

A CLIMATE FOR INVALIDS.

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THE choice of a climate for invalids and semi-invalids involves the consideration of: First, the invalid's physical condition (that is, disease), his peculiarities (mental and emotional), his social habits, and his natural and artificial needs. Second, the elements of climate, such as temperature, moisture, direction and force of winds, the average of the elements, the extremes of variation, and the rapidity of change.

The climates of the western and southwestern portions of the United States are well suited to a variety of endemic conditions, especially those pertaining to the pulmonary organs and the nervous system. Very few localities, however, are equally well adapted to diseases of circulatory and respiratory origin. For the first and second, as a rule, high altitudes are not advisable; for the third, altitudes of from two thousand to six thousand feet are not only admissible, but by many thought to be desirable. It seems, however, probable that it is the dryness of the air and the general antagonism to vegetable growth, rather than to altitude alone, that the benefits derived in these regions by persons suffering from consumption and kindred diseases should be credited.

Proximity to large bodies of water, river valleys, and damp plateaus are undesirable as places of residence for invalids with lung troubles. There are exceptions, of this rule. Localities near the sea with a climate subject to slight variations in temperature, a dry atmosphere, little rainfall, much sunshine, not so cold in winter as to prevent much outdoor life, and not so hot in summer as to make out-door exercise exhausting, are well adapted not only for troubles of the nervous and circulatory systems, but also for those of the respiratory organs.

Such a climate is found in the extreme southern portions of California. At San Diego the rainfall is much less, the air is drier, and the number of sunny days very much larger than on our Atlantic seaboard, or in Central and Northern California. The winters are not cold, flowers bloom in the open air all the year round; the summers are not hot. The mountains and sea combine to give this region a climate with few sudden changes and with a comfortable range of all essential elements.

A residence during a part of the winter of 1895-96 at Coronado Beach, and is a very careful study of the comparative climatology of the southwestern portions of the United States, lead me to think that we have few localities where the comforts of life can be secured, and which at the same time are so well adapted to the needs of a variety of invalids as San Diego and its surroundings. In saying this I do not wish to be understood as preferring it to all others for some one condition or disease, but only for weak, disabled lungs, and worn-out nerves, it seems to me to be the most adapted.