Recent Works on Climate.

Part Second.

Reviews.

Winter in the South of Europe: or Mentone, The Riviera, Corsica, Sicily, and Biarritz, as Winter Climates. By J. Henry Bennet, M.D., etc., etc. Third Edition. London: Churchills: 1865.

San Remo as a Winter Residence. By W. B. Aspinall. London: Churchills: 1865.

The Climate of San Remo, as adapted to Invalids. By Henry Daubeney, M.D. London: Longmans: 1865.

The Climate of Malaga in the Treatment of Chronic Pulmonary Disease. By Thomas More Madden, M.D., M.R.I.A. Dublin: Falconer: 1865.

Nice and its Climate; with Appended Remarks on the Chief Causes of Pulmonary Consumption and on the Action of Climate in that Disease. By Edwin Lee, M.D. Second Edition. London: Adams: 1865.

Health Resorts of the South of France. By Edwin Lee, M.D. Second Edition. London: Adams: 1865.

The Baths of Nassau. By Edwin Lee, M.D. Fourth Edition. London: Churchills: 1865.

The Principal Baths of Switzerland and Savoy, with Notices of some Swiss Mountain Resorts, and Remarks on Mountain Air. By Edwin Lee, M.D. London: Churchills: 1865.

Lectures on the German Mineral Waters, and on their Rational Employment. By Sigismund Sutro, M.D., Senior Physician to the German Hospital, etc. Second Edition. London: Longmans: 1865.

The value of change of climate in the treatment of disease is more fully realized than at any former period, and the cases in which it is likely to prove advantageous are now much better understood. No one, in this country at least, would think of hurrying off a patient in the last stage of consumption to Madeira or to Egypt, depriving him of the comforts of home and the society of his friends, on the vague chance of amelioration: a change to do good must be made early; delayed too long, it is only likely to accelerate the fatal result. Accordingly, it is essential that every physician should have a certain knowledge of the peculiarities of the various health resorts, and the number of works on the subject, which are constantly appearing, leaves him no excuse for remaining uninformed.

The first work on our list, by Dr Henry Bennet, is entitled "Winter in the South of Europe," and has reached the third
edition. It has, however, undergone important changes since its original publication. At first, it was a mere essay on Mentone and its neighbourhood; it now contains a full account of the meteorology and winter climate of the north shores of the Mediterranean, and embraces an account of various other health resorts, such as Central Italy, Corsica, Sicily, the Italian lakes, and Biarritz, the favourite summer quarters of the Empress of the French. Mentone still remains Dr Bennet's favourite; to it the largest amount of space is devoted, and to it our remarks must principally be directed.

The mildness of the climate of the Riviera has long been proverbial. This it owes, not so much to its latitude, as to the protection afforded by the Alps and Apennines to the north-east. The Riviera is divided into two parts, the eastern and the western, the point of separation being the town of Genoa. On the eastern Riviera are Nervi, Chiavari, Sestri, Spezzia, and Massa Carrara. Of these places it may be said that, in general, they are not so sheltered as the most favoured spots in the western Riviera, and that the accommodation for invalids is inferior. Nice was, till within the last few years, almost the only part of the western Riviera which had more than a local reputation. It has now, however, several rivals; and although none, as yet, equals it in the social advantages it presents, there are more places than one which are superior to it as to climate, and are better adapted for certain classes of invalids. Mentone, in latitude $43^\circ\ 45'$, about twenty-three miles east of Nice, was founded as an English colony by the Rev. Mr Morgan, an English clergyman, some eight or nine years ago, whilst last winter its foreign population amounted to about 600. Its situation, even for the Riviera, is exceptionally favourable. The higher mountains, between 3000 and 4000 feet high, "receding round a beautiful bay that opens to the south-east, form a magnificent mountain amphitheatre, the centre of which is about two miles from the sea. This is the Mentone amphitheatre." The space between the sea and the mountains is occupied by a series of hills, from 500 to 1500 feet high, covered with olive-trees, and sloping gradually down to the sea. Twenty or thirty miles behind the mountains which surround the Mentone amphitheatre, rises the main chain of the Maritime Alps, which attain a height of from 5000 to 9000 feet. "Thus," says Dr Bennet, "the Mentone amphitheatre, being only open to the south, south-east, and south-west, the mistral, as a north-west wind, is not at all felt, and but slightly as a deflected south-west wind. All the northerly winds pass over the higher mountains and fall into the sea,—at some distance,—several miles from the shore. When they are high, there is a calm in the bay at Mentone, and the sea is also calm, whilst at some distance from the shore it may be crested and furious."

Dr Bennet having described the peculiarities in the situation of Mentone, goes on to consider its "Climate as shown by vegetation." From its exceedingly sheltered situation, and the consequent
mildness of its winter climate, vegetation has a more southerly character than is to be found in any part of the northern or central regions of Italy. Indeed, we must go to Palermo, six degrees farther south, before lemon-trees are to be found, as at Mentone, growing in the open air without the shelter of walls. The existence of lemon and orange trees of considerable size is in itself proof of a very mild climate. The fruit of the orange-tree will bear 7° F. of frost without injury; the trees themselves being only killed by 11° of frost. The lemon is more delicate: 5° injuring the fruit; 8° or 9° killing the trees. The existence of large groves of lemon and orange trees is thus decisive proof of the absence of severe frost. The presence of various other trees and plants is brought forward, by Dr Bennet, in additional illustration of the mildness of the climate.

