

The Best Thing to Do.

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AUTHOR OF "PRACTICAL DISPENSING," &c., &c.

CHAPTER 2.—HEALTH RESORTS AT HOME AND ABROAD.

IN choosing a resort for those who are in search of health, suitability of climate is the first consideration. Most Medical Practitioners have special leanings towards certain localities, and patients will do well to follow their advice, as they know their condition best. It will be sufficient to enumerate here a few of the more well-known health resorts, with some observations on the suitability of their climate, for the guidance of invalids and others.

In our own country, for those with pulmonary troubles, the sheltered nooks round the coast of Devonshire, such as Torquay, and farther west in Cornwall, Falmouth and Penzance, will be found mild and beneficial. In the North, Grange-over-Sands, and West Kirby, in Cheshire, are mild, dry, and well recommended. For a more bracing climate, Eastbourne, Bournemouth, Hastings, St. Leonard's, and Folkestone have each a reputation as being suitable for those who require the stimulus of stronger sea air. Sandown and Ventnor in the Isle of Wight have a wonderfully mild temperature during the winter months. On the West Coast we have Aberystwith, Barmouth, Llandudno, Colwyn Bay, each having their own special advantages, the latter being exceptionally mild during the winter months. Inland, we have Matlock, surrounded by the Derbyshire hills, and Trefriw, in North Wales, delightfully sheltered, and situated in the Conway Valley. On the East Coast, Scarborough and Whitby are bracing and dry, though exposed to the east winds in the early months of the year. For those who are troubled with gout and rheumatism, and do not wish to travel far, we have Bath, whose chalybeate and sulphur waters are famous, Buxton with its mineral springs, and Harrogate.

Leaving our own country and going farther afield, for those who need rest there is nothing better than a sea voyage, such as that to Madeira or the Canary Islands, which will be found both beneficial and enjoyable. Madeira owes its equability of temperature to its southern latitude, and the influence of the ocean which washes its

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shores. The mean temperature throughout the year is 66deg. Fahr., and as a rule does not vary more than 11deg. Fahr. between the day and night.

At Orotava, Teneriffe (one of the Canary Islands), the climate is even less variable than at Madeira. Sheltered by its high peak at the back, the air is dry and warm, the heat even in summer not being excessive, while in winter the climate is delightfully mild, and varies very little; there are no frosts or heavy dews, and fog is almost unknown. The mean temperature throughout the year is 68.5deg. Fahr. in the shade. From November to April its average is about 63.8deg. Fahr., and there is not more than 5deg. Fahr. variation in the twenty-four hours. The climate is most suitable for those with throat and chest troubles.

For those who wish to avoid the damp and fog of our English winters, the Riviera is universally accepted as the best winter resort, also for those suffering from lung diseases, protected as it is from most cold winds by the mountain ranges which extend along the Mediterranean coast. The climate is coldest in December, when the lowest temperature averages from 42deg. to 45deg. Fahr. There are sometimes frost and snow, but it does not last for long; November being the wettest month in the year. As a rule, the winter on the coast of the Mediterranean is generally clear, bright, and dry, free from fog and mist, with a temperature from 8deg. to 10deg. higher than that of England. From Hyères to Alassio during the winter months is besieged by invalids, Hyères, Cannes, Mentone, San Remo, Nice, &c., each having their own admirers. Latterly St. Raphael has come into repute as a winter residence. Situated in the Bay of Frejus, it is sheltered from the hot sun and wind. During the months of December, January, February, and March, the average temperature is 46.6deg. Fahr., and in April 55.3deg. Fahr. It is specially suitable for anæmic patients, and those suffering from chronic chest or lung diseases. Hyères and its suburb, Costebelle, are the most southern stations on the French Riviera, the latter being surrounded by pine woods, and situated almost on the coast. The atmosphere is bracing and stimulating. The town of Hyères is well sheltered by hills, but suffers from the mistral in the winter. The temperature during the winter months is from 50deg. to 59deg. Fahr. in the shade, between the hours of eight and four p.m., but there is often a rapid fall after sunset, of which the invalid should be careful. The air is

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