decaying seaweed, but one that has been wafted by gentle breezes from a region afar, where there is nothing to impair its purity or its strength.

The air is never stagnant in Folkestone, there is always a breeze. As I have said before, even in the hottest days the place is never close; constant removal of impure air is taking place.

The Leas promenade owes its popularity to the fact that people know that here they can inhale pure air and enjoy the sun's rays.

There are no greater disinfectants than sunshine and breeze. Those who have had to nurse sick friends can always be disinfected gratuitously on the Leas. A brisk walk, making one breathe quicker and deeper, forces out of the recesses of the lungs all the foul residual air accumulated

there, and replaces it by a fresh pure supply.

A stiff breeze forces itself into the meshes of the clothes, removes the dust, and cleans and disinfects the garment.

On the Leas there is never any dust, even in the strongest wind.

There is never any feeling of dampness in the Folkestone air; it is dry and bracing. There is no doubt that the clearness of the atmosphere is one of the most noticeable features of the place. The situation, well above the sea-level and on a projecting point of the coast, open to sea breezes, no doubt accounts for this.

CHAPTER VII

TEMPERATURE

THERE is no doubt that the south-east coast of Kent is warmed by the Gulf Stream. The difference between the temperature of the towns on this and those on the Essex coast can be explained in no other way.

On comparing the mean temperature of various towns, one is surprised to find that Folkestone is a much warmer place than is usually supposed. The range is also very small.

		Annual mean temperature.	Range.
Buxton	44·7°	13·9°
Bath	46·8	12·4
Scarborough	47·5	10·1
London	49·2	13·7
Margate	49·2	10·9
Worthing	49·3	11·6
Torquay	49·6	10·9
*FOLKESTONE	49·9	10·9
Brighton	50·0	11·5
Ventnor	50·8	10·6

* 1894 to 1898 inclusive.

The small range of temperature, or the difference between the highest and lowest readings of the thermometer, in the twenty-four hours is most important. Sudden changes of temperature are injurious, and liable to give people a chill. This takes place in climates with dry air more than in those with moisture in the air.

Seaside places are all characterised by this equability of temperature, it being assisted by the heat which is stored up in the water during the day being utilised at night to warm the air.

Inland places, like Buxton and Bath, have a range of $13\cdot9^{\circ}$ and $12\cdot4^{\circ}$ respectively, as they are not influenced in this way.

The same influence also makes seaside places cooler in the summer and warmer in the winter than other localities.

The heat stored up in the ocean during the hot days of summer is given out during the colder months, and tempers the wintry winds; whilst in summer the cool sea breeze, owing to the cooling influence of the past winter, acts as a refreshing and stimulating

agent. This equability of temperature is also due to the fact that air at the sea-side, being moist, obstructs both solar and terrestrial radiation.

Yet it is not quite safe to take the readings of the thermometer as a guide, for a locality may feel very chilly to an individual when the thermometer shows a high temperature. This depends on the amount of moisture existing in the atmosphere at the time ; when there is much moisture present heat is conducted more readily, and a cold damp wind feels much cooler than a cold dry wind. A hot wind laden with moisture is also much more oppressive than a dry wind of the same temperature.

It is therefore safer to put on more clothes at the sea-side than at inland places, because the air of sea-side places is always moist.

The towns on the west of England are moister than those on the east coast ; they are also warmer. The west of England is relaxing ; the more eastern part is bracing. Many people find Bournemouth too relax-

ing, and are at once benefited by the air of Folkestone. Although the difference in mean temperature between the west of England and the east is only about 4° , yet on passing from Land's End to Folkestone there is a wide difference in the sensations of the individual. The effect has been described thus:—"Energy is roused, the nervous system is exhilarated, respiratory function rendered more active, skin tightened, and muscles rendered capable of exertion with less feeling of fatigue."

Dryness of the air is one of the principal factors in causing this sensation, but this particular influence of climate is little understood. It will probably be found to depend a good deal on electrical conditions of the atmosphere.

The late Dr. Fitzgerald made several observations on the temperature of rooms in Folkestone during the winter months. The temperature was taken at 2 p.m. in a room with no fire, it being a good average sample of ordinary living rooms. He found—

		Maximum.	Minimum.	Range.	Average.
1888,	Oct.	67°	55°	12°	62°
	„ Nov.	63°	50°	13°	58°
	„ Dec.	60°	47°	13°	54°
1889,	Jan.	55°	47°	8°	51.5°
	„ Feb.	56°	47°	9°	54°
	„ March	57°	46°	11°	52.5°

It is thus seen that the winter temperature at Folkestone is not a low one, and, in fact, if well clothed, it is probable no discomfort would be felt without a fire.