In the next chapter Dr Bennet treats of the geology of the neighbourhood of Mentone, and in the following of its physical geography and meteorology. Dr Bennet having given various data with regard to the dryness of the air, the amount of rain-fall, the number of rainy and of sunny days, thus concludes:

"From what precedes, it will be perceived that the characteristics of the climate of Mentone, and of the Riviera in general, as evidenced during the six winters I have spent there, are: the absence of frost; the prevalence of northerly winds; the complete absence of fogs; the paucity of rainy days; the clearness of the sky; the general heat and brilliancy of the sun; a rather cool or chilly night temperature; and a bracing coolness of the atmosphere throughout the winter, out of the sun's rays. Even when the sun is obscured by clouds and rain-falls, as the wind is then generally from the south-west or the south-east, it is not cold at any period of the winter. On the rare occasions, however, when it rains, with the wind from a northern quarter, there may be as miserable and chilly a state of things as in a drizzling November day in England. As rain only falls on a small number of days, and then often not during the whole day, and as the other days are uniformly bright, clear, and sunshiny, for five days out of six, throughout the winter, exercise in the open air can be prudently taken, from nine until three, four, or five p.m., according to the season, with both pleasure and benefit.

"Notwithstanding the complete protection from the north, north-east, and north-west, the wind is often rather high near the shore. Even when in the northern quarters, it often seems to come from the south-east or south-west, the open region, no doubt owing to the land-locked character of the district. However strong the northern winds may be, the mountain valleys and the more internal hills are quite sheltered and protected. The smaller or eastern bay is decidedly better protected from the north winds, and is several degrees warmer than the western, owing to a spur from the Berceau mountain rising immediately behind the houses which line the shore. There certainly is, however, no atmospheric stagnation at Mentone, as some writers have asserted."—P. 80.

"A cool but sunny atmosphere, so dry that a fog is never seen at any period of the winter, whatever the weather, either on sea or on land, must be bracing, invigorating, stimulating. Such, indeed, are the leading characteristics of the climate of this region—the undercliff of western Europe.

"Behind the mountains which skirt the Riviera and the Mentonian amphitheatre, in midwinter, as we have seen, frost and snow extend up to the north pole, more than a thousand miles. On the other hand, the wind blows from the northern quarters during the greater part of the winter season. The air must, therefore, be cool, and would be cold, were it not warmed by an ardent
The fifth chapter treats of the natural history of the Mediterranean, giving much interesting information with regard to its tides, colour, the fishes found in it, and the birds which frequent its shores. The sixth chapter, which contains Dr Bennet's observations on "the climate of Mentone considered medically," is specially interesting both to the physician and to the general reader. From what has already been stated regarding the dryness and comparative coolness of the air, and the large amount of sunshine, it will be evident that the climate of Mentone must be of an essentially bracing, and somewhat stimulating character. Rainy days being unfrequent, and the soil drying very rapidly, exercise in the open air can be enjoyed nearly every day. The functions of the skin are stimulated by the mildness of the climate and the dryness of the atmosphere; and, hence, the lungs are relieved of that extra burden which is thrown upon them in cold and damp climates. There is, consequently, far less risk of colds, bronchitis, or sore throat, than there is in our northern regions. The special disease of which Dr Bennet first speaks, in reference to the climate of Mentone, is phthisis. The following sentence expresses his general opinion on this subject:—"Phthisis is essentially a disease of debility. It principally attacks those who have received organizations deficient in vitality from their parents, or who have injured the vitality of an originally good constitution by excesses of any kind, or in whom such a constitution has been impaired by over-work, or by hardships and privations, independent of their own will. In such a disease,—one essentially of defective vitality,—a bracing, stimulating climate such as I have described, must be beneficial, and has been most decidedly so, both in my own case and in those of the many whom I have attended."

Accordingly, Dr Bennet has found phthisis at Mentone a far more tractable disease than in London or Paris. Of course, the good effects are not due to the mere increase of temperature; the dry, clear atmosphere, the absence of fogs, and the exhilarating sunshine, permit delicate patients to be in the open air for some hours daily; appetite and digestion are consequently improved; sleep is rendered sounder and more refreshing; while the beauties of the external world exercise a soothing influence upon the mind. But while patients who are in the earlier, or even in the secondary, stages of phthisis, have done well, even the climate of Mentone is rarely capable of arresting the progress of the disease in its later stages. Not being able to avail themselves of the advantages of out-door life, such patients feel changes of temperature almost as much as they would do at home, particularly as they have not the same means of guarding against them. The same remarks apply,
but with even greater force, to those who are suffering from the acute form of the disease. But even in cases the most likely to be benefited by the climate of Mentone, it must be borne in mind that mere change of climate is not enough. Judicious medical treatment is as necessary as at home, and care must be taken to avoid certain sources of danger met with in the warmer climate. In the words of Dr Bennet: "Patients left to themselves, or to rules laid down for their guidance at home, commit all kinds of errors. They constantly omit to do what they ought to do, and carried away by the example of others, or by the first dawn of improvement, do much that they ought not do do."

All this is very true, but Dr Bennet would have done well to point out that all forms of phthisis are not likely to be equally benefited by a residence at Mentone. Cases of phthisis are very different, and a climate which may be beneficial to one, may, nay, must be detrimental to others. A dry stimulating climate is likely to do good in cases where the patient is of a leucophlegmatic temperament, where he suffers from atomic dyspepsia, and where there is copious bronchial secretion. On the contrary, it is almost certain to be injurious when the patient is of an inflammatory temperament, when there is a dry condition of the skin and bronchial mucous membrane, and where there is a tendency to haemoptysis. In the latter class of cases a moister and more relaxing climate will be found beneficial. Much the same remarks apply to the effect of the climate of Mentone on bronchitis, Dr Bennet failing to distinguish the cases which are likely to be benefited by it. Of other special diseases it is scarcely necessary to speak; we content ourselves with one quotation:—"The Riviera climate is equally propitious to those suffering from disease of the kidney, congestion, albuminuria, gravel. The dryness and mildness of the atmosphere, by promoting cutaneous transpiration, relieve the kidneys as well as the lungs,—for in our climate the kidneys have also extra work to do in winter. Moreover, the power of living in the open air, and the improvement which follows in the general health, is of as great importance as in chest affections. I have met with several remarkable cases of improvement and cure."

