

**THE BOOK OF CLIMATES:  
ACCLIMATIZATION; CLIMATIC  
DISEASES; HEALTH RESORTS AND  
MINERAL SPRINGS; SEA SICKNESS;  
SEA VOYAGES; AND SEA BATHING**

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The Book of Climates: Acclimatization; Climatic Diseases; Health Resorts and Mineral Springs; Sea Sickness; Sea Voyages; And Sea Bathing by D. H. Cullimore

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**D. H. CULLIMORE**

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*SEA SICKNESS; SEA VOYAGES; AND*  
*SEA BATHING.*

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*SECOND EDITION,*  
WITH A CHAPTER ON THE CLIMATE OF AFRICA AS IT AFFECTS  
EUROPEANS,  
BY SURGEON PARKE, D.C.L.,  
LATE OF STANLEY'S EXPEDITION.



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## PREFACE TO THE SECOND EDITION.

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IN issuing a second edition of the 'Book of Climates,' I wish particularly to thank the Reviewers, who, with one exception, have spoken most highly of the first.

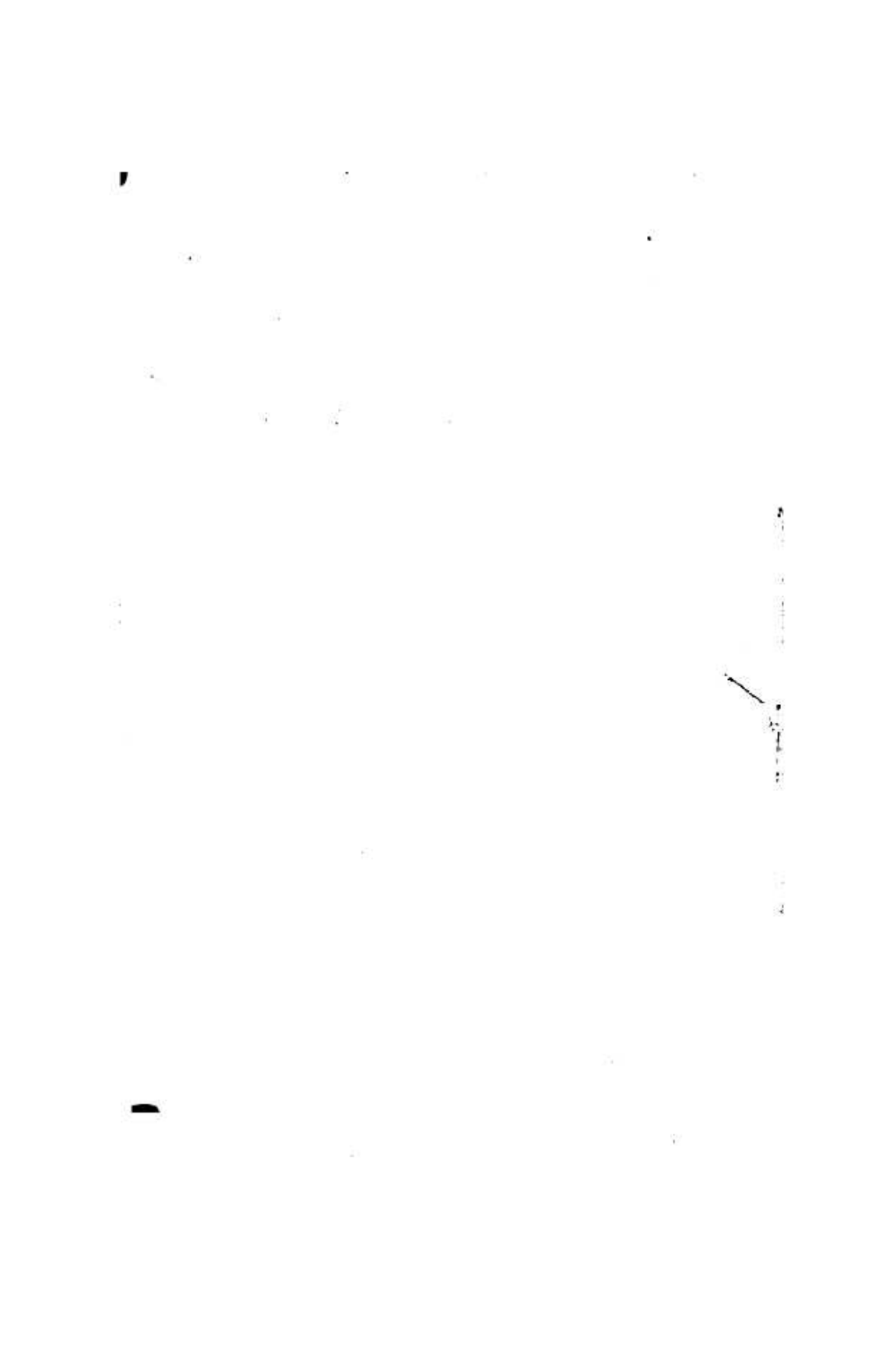
The new edition not only contains a chapter giving the views of Dr. Parke, late of Stanley's Expedition, on the climate of Africa as it affects Europeans, but also much additional matter on the climate of those countries in South Central Africa which are now being rapidly opened up to civilization by colonists from Cape Colony and the Old Country. There are also remarks on fevers.