CHAPTER VIII

AMOUNT OF SUNSHINE

THE amount of sunshine occurring in a certain place is registered by an instrument called a Jordan Photographic Recorder. By means of this the sun's rays are made to impinge on a piece of prepared paper, and turn it a brown colour. It is possible to record the time at which the sun shone and its duration. At Folkestone the average sunshine during 1894 to 1898 was 1871 hours per annum. This compares favourably with other towns :

Tunbridge Wells	.	.	.	1899 hours.
<i>Folkestone</i>	.	.	.	<i>1871</i> „
Torquay	.	.	.	1817 „
*Brighton	.	.	.	1814 „
*Eastbourne	.	.	.	1800 „
*Margate	.	.	.	1578 „
Buxton	.	.	.	1375 „
London (E.C.)	.	.	.	1305 „

* These three towns are probably understated, owing to their using an instrument differing from the one in use at Folkestone.

CHAPTER IX

RAINFALL

THE average amount of rain for twenty-five years taken at the Folkestone Waterworks is 28·07 inches.

The first six months of the year gave 11·28 inches.

The second six months of the year 16·79 inches.

It is distributed as follows :

January . . .	2·33
February . . .	1·90
March . . .	1·85
April . . .	1·68
May . . .	1·82
June . . .	1·65
July . . .	1·93
August . . .	2·24
September . . .	2·52
October . . .	3·65
November . . .	3·37
December . . .	3·08

The number of rainy days during the last ten years at the Folkestone Waterworks was as follows :

1889	.	112	rainy days.		
1890	.	105	„		
1891	.	105	„		
1892	.	115	„		
1893	.	119	„	At Sanatorium.	
1894	.	153	} average 142	176	} average 157
1895	.	111		174	
1896	.	152		168	
1897	.	159		144	
1898	.	134		123	

The average for the ten years is consequently 126.

Compared with other towns it is seen that Folkestone stands a long way in advance :

<i>Folkestone</i>	126
Bournemouth	164
Eastbourne	165
Torquay	177
London	182
Bath	191

Scarborough	.	.	.	195
Falmouth	.	.	.	204

A rainy day is a day on which at least .01 inch of rain falls.

Taking the years 1894 to 1898 inclusive, at the site of the Folkestone Waterworks the average number of rainy days is 142. At the Sanatorium, a distance of two miles to the eastward, the average is 157.

This discrepancy is difficult to account for ; but even if the greater number registered is accepted as the true record, it is less than other places.

One observer kept an account of the number of rainy days at Folkestone during six winter months, and compared it with the number of rainy days during the same period at other places ; the result was as follows :

Folkestone	53	rainy days out of 182.		
London	79	„	„	„
Eastbourne	98	„	„	„
Torquay	104	„	„	„

This would show a huge difference in the rainfall here, and certainly the general impression is that less rainy days occur than elsewhere.

The impression is probably assisted by the fact that, owing to the porous nature of the soil, the water so soon disappears that most of the unpleasant accompaniments of rain are absent. This leads people to notice the wet less than they otherwise would.

As a matter of fact it is found that the rainfall of the town is less by about four inches than that on the hills behind, the rain-clouds probably passing over the town and not breaking until they reach the North Downs.

CHAPTER X

WATER-SUPPLY

ONE is gratified to state that, owing to the agitation commenced in the town a year or two ago by the Folkestone Medical Society, the water-supply is at the present time of irreproachable character.

Much money was spent in litigation with the Water Company, and as a result they have bestirred themselves and carried out extensive improvements at the Waterworks, and have provided more reservoirs and tapped new supplies, besides complying with all the requirements of modern sanitary science.

Any one going to the top of Cæsar's Camp and gazing down upon the three large reservoirs of limpid water, all enclosed in concreted walls and kept free from contamination of any kind, can scarcely realise that only a year or two ago there was only one reservoir and a large unenclosed pond to meet the requirements of a town of over

25,000 permanent residents, and double that number during certain months of the year.

The town is to be congratulated on the prompt result of the agitation, and on having a water company powerful enough to carry out such extensive enlargements in so short a time.

Through the courtesy of the chairman of the Waterworks Company, Mr. G. Spurgeon, and the engineer, Mr. H. Turner, I inspected the Cherry Gardens Reservoirs, &c., on May 12th, 1899, and the following is a rough account of the arrangements there.

There are three large reservoirs :

Upper, containing	.	2,500,000	galls.
Lower	„	. 12,000,000	„
New	„	. 7,500,000	„

The daily yield of water is 1,188,000 gallons.

	Gallons.
*From the Standen boring in the chalk	. 600,000
„ „ Pumping station in the Lower Greensand	. 400,000
„ „ springs around the reservoirs	. 80,000
„ „ tunnel bored into the chalk	. 108,000
Total	<u>1,188,000</u>

* This can be much increased if desired.