The next chapter, entitled "Mentone in its Social Aspect," while invaluable to those who propose to take up their residence on the spot, will be found interesting even by those who have no prospect of going from home. It describes the general tenor of life there,—the walks, drives, and donkey rides; the commissariat and the amusements. The latter are not very numerous, for Mentone is not like Nice, a small southern capital, with its opera, theatre, and numerous balls; it is a pure resort for the invalid, which has as yet "been chosen as a residence by none of the tribe of health loungers."

The heading of the eighth chapter is "A Tour in Search of a Better Climate." Its origin is thus described:—"Although pleased with my first winter at Mentone, I was anxious, on leaving England
the following autumn (1860), to find a still better climate, and, like most invalids, thought I might as well see a little of the world, and thus combine pleasure and profit." The results of this journey may be briefly stated. Genoa is incompletely protected from the north-east wind; it is densely populated, badly drained, and unhygienically built. All the principal hotels are on the port, exposed to the emanations of the drains which open into it. On the Eastern Riviera, as already mentioned, there is no locality more desirable than Mentone, while the accommodation is decidedly inferior. Pisa is situated in an open plain, some miles from the mountains which protect it; the town is surrounded by a high wall which impedes ventilation; the streets are narrow, sunless, damp, and cold; the quarter of the invalids is a quay on the bend of the sluggish Arno, about a mile long, on which they must march up and down; the surrounding country is a dull plain; the town, with the exception of the cathedral, the leaning tower, and the Campo Santo, presents no objects of interest. Above all, Pisa is in itself unhealthy, the average duration of life being only twenty-nine years, as against forty-four in London. Florence is comparatively a mountain town, and, as a winter residence, too cold for invalids. Rome is subject to malaria, more or less, all the year round: when the north wind blows it is very cold. Dirt and defective drainage still farther detract from the amenities and the healthiness of the former mistress of the world. Naples "exhibits the concentration of all the unhygienic conditions previously alluded to." The public drains open themselves in the sands in front of the Villa Reale, the most fashionable promenade. The town is surrounded by pestilential marshes, and the rock on which it is built is so porous that the rain soaks in twenty feet, and in dry weather gives out its moisture by degrees. Dr Bennet thus describes his latest experience of Naples:—

"A few days after my arrival in November, the autumn rains commenced with a warm oppressive sirocco, or south-east wind. The torrents of rain that fell in the first twelve hours washed the streets and drains of their accumulated abominations into the sea. The waves and the surf, on the other hand, drove them back again and again on the shore, whilst the wind, rushing up the open drains, escaped through the rain openings in the streets, and through the open closets in the houses. The smell throughout the entire lower part of the city was awful, and a considerable portion of the population was at once affected with abdominal pains, diarrhoea, and even dysentery. I was one of the first victims, and after nearly three weeks' illness, I abandoned all idea of exploring Salerno and the south of Italy. I had only one wish, that of returning as quickly as possible to pure, healthy Mentone. I therefore embarked on a Genoa steamer as soon as the barometer showed me that it was prudent so to do, and reached Mentone safely in a few days. There I remained during the rest of the winter." Though Dr Bennet's opinions are perhaps expressed a little too strongly, there can be no
doubt that the large Italian towns are in general very deficient in hygienic arrangements, and that many of the deaths among our countrymen, which occur every year, are really due to typhus or typhoid fevers, the result of dirt and overcrowding, or defective drainage.

The next chapter describes a visit to Corsica, and in Ajaccio Dr Bennet found a winter climate equal, or nearly equal to Mentone. It is one of the most lovely spots in Europe, clean, and uncramped by walls. Its bay, though smaller than that of Naples, is as blue and beautiful. The vegetation indicates a climate at least as warm as that of Nice, or even a shade warmer. Ajaccio is also characterized by an absence of those strong winds which reign during winter in other parts of the Mediterranean. As yet, however, there is but little accommodation for visitors; were this supplied, Ajaccio might become a formidable rival to the Riviera.

In the tenth chapter there is an account of a visit to Sicily. The following is Dr Bennet's opinion of Palermo as a winter climate:—

"Such a winter climate—temperate, sunny, and rather moist—may be beneficial to a certain class of patients,—to highly nervous, excitable, impressionable constitutions, that are too much braced and stimulated by the dry tonic air of the Riviera, and with whom the bracing, stimulating atmosphere of Cannes, Nice, Mentone, and St Remo does not agree. At the same time, I do not think it possibly can be as beneficial to those who require invigorating and vitalizing, to those who are suffering, like the phthisical, from defective nutrition and lowered vitality. In the earlier and curable stages of phthisis I am persuaded that the dry, invigorating climate of the Riviera is far preferable in the majority of cases." Yet Sicily is in at least one respect superior to the Riviera, or to any other place we know of. "Oranges are numerous and first-rate, sweet and juicy. I may here mention that throughout Sicily it is the custom to eat strawberries along with sugar and the juice of an orange or two. The strawberries, a small kind, come to table without their stalks, are crushed with white pounded sugar, and the juice of an orange is squeezed over them. The result is a most fragrant and agreeable compound, much superior, in my opinion, to strawberries and cream. Indeed, I think it is all but worth while to make a journey to Sicily to be initiated into this mode of eating strawberries."