D. H. CULLIMORE,

27, WELBECK STREET, CAVENDISH SQUARE.

*January, 1891.*

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## PREFACE TO THE FIRST EDITION.

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THE object of this work is to give a concise, clear, and useful account, one which will be acceptable alike to the profession and the public, of the climates of the different countries of the globe, their salubrity, health resorts, mineral springs, and prevailing diseases.

No such work has yet appeared in the English language; and as the author has been led to its compilation, not only on this account, but owing to his being frequently consulted—not only by invalids, but also by tourists, travellers (as Dr. Lauder Brunton, on proceeding to India), and emigrants intending to settle in countries beyond the seas—he ventures to hope that it will supply a long-felt want, and attain a fair measure of success. The greatest difficulty encountered has been to keep it within the limits prescribed by the publishers, and the needs and purchasing capacity of the profession and public, and to render the descriptions at the same time interesting, intelligible, and useful.

All the introductory chapter, on climate in general, and the descriptions of the climates of Hindoo-China, Iceland, the Riviera, and most of the French, Swiss, Italian, and Spanish resorts, have been condensed or enlarged from the author's own writings, as they appeared either in his work on 'Consumption as a Contagious Disease,' or from time to time in the columns of the *Lancet*, *British Medical Journal*, and *Medical Press and Circular*. The author has travelled extensively in Europe, Asia, Africa and America, and has resided in India, Burmah, and on the Riviera. He has also been familiar, as a ship's surgeon, with the good results and drawbacks incident to a life on the ocean wave. Notwith-



standing these advantages, he has still been obliged to lay under contribution the writings of many eminent authors, both lay and professional, as well as the columns of the leading English medical journals, and the Archives Navales Médicales of Paris. To these, to the different authors of the articles in the *Encyclopædia Britannica*, and to the writers of various pamphlets dealing with local health resorts and bathing stations, the author begs to return his thanks. Amongst the works consulted were those of the late Dr. McPherson, Drs. Theodore Williams, Herman Weber, Symes Thompson, Burney-Yeo, Gordon, C.B., Marcet, Broadbent, Hill-Hassall; the late Surgeon-General Balfour, of Madras; Drs. Bryden, Stephen, King, and Alexander Porter, and Sir Ranald Martin, all of the Indian Service; Dr. Jamieson, Henderson Hanson, and other officers of the Chinese Customs Service; the Army Medical Reports; the Colonial Reports; Dr. Day, of Redcar; Dr. Freeman, of Bath; Drs. Myrtle and Oliver, of Harrogate; Dr. Francis Smith, of Leamington; the 'Provincial Medical Journal'; Dr. Robertson, of Buxton; Drs. Parkes and De Chammont, late of Netley; Drs. Jourdanet, Jules Rochard, and Jusset, of the French Navy, all of Paris; Drs. Hirsch and Oertel, of Germany; Dr. Paul Rodet, of Vittel; Dr. James, author of 'Climate of America'; Dr. Mapother (on 'Skin Diseases'), and many others. My best thanks are also due to the Rev. John B. Macluskey, St. John's Rectory, Glasgow, for reading the proofs of the first half of the work. In view of the appearance of a second edition, pamphlets dealing with local climates will be thankfully received.

D. H. CULLIMORE,  
27, WELBECK STREET, CAVENDISH SQUARE,  
LONDON,  
AND SAN REMO,  
ITALY.

June 1st, 1890.

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