This is enough to give an ample supply to residents as well as visitors in the neighbourhood.

The reservoirs are all lined with concrete and cement except a portion of the larger one. It is intended to complete this shortly.

Around the edges is a brick wall, $3\frac{1}{2}$ feet high and 9 or 14 inches thick, to prevent surface water from gaining access.

There is a high level reservoir to supply the higher parts of the town, and also a tank containing 120,000 gallons to supply Shorncliffe Camp. This high level reservoir is 305 feet above sea level, and is covered in.

There is a constant supply to all houses within a radius of 2000 feet from the bottom of the steps leading from Tontine Street to St. Michael Street. At other parts the supply is what is known as intermittent. Owing to the plentiful supply of water from the new boring at Standen there are now no complaints whatever of people being short of water, and in 1901 the company have engaged to give a constant supply all over the town.

There is no great objection to what is called the intermittent system if proper tanks are provided for storage, and these tanks are kept clean. The hardness of the water prevents any danger from lead poisoning.

Yet empty water-pipes are always liable to be contaminated by contiguous pollution of soil or air, and one is gratified that this will soon be remedied.

If all houses on the intermittent supply not provided with adequate cisterns were condemned by the Sanitary Authority as unfit for habitation, there would be few people troubling whether the supply is constant or intermittent.

The following is a copy of an analysis made on May 11th, 1899, by Mr. Harvey, F.I.C., the Public Analyst.

SAMPLE TAKEN AT ENTRANCE TO MAIN.

Colour, blue-green. Appearance, clear. Smell, none.

	Grains per gallon.
Chlorine in chlorides	1.96
Phosphoric acid in phosphates . .	absent.
Nitrogen in nitrates	0.19
Free ammonia	trace only.
Albuminoid ammonia	0.0042

	Grains per gallon.
Oxygen absorbed in fifteen minutes .	trace only.
" " in four hours .	0·032
Total hardness	17·2
Permanent hardness	2·3
Total solid matter	22·40

Microscopical examination of deposit, slight and unimportant.

Remarks.—The above results are satisfactory throughout, and indicate water organically pure and free from sewage percolation. One can say that this water is of excellent quality."

The points for special notice are the very small quantity of chlorides, although the source is near the sea, and the absence of any excess of the constituents denoting danger, such as free ammonia and phosphates.

The hardness is not great, and only 2·3 grains per gallon is what is known as permanent hardness, so that by boiling the water it is possible to make it quite soft. At Margate the hardness is 22.

CHAPTER XI

DRAINAGE

OWING to the situation of the town on a high level, with the majority of the houses a considerable distance above the sea, the drainage system of Folkestone is a simple one. All the sewers converge to the low-lying part in Tontine Street, and from thence the sewage is discharged into the sea outside the harbour. The tide conveys it out to the ocean, and thus the great problem of sewage disposal causes no trouble or anxiety.

The greatest difficulty the authorities have to contend with is during a heavy rainfall, when a huge amount of water passes into the sewers, and at times has caused those in the lower parts to overflow. This is especially the case in Tontine Street, and from the situation of this street in the centre of the valley it is easily conceived that this becomes a serious matter. At times the

water floods many of the basements of the houses. This has occurred in a similar way at Eastbourne, and many thousands of pounds have been expended to deal with it. As the town extends the trouble will increase, as, owing to the ground being covered with houses, roads, &c., it is made impermeable, and the rainfall being unable to percolate flows off to the lower parts of the town.

Originally a stream ran down the centre of this valley, and a water-mill stood near the present Salvation Army Barracks.

This stream is now covered over, and can be seen to enter the harbour near the London and Paris Hotel. When its volume was much greater than at present it was utilised to wash out the mud and shingle which collected in the harbour.

Several schemes have been suggested to deal with this rain-water overflow, and it is hoped that the matter will soon be settled. Yet it is generally accepted among engineers that it is impossible to provide sewers big enough to deal with any extraordinary fall of rain.

CHAPTER XII

RELATIVE HUMIDITY

THIS is a term used to express the amount of moisture or dampness in the air.

In order to compare one town with another in this respect, the amount is expressed in percentages. For instance, if the air were completely saturated with moisture it would be termed 100. If three quarters saturated, it would be called 75 per cent. moisture.

The average relative humidity of the climate of the British Isles is 75 to 85 per cent. This is found by using what is termed a wet and dry bulb thermometer. The greater the difference between the two temperatures, the greater the dryness of the air. When the air is completely saturated the thermometers read the same.

It is the custom to read these thermo-

meters at a certain hour each day, generally at 9 a.m.

The relative humidity varies very greatly within short periods. For instance, during a shower or on a foggy morning the air will be saturated, and the percentage will come out very high. If a wet season occurs with a heavy rainfall the humidity is greater than during a dry season.