The next chapter contains a short account of Biarritz. It is best known as a summer and autumn residence, but may, from the mildness of its climate, be advantageously resorted to in winter. One advantage it possesses as a winter residence is that, from having two seasons, it is much less expensive during winter than Nice or Mentone, which are completely deserted during summer. Though not so sheltered as the Riviera, and exposed occasionally to pretty smart frosts, its mild, sunshiny, and dry climate must be useful in much the same class of cases. The remainder of Dr Bennet's work is occupied by a short account of the Italian lakes,
some meteorological tables, and advice to invalids regarding the journey to and from Mentone. On these subjects, however, our limits do not permit us to enter, and we must take leave of Dr Bennet with a cordial recommendation of his work. The volume is very tastefully got up; it is illustrated by several well executed chromo-lithograph maps; while the interesting nature of its contents, the mingling of science with general information, render it equally suitable for the general reader or the physician.

A very brief notice of the works next in our list must suffice. San Remo has of late years acquired some celebrity as a health resort. It is about fifteen miles from Mentone, and is within the Italian territory. Situated in a deep bay, facing the south, and protected by the mountains behind it, the climate is very similar to that of Mentone. San Remo is, however, not quite so sheltered, and the air is not quite so dry as at Nice and Mentone. This latter circumstance Dr Daubeney accounts for by the nature of the soil, which at Nice and Mentone is a "thirsty sand and gravel," while at San Remo it is argillaceous. The accommodation for visitors is as yet not so good as at Mentone, although new hotels and villas have recently been erected. San Remo, however, appears to be a decided acquisition to our list of climatic resorts. Mr Aspinall’s is an unpretending little volume, giving his own experience of San Remo. He had passed a winter in Madeira, which he found “depressing and debilitating,” and another in Egypt, which is described as “hot and dusty”; he then proceeded to Nice, the air of which he found most clear and exhilarating, the climate, however, being treacherous, for during bright sunshine bitterly cold winds swept through the gorges from the snowy mountains. He remained in Nice till March, when, having heard the climate of San Remo strongly recommended, he proceeded thither. So pleased was Mr Aspinall with San Remo that he remained for six weeks, and has since passed two seasons there. In Mr Aspinall’s opinion the climate of Mentone is enervating and relaxing as compared to San Remo. The following quotation may amuse our readers:

“On the 24th of November 1864, I took possession of the pretty and nicely furnished new villa which had been previously taken for me, and, I must say, it presented a most attractive appearance. Being very tired with my journey, I was glad to retire to bed early, but there was little sleep for me that night, as the beds were literally swarming with bugs. In justice to Italy, I must say that this was the first time I have ever met with such an annoyance. It was subsequently explained thus: a daughter of the owner had finished her education at a convent, and her younger sister was to take her place there. It is required that each boarder entering a convent shall take her own new mattress, and in order to save money, a new mattress was taken out of the villa, and the old one put into its place. The Italians are not very sensitive to the bites of insects, but after a while it was discovered that the beds were more lively than was agreeable. An experte (as they are here called) was sent for, who took it away; and to use his own words, ‘there was nearly a measure full of bugs taken out of the mattress.’ Of course, living in the house was out of the question; I therefore requested an Italian friend to make the best bargain he could.
The owner of the house was inexorable, though he was offered arbitration, and finally half the rent, he would not take anything less than the whole. The result was he brought an action against me for the full rent. An Italian trial is so different from our own, that I must endeavour to give a short account of a very long affair. In the first place, after the usual formalities are gone through, much the same as in England, the advocates on either side plead and argue; I was not present, but I hear there was much wit and joking going on. My advocate, amongst other things, declared that bugs were hardly known in England. He was answered, 'That is clearly a mistake; for I find the word bug in the English dictionary.' 'Yes; and I find crocodile in the Italian dictionary; but surely no one will tell me that crocodiles are natives of Italy.' This pleading is the preliminary step taken in order to decide whether witnesses should be called or not. Had it been decided in the negative, the plaintiff would have gained the cause. After much delay, the judge announced it was a case for witnesses. The defendant's witnesses are first examined; and a most tedious business it is, only two being examined on each succeeding Friday. These witnesses gave their evidence so clearly, that the trial was considered to be virtually over, but to our surprise the plaintiff then brought forward two servants who had been discharged from my service, one of whom he had recently taken into his employ, and the other was not in any way to be trusted. They quite contradicted all that my witnesses had sworn to. All this time there were the bugs in the house to speak for themselves, but they would not send to examine it.

"The trial was going all in my favour, but was afterwards carried to the Court at Genoa; the result was not known when this book was ready for the press."—P. 31.

Mr Aspinall is much interested in the evangelization of Liguria and Piedmont; any profits arising from the sale of his work are to be devoted to helping to defray the expenses of the new English church at San Remo.

Dr Dauben"y's pamphlet on the "Climate of San Remo," consists of thirty-nine pages, of which only ten consist of original matter, the remainder being occupied by tables of meteorological observations. Such tables are useful enough in their way, but when they occupy a space so disproportionate to the text, they cannot fail to remind us of the relative quantity of bread and sack in Falstaff's tavern bill. Dr Daubeny has also committed a great mistake in leaving Professor Govian's Italian tables untranslated; he should have also reduced the barometrical and thermometrical observations to the same standard as that in which his own are published.

