

Medical Matters.

HEALTH RESORTS OF NEW SOUTH WALES.



THE advantages possessed by New South Wales as a sanatorium are very imperfectly understood in other countries, but the colony is destined, at no distant period, to become a favourite resort of those in search of health and desirous of enjoying the bracing influence of a lengthened sea-voyage. The climate greatly resembles that of Southern Europe, the summer temperature of the coast regions being much the same as that of Lisbon, Naples, Algiers, Gibraltar, and the Mediterranean coast generally; while the winter temperature is like that of Sicily or the South of Africa. The summer heat in the interior, west of the Great Dividing Range, is extremely dry; but, although hot, it is not enervating; on the contrary, it produces great elasticity of frame and increased power of endurance. This region, especially the Riverina district, consisting of vast inland plains, bounded on the south by the river Murray, is strongly recommended in dry seasons for consumptive patients, possessing one of the most suitable climates in the world for their proper treatment, provided outdoor occupation is resorted to. Among other localities recommended for the treatment of the complaint is Armidale, in the New England district, about 335 miles north of Sydney. It is 3,313 feet above sea-level, the scenery being highly picturesque, and the climate bracing and cool. Eden, on the south coast, and Lake Macquarie, on the north coast, both seaside resorts, are also suitable for consumptive patients. For lung diseases and general debility, Crookwell, situated on the river of that name, 160 miles south of Sydney, and 2,995 feet above sea-level, has been found beneficial; as have Kiama, a dairying township on the south coast; and Mount Victoria, the leading township in the Blue Mountains. Dubbo, a pastoral township, 865 feet above sea-level, and 278 miles west of Sydney, has been found beneficial in cases of acid dyspepsia and disorders of the kidney and bladder; while Port Macquarie, on the northern coast of New South Wales, 240 miles from Sydney, and Wellington, a pastoral township 248 miles north-west of Sydney, have been recommended for sufferers from bronchial

affections; the Kurajong Heights, a spur of the Blue Mountain range, 1870 feet above sea-level, and 48 miles west of Sydney, being much frequented by those afflicted with nervous disorders or diseases of the chest. These are only a few of many similar health resorts, nearly all of which are readily accessible by railway or steamer, and generally surrounded by picturesque scenery, with excursion facilities of every description. Among the harbour or seaside localities found beneficial in cases of nervous disorders, insomnia, scrofula, consumption, hysteria, and other diseases, are Chowder Bay, Coogee, Eden, Gosford, Lady Robinson's Beach, Lake Macquarie, Kiama, Manly, Pittwater, Ulladulla, Watson's Bay, Wollongong, and Yamba. Among the health resorts at a high altitude are, in addition to those already mentioned, Booroolong, 4,428 feet; Guyra, 4,328 feet; Glencoe, 3,794 feet; and Orange, 2,891 feet. These places are recommended for sufferers from asthma, pleurisy, incipient consumption, epilepsy, liver complaint, dyspepsia, and similar diseases. There are numerous localities, at lower altitudes, such as Springwood on the Blue Mountains, and Camden 42 miles south-west of Sydney, admirably adapted for convalescents. Among the winter stations, useful in cases of consumption, asthma, bronchial catarrh, chronic rheumatism, etc., are Albury, on the river Murray, and Wellington, already mentioned. At the former place, as in other vine-growing districts, the grape-cure may be successfully attempted. This consists in the substitution of grapes for cod-liver oil, the former, containing nearly twenty-five per cent, of sugar, tending to favour the accumulation of fat. Within a few miles of Dubbo is a cold effervescent spring, highly charged with carbonic acid gas, and beautifully clear. In the vicinity of Mittagong, 77 miles south of Sydney, are several chalybeate springs, largely used by invalids, the water being strongly impregnated with iron. Another mineral spring is to be found at Rock Flat, 267 miles south of Sydney; the leading constituents are carbonate of soda, chloride of sodium, carbonate of lime; with salts of potash, chlorine, and traces of sal ammoniac. We have said sufficient to show that the advantages of Australia, and especially of New South Wales, in the way of health resorts, are very great. It is curious that they are known to so few British invalids, thousands of whom seek health each year in French, Spanish, or Italian towns.

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