Dr. Crook, of Margate, in one of his books quotes the average relative humidity for *ten years* of the air at different health resorts. By thus taking long periods of time a more reliable mean is obtained, and he shows that whilst in the Riviera during the winter months the average is 61 to 74 per cent. of humidity, in the English health resorts it is always from 15 to 20 per cent. greater.

Folkestone has no special characters with regard to its humidity. The average for five years 1894-8 was 83.6.

I am inclined to think that the humidity of the air is so very variable, even at different periods of the day, that to take a mean at

9 a.m. every day in the year is hardly a true index of the dryness of a locality. It should be taken every hour, and the mean of these should be the daily humidity. Unfortunately this is not done.

From the situation of the town on sandstone, its height above the sea, and the prevalence of breeze, there is never any noticeable dampness in the atmosphere. It always feels crisp and bracing, except, of course, when raining or during dull weather.

CHAPTER XIII

WIND

THE most frequent winds are from the S.W. Next in frequency come the N.E., then the W., E., N.W., and N. Winds from other directions are rare.

Taking the various points of the compass, the frequency of the different winds are roughly—

From the N.	.	.	6 per cent.
„ N.E.	.	.	16 „
„ E.	.	.	10 „
„ S.E.	.	.	3 „
„ S.	.	.	5 „
„ S.W.	.	.	30 „
„ W.	.	.	13 „
„ N.W.	.	.	8 „

The remainder are variable or calm.

These observations were made at the Folkestone Harbour in 1898.

It is interesting to note how they agree with observations made some years ago by Dr Parsons at Dover. Comparing the two sets of observations, the average number of days on which the wind blew from various directions is as under : Margate is included for comparison.

FROM THE	N.	N.E.	E.	S.E.	S.	S.W.	W.	N.W.	CALM.
Dr Parsons	41	48	22	20	34	104	38	24	—
At Margate	32	25	50	25	45	81	49	20	38
Folkestone } Harbour }	21	59	36	10	17	112	48	31	—

During 191 days it blew either from the S.W., W., or N.W.

During 116 days from the N., N.E., or E.

Taking the different months of the year, we see by the following table that in March, April, and May the N.E. and E. winds are prevalent, but that even in these months they are no more frequent than the warmer S.W. winds.

The N.E. and E. winds also occur in June, August, and September, but the tem-

perature of these months robs them of their unpleasant character. The S.W. winds occur least in February, March, and November.

PREVAILING WINDS IN VARIOUS MONTHS OF YEAR.

			Dr Fitzgerald's observations.
January	. . S.W. and W.	. . .	S.W.
February	. . N.W. and W.	. . .	E.
March	. . N.E. and S.W.	. . .	S.W.
April	. . N.E., E., and S.W.	. . .	E.
May	. . N.E. and S.W.	. . .	E.
June	. . N.E. and S.W.	. . .	S.W.
July	. . S.W.	S.W.
August	. . N.E. and S.W.	. . .	S.W.
September	. E. and S.W.	. . .	S.W.
October	. S.W.	S.W.
November	. E., W., and S.W.	. . .	S.W.
December	. W. and S.W.	. . .	E.

I give a series of the direction of the prevailing winds taken by the late Dr Fitzgerald.

It is observed that they do not differ much from each other, except that in the observations taken at the harbour it is seen the E. winds are stated to be of much less frequency.

The S.W. winds coming from the English

Channel are the most laden with moisture, and bring rain.

In the year 1898, a very dry year, there were eighty-one days at Folkestone Harbour that were characterised as either "drizzly rain," "showery," or "continued rain." Of the eighty-one no less than forty-six occurred when the S.W. wind was blowing, twenty-eight with the N.E., and only three from the N.W. and three from the S. The N.E. is a land wind, and consequently dry and cold.

But as important as the direction of the wind is its force. A record is kept at various places of the force of the wind, and it is recorded by figures. For instance, 0 = calm. 1 = light airs. 2 = light breeze. 4 = moderate breeze. 5 = fresh breeze. 6 = strong breeze. 7 = moderate gale. 8 and 9 = fresh and strong gales.

These numbers are judged by the personal opinion of the observer, and convey very little to the ordinary person; but we may take it that when it gets up to No. 5 the wind is unpleasantly strong.

I found one day entered as 5, and the anemometer registered the strength of the wind as at the rate of about thirty miles per hour.

Of the 730 observations during 1898, once at 10 a.m. and again at 4 p.m.—

The wind was registered as	.	1	.	60 times.
„ „ „	.	2	.	305 „
„ „ „		3 or 4	.	107 „
„ „ „	.	5	.	183 „
„ „ „	.	6	.	43 „
„ „ „	.	7	.	13 „
„ „ „	.	8	.	once.
„ „ „	.	9	.	„

The rest were either calm or variable.