Dr More Madden's pamphlet (reprinted from the Dublin Quarterly Journal of Medical Science) on the climate of Malaga, consists of twenty-three pages. He commences with some general observations on some of the difficulties which embarrass the study of medical climatology. In these preliminary observations the following unfortunate passage occurs:

"Fashion has a great influence on the reputation of the climates frequented by English valetudinarians; thus Cannes owes its renommée as a winter residence mainly to the influence of a celebrated nobleman, who, some thirty years ago, passed a winter there, and, finding the climate suited him, has since returned each year, followed by others—so that the climate that suits a very distinguished person seems to possess some special attraction for English invalids."
A medical man may, perhaps, attend in the wake, to look after the bodily infirmities of his exiled compatriots; and the doctor, having probably some time on his hands, writes a book in which he proves the superiority of the climate to his own entire satisfaction; and in some cases a very bad climate for phthisical invalids—as, for instance, Mentone—has thus been ‘written up’ into temporary notoriety. Unfortunately laudations of unsuitable climates are seldom contradicted. Valetudinarians, having little the matter with them, visit Mentone and similar places, and, being benefited by travelling, and change of scene as well as of air, the result is vaunted as an incontestable proof of the sanative action of the climate; but we hear nothing of the cases in which invalids suffering from organic disease are injured by an unsuitable climate, and die in these localities. Thus it is that physicians at home are misled, and their patients abroad suffer the consequence.”—P. 4.

A man who writes so uncouteously of his professional brethren has no right to expect that much attention should be paid to his own opinions.

From its latitude, 36° 34′, Malaga has a much higher temperature than the Riviera, and from its situation, protected from the north and west winds, it is very sheltered. The annual rain-fall is inconsiderable, and the number of rainy days unusually small. There is no doubt that with these natural advantages Malaga might be a very valuable resort for the invalid; but, unfortunately, they are more than neutralized by the unhygienic condition of the town. On this point Dr Madden is quite explicit:—

“The hygienic condition of Malaga is as defective as it can well be. In a great many of the houses there is no provision for sewerage of any kind; and even in the more civilized part of the city, in the hotels on the Alameda, the drainage is very bad indeed. The main sewers, which run under the principal street, are choked up by the decomposing accumulation of years, and being provided with immense square openings, through which the dirt and rubbish is thrown into them, in the centre of the streets, the mephitic gases evolved below freely escape into the atmosphere of the narrow lanes of the city. The bed of the Guadalmedina is really the main sewer of Malaga; and as for nearly ten months annually it is little more than a wide dry bed of gravel, being dependant on the torrents in winter for its purification, the odour it exhales in warm weather renders a residence near it as disagreeable as it is unhealthy.

“The connexion between epidemic disease and bad sewerage is, I think, very well illustrated in Malaga, which has at all times been remarkable for the prevalence of zymotic diseases. I have collected from the older Spanish writers notices of no less than twenty-two epidemic pestilences, some of which almost depopulated the city between 1493 and 1804. The earlier of these seem to have been epidemics of genuine Oriental plague, and the latter generally assumed the form of yellow fever. Of late years, since 1834, these pestilences have not appeared, but their place has been taken by Asiatic cholera, which has several times ravaged the town.”—P. 18.

Dr Edwin Lee is well known as a writer on climate and on mineral waters. Our list, at the head of this article, contains the titles of no fewer than four works by this gentleman, all of which, with a single exception, have passed through more than one edition. Dr Lee has travelled much; he has a good local knowledge of most of the places he describes, and has availed himself freely of the labours of others. Consequently, his works may be considered.
as trustworthy guides to the localities he describes, whilst the medical portion of them is generally judicious.

"Nice and its Climate" contains a good account of this celebrated health resort. Two chapters are devoted to a description of Nice and its environs, and one to an estimate of the character of the inhabitants. The Nissards are described as amiable and inoffensive, with scarcely any sense of religion, though devoted to the celebration of their numerous fêtes. They are by no means teetottlers; though there is little intoxication, this seems to be due more to the strength of their heads than to the moderation of their potations. For M. Burnel, quoted by Dr Lee, says, "A prodigious quantity of drink is absorbed during these feasts _al fresco_, especially when the vintage of the preceding year has been good. It is seldom, however, that any great excesses are the consequence, as the Nissard can bear a good deal of drink without inconvenience."

Dr Lee's estimate of the climate of Nice is, we believe, correct; it agrees, on the whole, with Dr Bennet's opinion as to Mentone, making allowance for the somewhat less sheltered situation of the former; and Dr Lee's remarks on its suitableness in special diseases and in particular cases are judicious.

In "Health Resorts of the South of France" Dr Lee describes Hyères, Cannes, Montpellier, Pau, Biarritz, and Arcachon. Arcachon, about forty miles south of Bordeaux, in addition to a mild maritime climate, is supposed to be rendered peculiarly suitable to certain classes of invalids, from the great abundance of pine forests; among these the _Winter villas_ have been built, and sufferers from phthisis, bronchitis, and rheumatism are said frequently to derive benefit from a residence there. This has been ascribed to the large amount of ozone evolved by the fir-trees.¹

"The Baths of Nassau" has reached a fourth edition, and gives a fair account of these well-known places of resort.

In "the Baths of Switzerland and Savoy," Dr Lee describes several health resorts which are, as yet, comparatively little known in this country. Among these, we may mention St Gervais, four leagues from Chamouni, at an elevation of 2000 feet, with its sulphurous and chalybeate springs; Saxon, in the valley of the Rhone, the waters of which are rich in iodides and bromides; St Moritz and Tarasp, in the Engadine, the highest permanently inhabited country of Europe, with their saline, chalybeate, and sulphurous springs. There is also a description of some of the mountain resorts in Switzerland, and an appendix containing observations on the effects of mountain air.