It is thus seen that during nearly half of the year light breezes prevail, for a quarter of the remainder a fresh breeze, the rest being filled up with many gentle or moderate breezes, and very rarely a gale or a calm.

The prevalence of wind prevents the formation of fogs.

The direction of the prevailing wind ought to be taken into account in building a house. The south-east aspect is the best. The morning and dining rooms should be in

front, and should have Venetian blinds; the drawing-room and library at the back, facing north-west, and have inside shutters. The pantry should face the north-east.

It is generally considered that Folkestone is a windy place, and certainly this cannot be denied. Its situation so high above the sea-level renders this one of its special features. But I think I have shown that the idea that the east winds are so common at Folkestone is a false one. The majority of the violent winds come from the south-west.

Modern investigations tend to prove more strongly than ever that the more air there is in a place, the more healthy it is. Those places exposed to the force of the sea wind show a less mortality than places situated in valleys with stagnant air and damp soil.

Fresh pure air and sunshine are the best agents in keeping up the standard of health, and the therapeutic action of the ever-fresh air of Folkestone is one of its most prominent features.

Wind brings a constant renewal of air, and more oxygen and ozone are brought to the lungs ; this is the reason why persons feel exhilarated in Folkestone.

CHAPTER XIV

THE DEATH-RATE OF FOLKESTONE

THE death-rate of Folkestone, after deducting the deaths of those dying in the town whose home was elsewhere, and adding the deaths of residents who died away from home, has been an average of 13·48 per 1000 for the last eleven years.

This is well below the average death-rate, and also of that of other health resorts.

			Zymotic death-rate.
England and Wales	. 19·2	. 2·18	
Bath	. . . 19·6	. . . 58	
Brighton	. . . 17·9	. . . 1·8	
Margate	. . . 14·1	. . . 1·5	
Eastbourne	. . . 13·6	. . . 2·1	
Folkestone	. . . 13·4	. . . 1·65	

The zymotic* death-rate for the last nine

* Infectious diseases and diarrhœa.

years has averaged 1.65 per 1000. This compares also favourably with other towns. This low death-rate is remarkable when one knows of the very defective condition of many of the old parts of the town.

Visitors must remember that the modern Folkestone is of recent date, and that long before there were any houses to note on the west side of Bates' Hotel, there existed in Radnor Street, Dover Street, the Narrows, the Bayle, the Stade, and High Street numerous old houses crowded together, and thickly populated by the working classes and fishermen of the town.

As time passed on many improvements were carried out at various parts, but little has been done to remedy the state of these ancient dwellings. It is true they have been patched up and their sanitary condition improved, but as far as structural alterations and letting in more light and air, many are now in the same state as formerly.

It is interesting to wander along some of the old passages in Radnor Street, and to ascend some of the old houses with nearly

perpendicular winding staircases. People say that the intricate arrangement of many of these dwellings was purposely adopted, owing to the extensive smuggling carried on by the inhabitants. Certainly it would be very difficult to search these places, and more so to capture the smugglers, when passages abounded in all directions by which escape could be made.

The Medical Officer of Health has endeavoured to get many parts of these slums condemned as unfit for habitation, but the difficulty always arises as to where these people are to live if turned out of their homes.

It would be a great boon to the lower classes if the authorities would take in hand a scheme for the improvement of these places, and erect decent dwellings on the sites. It would also benefit the town at large, for their existence is a standing eyesore, and a source of danger in the event of any epidemic occurring.

Yet, in spite of these crowded and apparently unsanitary spots, Folkestone manages

by means of its pure air to maintain its standard among the health resorts of the country.

The deaths from scarlet fever are practically *nil*, since 1889 only fourteen having occurred ; in 1898 there were none. Whooping-cough, as in all other parts of the country, contributes to the zymotic death-rate ; and measles occurs in epidemics about every third year. The deaths occur principally in the poorer parts of the town.

There is a spacious Sanatorium provided for infectious diseases, and all cases are at once removed if proper isolation cannot be maintained at the homes. The excellent nursing and attention given to the patients no doubt accounts for the low death-rate.

CHAPTER XV

CASES SUITABLE FOR TREATMENT AT FOLKESTONE

IN dealing with this branch of the subject it is well to state at once that Folkestone does not claim to be a place at which any particular disease is cured or relieved by any special therapeutic action.

It possesses the usual characteristics of a seaside and marine resort, while superadded to these it has special attractions which make it a pleasant and healthy place to live in.

The features of a seaside town situated like Folkestone are—

(1) Marine influences, greater density of air, and consequently more oxygen and ozone.

(2) A higher mean temperature.

(3) Small range of temperature. This is owing to the moisture in the air preventing radiation at night.

- (4) Plenty of sunshine.
- (5) Soft climate with moderate humidity, and yet not relaxing.
- (6) Exposure to south-west and westerly winds.

In addition to these, speaking of the western end of the town, one would mention that all the houses are well planned, the roads wide and planted with trees, and the soil is so porous that after rain there is very little mud.

There are thousands of people who have a rooted belief in the efficacy of Folkestone in improving their health and bracing them up. Apart from all climatic considerations, we cannot ignore the teachings of experience; and if so many people testify to this effect, there must be some reason for it.

One author of repute has remarked that even if the climate of the south coast does no good, it cannot possibly do harm! This reminds one of a similar quality in certain kinds of medicines.

Folkestone does not aspire to attract the chronic invalid and the consumptive, to the

exclusion of all the other members of the community.

It provides amusement and change for those who are not ill and yet require a holiday. It is not a place where the crowds of pallid and thin faces testify to the sadder side of life, with its illness and suffering.

Here we see the usual number of weak persons, but the majority is formed of robust and happy-looking men and women dressed in the height of fashion and latest styles.

It is certain that this class of persons would not patronise Folkestone unless they found it suited their health, and gave them attractions to pass away the time pleasantly.

One of the best indications as to the healthiness of a place is the general appearance of its inhabitants. If there is one thing more than another that strikes a stranger coming from towns in the Midlands or less favoured localities, it is the fine physique of the old Folkestonians.

They are a bigger race of men than is found at many other parts ; the women, too, are taller and stronger looking. This may

be due to hereditary influences, but climate must have more to do with it.

Many people go abroad for health, but there are places in our country equally suitable for nearly all diseases.

As Sir Hermann Weber observes, "the climates of England belong to the most health-giving in the world. They produce the finest trees, the finest animals, the finest men, and are most conducive to longevity."

It must be remembered that the climates which are the most pleasant to live in are not always the climates most beneficial. Those people enjoy the best health and the longest lives who are forced by the exigencies of climate to take much exercise and live much in the open air.

It has been shown that the mean temperature of Folkestone is higher than many of the other seaside resorts. In fact, it approaches that of Ventnor.*

This fact enables residents to keep their

* Folkestone and Ventnor are the only seaside towns of any size that are built on the lower greensand.

windows open both day and night, and thus to obtain the greatest possible amount of this powerful aid to old age and good health.

In Dr Burney Yeo's book on 'Climate and Health Resorts' a very interesting fact is mentioned as having been observed by Professor Beneke. He shows that at the sea-side an acceleration of the nutritive changes in the nitrogen-containing tissues of the body takes place. Heat is lost more rapidly on the sea-shore than inland, and consequently the tissues of the body have to undergo more waste to make up for this loss of heat. The changes in the tissues take place more rapidly, and one, so to speak, lives faster at the sea-side than at an inland place.

This loss of heat is, however, so very gradual and continuous that it is quite imperceptible, and it acts as a stimulant to the body instead of as a depressant.

Certain persons are never well at the sea-side. It appears that their body is not able to react to the stimulus, and they lose strength and feel weak and depressed.

On the other hand, persons who work their brain and not their muscles contain in their tissues an accumulation of waste products that require to be got rid of, and they therefore derive much benefit from Folkestone. The elimination of these injurious bodies is assisted, and tissue change takes place more rapidly.

There is a certain type of person one is inclined from these theories and from experience to advise to avoid the sea-side. These are those having a weakness for alcohol. I do not mean the intellectual well-balanced man who has been led to take alcohol as a sedative or otherwise, and who derives no pleasure in taking it beyond the effect it has of making him sleep or feel more composed. I refer to those who experience actual physical and mental enjoyment from taking alcohol. Alas! too often everything is sacrificed to this one desire. They are a worry and trouble to their friends, and yet are often known as "good sort of fellows."

The inherent desire for stimulants is increased at the sea-side, and these persons

are better at an inland place or at a mountain health resort. The explanation of the action of sea air in this respect is probably that the increased change set up in the body by the greater loss of heat is not met by sufficient eating of food, and a feeling of weakness and languor is set up. Alcohol, as is well known, acts as a check upon tissue change, and makes such persons feel stronger for a time, but as a final result they become more confirmed tipplers.

It is a curious fact that at seaside places the cause of total abstinence makes slow progress. I have known persons who at inland localities never touched or felt the desire for alcohol in any form, when they come to the sea-side at once take beer, wine, or spirits.

May not this be explained by Professor Beneke's experiments? The changes in the body take place so much more rapidly that a desire is created to check these changes, and thus alcohol is made use of.

One is constantly hearing people say, "The air of Folkestone is so strong." One

is puzzled to know what they mean, or, at least, one is puzzled to define what is meant by "strong air."