Dr Sutro's work on the German mineral waters is of great value. The work originally consisted of eighteen lectures delivered at the Hunterian School of Medicine. These have been republished in

¹ See a review of the "_Almanac Général d'Arcachon_" in the August number of this Journal for 1863; and a paper by Dr William Ireland on "the Medical Topography of Kussouli," in the number for July 1862.
their original form, but an appendix has been added containing information regarding almost all the spas and climatic resorts in Europe. Dr Sutro has performed his work in a most conscientious manner. He describes the best routes for arriving at each spa, characterizes the climate, gives an analysis of the mineral water, and mentions the indications for and against its employment in particular cases. The work has additional value from having been written by a German thoroughly acquainted with the English language and with English medicine.

In general, English cookery is spoken of as very inferior to Continental; but it will be seen from the following passage that Dr Sutro considers our system of dietary very superior to what is usually met with abroad. After having described the mode of life at Carlsbad, he says,—

"And here I may state, by-the-by, that the rational manner of English living is one of the greatest safeguards against epidemic diseases. No wonder that life should be longer here than in many parts of the Continent, with a considerably greater freedom from avoidable diseases during the allotted period, and with comparatively greater physical resisting power, and other unmistakable signs of improved nutrition! As regards food, whilst in this island the most tender flesh from the best-fed domestic animals is simply exposed to the action of heat, just sufficient to increase its solubility in the gastric juice, in many parts of the Continent skilful cooks have to prepare savoury liquids out of the albuminous and gelatinous portions of the meat, and to season them in such various modes as to make a very agreeable impression on the palate. The warm liquid distending the stomach must momentarily diminish the power of its muscular fibres. Nevertheless, the tougher and more fibrous portion, the parent of the juicy soup, is now introduced, and forces the intestines to unwilling action. Some other dishes make their appearance, with the mere object of recalling the vanishing appetite, and of creating an artificial desire for a greater reception of food. And even now, when the more substantial dishes come before you in their various shapes, art tries to improve on nature and make them more palatable, by sauces and numerous intricate contrivances. However satisfactory all may appear while at table, still on rising, although you may have taken an inconsiderable sum-total of really substantial nourishment, you feel overloaded, your movements are impeded, the physical oppression reacts on the mind; drowsiness, lassitude, and incapacity for exertion naturally ensue. An artificial stimulus, both for abdominal action and nervous power, is called into aid—viz., coffee.

"Now, just imagine the consequences. Whilst the one satiated the want of nature, and supplied the organic waste by the simplest substitute, which had merely to be dissolved and reconstituted into its former atoms to produce healthy chyle—the most appropriate for performing the nutrient function of the whole body—the other imposed much greater work on his teeth, on his salivary glands, and his abdominal viscera; and when all is summed up, when the whole mass is sifted for contributing its share towards nutrition, the very purpose of the whole laborious task, why, it is found that very little can be used for sanguification—at all events, less than from the former simple and short repast. Add to this increased work the proportionally advanced inability of performance, and you will not wonder at the thousands and thousands who suffer from piles, at the numerous atonic diseases of a vicious sanguification, at the frequently debilitated constitutions, and at the shortened period of existence affecting so many individuals from avoidable causes. The injurious influence of excessive smoking on the composition and power of the mechanical masticators prevents the proper admixture of saliva, and the necessary comminution of the food, and thus heightens the evil."—P. 99.
Memoirs read before the Anthropological Society of London. Vol. I., 1863–64.

Lectures on Man. By Dr Carl Vogt. Edited by JAS. Hunt, Ph.D.

The Plurality of the Human Race. By Georges Pouchet. Translated and Edited by Hugh J. C. Beavan.

The Anthropological Treatises of Blumenbach and Hunter. Translated and Edited by Thomas Bendyshe, M.A.

Since we gave, last year, a short notice of the publications of the Anthropological Society of London, the works, the titles of which we have placed above, have been issued, by the Council of the Society. The volume of memoirs consists of a selection of the more important papers, read during the session 1863–64, and contains papers on a variety of subjects connected with the distribution of man on the surface of the earth, his physical structure, social habits, and religious observances.

As several of these subjects do not come within the province of matters discussed in this Journal, we shall pass them over and content ourselves with a brief notice of those papers which treat more especially of the topics we are in the practice of occasionally giving a place to in our pages. Falling under this category is a communication by Dr Thomas Peacock, on the weight of the brain and the capacity of the cranial cavity in the negro. This observer has had larger opportunities of examining the brain of the negro than usually fall to the lot of the anatomist in this country, and at pp. 65, 520, he records the weights of five negro brains which he has examined. He compares his results with those obtained by Tiedemann, Astley Cooper, Sömmering, and John Reid, and arrives at the conclusion that there is no very marked difference between the ordinary size of the brain in the African and European; but they certainly indicate that the brain is usually smaller in the former race than in the latter. It is to be regretted that Dr Peacock confines his description to considerations of size and weight, and does not enter into the question of the mode of arrangement of the cerebral convolutions in the negro. The joint authors of the Crania Britannica contribute two papers to this volume. Dr Thurnam furnishes an elaborate memoir “On the Two Principal Forms of Ancient British and Gaulish Skulls”; and Dr Barnard Davis one on the Neanderthal Skull.” The latter writer advances what he considers to be a satisfactory explanation of the mode of production of the peculiar form of the Neanderthal cranium: “it is simply an abnormal example, and owes its peculiar forms to synostosis of the cranial bones before the calvarium had attained its full development.” Captain Burton and Mr Pritchard communicate papers descriptive of some of the peculiar customs, the one of the
people of Dahome, the other of the South Sea Islanders, which, however well adapted they may be for perusal by the purely professional or scientific student, are, from the grossness of their descriptive details, quite out of place in a book which, like the one under review, circulates amongst men of various pursuits, and which may even be found (in complete ignorance of the nature of some of its contents, let us hope) lying on a drawing-room table.

Dr Vogt’s Lectures are partly occupied with an investigation into man’s physical structure, more especially that of his skull, brain, extremities, pelvis, and skin; those parts, indeed, to which the ethnologist has particularly directed attention in his endeavours to discriminate between the different races of men. He then enters into a comparison of man’s structure with that of the ape. He assumes the actual descent of the human race from the apes, and believes that the differences between the two will become greater by the further development of man, as the result of selection and intermixture. He gives an account of the discoveries recently made, which tend to show that the human race has existed much longer on the face of the earth than was formerly supposed. The Lectures are evidently the production of a man of very strong opinions; one, too, who, in his strenuous advocacy of his own peculiar views, forgets that a question has often more than one side, and that in the investigation of such highly complex problems as he has undertaken, it is above all things necessary to look at every aspect which the subject may be capable of presenting. Every chapter of the work, too, is defaced by a scoffing tone,—a sneering at those matters which men commonly regard with reverence,—a mode of treating the subject which is altogether unworthy of a true man of science, and which ought most effectually to have put a bar to the translation of the book into the English language.

M. Pouchet, in his memoir, as its title would indicate, advocates the polygenistic view of the origin of the human race. Like most of the writers of the same school, he attaches but little value to the influences of the media with which man is surrounded. By this we understand not only the influence which civilisation, clothing, climate, and diet exercise in modifying man’s physical and moral nature, but the geological changes which have altered the form of the earth’s surface since the time when man first appeared on it. The last-named element is one, as Mr A. R. Wallace has recently pointed out, which is undoubtedly entitled to great consideration in the discussion of this question, for now that the antiquity of man, illustrated by his co-existence with quadrupeds long since extinct, seems generally admitted, a much longer period is allowed for the action of these modifying causes to have taken place, and a powerful argument is advanced in favour of the descent of the whole human race from common ancestors.

The last volume on our list contains a translation of the contributions of the illustrious Göttingen professor, Blumenbach, to the
natural history of man, and is mainly composed of a translation of the first and third editions of his celebrated essay, originally published at the close of the last century, on the natural variety of mankind. The essay by Dr Hunter (who must not be confounded with the brothers William and John Hunter of illustrious memory) on the varieties of man, an old Edinburgh graduation thesis, is interesting, because it appeared in the same year as the first edition of Blumenbach's memoir on the same subject.

_Tension of the Eyeball; Glaucoma; and some Account of the Operations practised in the Nineteenth Century for their Relief._ By John Vose Solomon, F.R.C.S., Surgeon to the Birmingham and Midland Eye Hospital, etc. 8vo, pp. 80. London: John Churchill and Sons: 1865.

_The Optical Defects of the Eye and their Consequences, Asthenopia and Strabismus._ By John Zachariah Laurence, F.R.C.S., M.B.Lond., etc., Surgeon to the Ophthalmic Hospital, Southwark, etc. 8vo, pp. 112. London: Robert Hardwicke: 1865.

Mr Solomon's little book consists of a reprint of a lecture delivered before the Midland Medical Society in 1863, a short appendix to this lecture, and a collection of cases in illustration of the views advanced. A short and very practical introduction is prefixed, in which the author defines the term "Tension of the Eyeball," and gives its most characteristic symptoms.

The account of the operations practised for the relief of tension begins by describing the puncture of the sclerotic invented by Dr Whyte in 1802, and the similar puncture of the cornea described by Mr Wardrop, in various papers, in 1807 and 1813. The subsequent researches of Mackenzie and Desmarres on the same subject are then noticed, and a very brief account of the invention and application of iridectomy, by Von Graefé and others, is given.

Under the head of Iridectomy we are introduced to the author's theory, by which he explains the relief it gives in glaucoma; it is the following:—

"That the division of the ciliary nerves, at the point where they pass from the ciliary muscle into the iris, forms an important element in the operation; that thereby a more healthy action was induced in the ciliary ganglion, which, as proved by the experiments of Dr Radelyffe Hall, presides over the organic function of the eye."

This theory is supported by ten reasons, which, numerous as they are, by no means convince us that the relief given by operative interference in glaucoma is due to nervous influence, rather than to mere mechanical relief of tension.

The next operative procedure noticed is that popularly known
as Hancock's, the so-called division of the ciliary muscle; and the remaining twenty-five pages of the first part of the book are devoted to a comparison of the theoretical value and practical advantages of this operation, with those of another invented by the author, to which he gives the name of intra-ocular myotomy. Both aim at the ciliary muscle, but the operations vary in method of performance, in the direction in which the fibres are divided, and specially in the position and size of the external wound. In discussing these points, Mr Solomon makes out a good case for his own modification; but the tone and manner in which he enters into the question of priority, and describes from his own observation Mr Hancock's mode of operating, are hardly courteous, and certainly not so dispassionate and unpersonal as a scientific discussion ought to be.

The cases are twenty-four in number, and include examples of intra-ocular myotomy, division of the ciliary nerves, and iridectomy, so that the results of the different procedures may be compared with each other. On the whole, though he has not exhausted the subject, Mr Solomon has succeeded in arranging in a sufficiently practical manner the various operations for the relief of ocular tension. He, however, rather under-estimates the advantages of iridectomy, in certain cases, over either puncture or intra-ocular myotomy.