The most common result is a feeling of drowsiness and a tendency to sleep. This is one of the greatest benefits to certain classes of people. Insomnia is a common complaint in these days of constant worry and mental strain. Men who all the year constantly live in an air of excitement, who work all day and well into the night at accounts, and other work entailing great brain exertion, often find after some time that when they go to bed they cannot sleep; then they commence to use narcotics, and the most common one is alcohol. A stiff "nightcap," as it is called, is taken, and they find it produces sleep. But it is necessary to increase the dose, and a dose that at first caused sleep will have no effect later on, so that eventually they come to suffer not only from insomnia, but also from chronic alcoholism.

At last a time comes when a man who persists in working hard at high tension,

and who has been gradually increasing his dose of alcohol, finds that he cannot sleep even with this. Unless he ceases work now his mind will degenerate, and he will be unfit to continue at his profession, or whatever his work may be.

For these cases Folkestone is eminently suitable ; sufferers will find that they sleep better from the first, especially if they put themselves under the care of a prudent and capable medical practitioner, who will counsel them as to their general mode of life, as well as aiding them by medicinal treatment.

The drowsy feeling experienced by newcomers in the town wears off in time, and one becomes acclimatised, so to speak. Persons who are naturally indolent and fond of taking things easy are apt to give way to this feeling of drowsiness, and they doze about the hotel or boarding-house and neglect the proper amount of exercise. They then get bilious, especially if their appetite is good, and say Folkestone does not suit them !

The diseased conditions that are decidedly

improved by a visit to Folkestone are the following :

(1) Any glandular trouble, such as tuberculous glands of the neck.

(2) The condition called scrofula.

(3) Loss of appetite.

(4) Sleeplessness.

(5) General debility without definite disease, such as occurs among people who are "run down."

(6) Convalescence from acute diseases or from surgical operations.

(7) Disorders connected with the climacteric period.

(8) The condition called "nervous debility."

(9) Certain diseases of women, and also debility during pregnancy.

(10) Hysteria and hypochondriasis, and other diseases of the nervous system.

(11) Certain cases of asthma (?).

(12) Diseases of bone or spine.

(13) Certain cases of anæmia. This is an affection so frequently met with all over the country that it is difficult to decide

whether it is more frequent in Folkestone than elsewhere. It has been observed that cases of this disease are less amenable to treatment at the sea-side than at places inland. At Brighton one observes the frequency of anæmia, but it occurs mainly among shop-girls and servants who spend all the day indoors; this is also the case at Folkestone. One is, however, inclined to the opinion that anæmic persons make quicker progress towards recovery at an inland and elevated locality.

There are so many different conditions producing anæmia that it is wise to seek the advice of a medical man in all cases.

From inquiries made at the large girls' schools in the town, one finds that many anæmic girls are cured quickly on coming to Folkestone to live, especially if their previous homes have been in low-lying and damp localities. If, however, a girl gets anæmic whilst living in Folkestone it is troublesome to get her well again.

One writer of experience states that dark-skinned persons who are anæmic do best

in mountain air. Arguing from Professor Beneke's experiments, one would say that girls who are anæmic, and at the same time are well nourished and have no loss of flesh, would stand a better chance of getting well at the sea-side than thin dark-skinned, high-strung nervous girls who at the same time suffer from dyspepsia.

(14) The early stage of phthisis (consumption).

(15) Tropical cachexia and ague. But there are some who suffer much from so-called "biliousness" at the sea-side, and if this is the case it is advisable, when returning from abroad, to select an inland town specially suitable for liver disorders, such as Cheltenham, Leamington, or Harrogate. After living at these places for a period, a visit to the sea-side is beneficial, and Folkestone, especially the part considerably raised above the sea level, is one of the best resorts for these cases.

(16) Kidney disease.

(17) Dyspepsia. This is so common a disease, and is set up by so many different

causes, that it is impossible to lay down any rules in selecting the cases suitable for sea-side treatment. Experience is the only guide, and many dyspeptics find much benefit from Folkestone air.

(18) Chronic diarrhœa and dysentery.

(19) Defective liver action in fair, full-blooded persons.

(20) Exophthalmic goître or Graves' disease.

(21) Pleurisy and empyema.

(22) Bronchitis. During the summer months from July to October the air of Folkestone has a curative action on bronchitics. In the spring and early summer the strong winds are objectionable. In this respect Folkestone resembles most of the other British health resorts, and some patients suffering from chest diseases are undoubtedly better at the south of France or North Africa during the colder months of the year.

The sheltered part of the town by the Marine Parade is the best place for persons who are weak in this respect.