Mr Laurence's work discusses a subject of very wide extent and no ordinary difficulty. Deeply impressed with the accuracy and value of Professor Donders' researches on optical refraction and accommodation, Mr Laurence has been an apt pupil in his school, and in this work endeavours to simplify the labours of those who wish to study under the same master. Thoroughly to appreciate or even to understand Professor Donders' views, requires a very much more extensive knowledge of optics and applied mathematics than is generally possessed by members of our profession. Mr Laurence has endeavoured (and we think succeeded admirably in his attempt) to condense and simplify the chief foreign and British authorities on the subject, so as to supply to the general mass of the profession most of the information that is practically valuable, and to afford an excellent introduction to the subject for those who may wish to follow up more fully the researches of the Utrecht school.

The two first chapters, entitled "Optical Considerations" and "Physiological Optics," are a fit introduction to what is to follow. The latter especially gives, very clearly and briefly, an excellent account of "accommodation" and "binocular vision." The author strongly supports the view that the ciliary muscle is the chief, if not the only agent in accommodation.

Pathological optics divide themselves naturally into,—1. Anomalies of refraction—myopia, hypermetropia, and astigmatism; 2. Anomalies of accommodation—presbyopia, paralysis of accommodation, and asthenopia. The last chapter is devoted to the discussion of the interesting but little known connexion which exists between
convergent strabismus and hypermetropia. Mr Laurence, with justice, points out the propriety of viewing strabismus not merely as a deformity but as a cause of progressive loss of vision in the squinting eye. He does not notice, however, the very remarkable, but little understood cases, so often observed, in which the squinting eye has been unable to read even the largest type, and yet, immediately after the division of the muscle, before the blood has ceased to flow from the conjunctiva, has been enabled to read the very smallest.

We are to look for the explanation of these cases, not so much in any new spot of the retina brought into play, as in an instantaneous improvement of accommodation, gained by the relief of the muscular tension which had pulled on the tendinous collar of the eyeball, and perhaps thus may have paralyzed the ciliary.

We can thoroughly recommend Mr Laurence's book as a simple yet trustworthy guide to a difficult and important subject.

The Science and Practice of Medicine. By WILLIAM AITKEN, M.D., Professor of Pathology in the Army Medical School, etc., etc. In two volumes. Fourth Edition, revised, and portions re-written. London: Griffin and Co.: 1865.

About eighteen months ago, we brought under the notice of our readers the second edition of this work, and had the pleasure of expressing the high opinion we entertained of it, especially in regard to its pathological portion. The success which the book has met with is abundant proof that the medical profession thoroughly coincided in our favourable judgment. The second edition was exhausted within six months of its publication; a third edition was as speedily disposed of; and the fourth edition is now lying before us. The rapidity of sale of such a large work, consisting of nearly 2000 pages, is, we believe, entirely without precedent in the annals of medical publishing. We heartily congratulate the author on his success, which has been thoroughly well deserved. Writing at one time under great difficulties and discouragements, Dr Aitken kept his object steadily before him, and "The Science and Practice of Medicine" must now be looked upon as the standard text-book in the English language.

The third and fourth editions are no mere reprint of the second. In our former notice, while praising highly the pathological portion of the work, we took occasion to point out what we considered deficiencies in the account of the symptomatology, and treatment of disease. We are happy to see that these deficiencies have been to a considerable degree supplied. We may allude, in particular, to the chapter on diseases of the lungs, in which the account of the
physical signs, formerly meagre, has been brought fully up to the existing state of medical diagnosis. The directions for the treatment of disease are now also given more fully, and are more satisfactory than formerly. Still Dr Aitken must not rest satisfied; we doubt not that each succeeding edition will be an improvement upon its predecessors.

The fourth edition, though with numerous and not unimportant alterations, is essentially the same as the third. The principal additions we notice are, an account of the mode of employing the laryngoscope, and of the information to be derived from it; a description of a larva, the exciting cause of Bulama boil; and an appendix to the chapter on parasites, “on the occurrence of Pentastoma constrictum in the human body as a cause of painful disease and death.”

It is needless to add that, both to the medical student and practitioner, we can unhesitatingly recommend Dr Aitken’s work as containing an admirable exposition of the present condition of the Science and Practice of Medicine.

Part Third.

PERISCOPE.

REPORT ON PHYSIOLOGY.

BY W. GILCHRIST, M.D., TORQUAY.

PHYSIOLOGY OF THE BLOOD.

ON THE ORGANIC NITROGENIZED PRINCIPLES OF THE BODY, WITH A NEW METHOD FOR THEIR ESTIMATION IN THE BLOOD. BY A. FLINT.

(American Journal of Medical Science, vol. xlvi.)

The author thinks that albuminous substances, when dried and deprived of their water, salts, etc., have no interest for the physiologist. The albuminous matter of the blood, milk, etc., must not be regarded as a salt dissolved in water, but (as Robin and Verdeil supposed) we must regard the albumen as a fluid in itself, and a part of the water of the collective fluid as belonging to it. This water, belonging to the fluid form of albumen, passes over by coagulation into the coagulum; and albuminous bodies must be examined, weighed, etc., in this moist condition, seeing that it is the form in which they are serviceable to the economy, and the only form in which the varieties of albumen can be distinguished from each other. Adopting these views, Flint seeks to determine the amount of fibrin and albumen in the blood. The methods of research were those of Figuier, all excepting the drying. The results were as follows. In the venous blood of two healthy men, the blood contained,—

| Component       | Content       |
|-----------------|---------------|
| Fibrin          | 8.82 and 7.44 |
| Albumen         | 329.82 and 277.55 |
| Blood corpuscles| 495.59 and 480.44 |