Scrofula and tubercular disease is so rare among residents in the town, that when all the children in the National and Board schools were examined by Dr. Bowles he found very few of them affected by enlarged glands or any marks of past trouble.

Affections unsuitable for treatment are excessive nervous irritability, skin diseases, and cases of heart disease with dilatation. Gout and rheumatism are best dealt with at the resorts having special appliances and baths for their treatment, together with mineral waters.

One has, however, known of several cases of rheumatism and gout being much improved at Folkestone, and rheumatic fever is very rare among the residents.

CHAPTER XVI

HINTS ON SELECTING APARTMENTS

It is most important for those who are spending a holiday at the sea-side to take every precaution with regard to their health and comfort.

How often does it happen that a hard-worked business man, his wife and family visit the sea-side ; their means being limited, they take apartments in a back street with small rooms, badly lighted and ventilated ; the weather is perhaps bad, and they stay indoors, with the result that they return from their holiday in a worse state than when they started !

The first thing to do in selecting a house or apartments is to ask whether there has been any infectious disease on the premises. The landlord or tenant is bound under a penalty to answer this question truthfully.

In Folkestone there is a strict notification of infectious diseases, such as scarlet fever, typhoid, smallpox, &c., but people are not compelled to notify such diseases as measles, whooping-cough, or German measles. Consequently cases of these diseases are kept at home, and the parents often neglect to have the premises disinfected on their recovery. It is well to insist on a definite answer to this question, and it would be wise to have a witness or request it in writing.

There is a commodious Sanatorium provided for isolating infectious diseases, and, as far as possible, all scarlet fever cases are at once removed there and retained until quite well.

The Medical Officer of Health also endeavours to prevent the spread of measles and whooping-cough by visiting cases and giving advice as to isolation, and seeing that the house is disinfected afterwards.

It has been seen, in dealing with the sanitary aspect of the town, that Folkestone is remarkably free from fatal infectious diseases.

Another important point in selection of a residence is to have plenty of light and ventilation. See that the windows all open at the top, and always keep them open night and day, except in very rough weather. Do not choose a room with a small window, or one through which the sun never shines, owing to contiguity of buildings, trees, or other structures.

It is generally possible to tell on entering a house whether it is well ventilated or not. If it smells stuffy and has an unpleasant odour, have nothing to do with it. The probability is that the people who live in the house never keep the windows open, and will object if you do so. Then the smells from the basement, being unable to get out of the windows downstairs, ascend the staircase and make the whole house smell. It is astonishing how the old prejudice about draughts and open windows holds good. Experience all tends to prove that diseases are not contracted by chills or cold, as is so commonly believed, but by the inhalation of germs contained in foul air.

For one disease set up by a draught of fresh air there are a dozen started by foul air.

The fear of draughts is a morbid one ; and if a person is unduly sensitive to draughts, it shows he does not get enough open-air exercise, or is not in a healthy state of body.

It is well to inquire whether the house is damp or not. You can detect this by noticing the condition of the walls. Stains are suspicious. As a general rule dampness is not a common fault of Folkestone houses, because the town is built on the sand rocks ; but there are several parts where clay occurs and has to be built on. This, if not thoroughly concreted over, leads to dampness of the premises.

Lastly, ask to look at the lavatories. Notice if they are well kept and clean. Many of the boarding-houses and others have a certificate framed and put in a prominent position, stating that their premises have been examined by the Sanitary Inspector and declared to be in a good sanitary condition. But your own observa-

tion is able to detect anything wrong if directed properly. See that there is a proper flush and no smell; notice whether the w.c. has a window opening into the open air, or whether it ventilates itself by means of the passage and diffuses sewer air all over the house.

These points may appear to be trivial and unimportant, but there are nevertheless many persons who have had their holiday spoilt through neglecting to make inquiries of this kind when they go to any strange apartments. In the western and best class parts of the town the houses are built according to the latest sanitary principles, and are fitted with modern appliances. In the other parts everything possible is done to maintain a high state of sanitation, but such matters as ventilation, cleanliness, &c., depend entirely upon the character and habits of the people occupying the houses; and a good well-built house may be made most unhealthy by an undesirable tenant.

It would be an excellent thing if short lectures on hygiene and other subjects

dealing with the preservation of health were given in all schools, thus assisting to dispel the ignorance and prejudice existing among the general mass of the public with regard to these matters.

In conclusion I trust that the perusal of this little book may be of use to those who wish to select a place for residence, temporary or permanent. They will have seen that Folkestone holds a high position as a health resort, and that, judged by the data generally accepted as indicating a good climate, the locality stands in the front rank. When in addition to this one considers the large amount of money expended on public amusements and means of recreation, and the many facilities possessed by the neighbourhood of access to places of interest, there can be no doubt that in selecting Folkestone people are exercising a wise discretion.

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