

**NICE AND ITS CLIMATE; WITH
NOTICES OF THE COAST FROM
HYERES TO GENOA, AND
OBSERVATIONS ON THE EFFECT OF
CLIMATE ON PULMONARY DISEASE**

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Nice and Its Climate; With Notices of the Coast from Hyeres to Genoa, and Observations on the Effect of Climate on Pulmonary Disease by Edwin Lee

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ON PULMONARY DISEASE.

BY

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A PRIZE ESSAY ON THE REMEDIAL EFFECT OF CLIMATE



LONDON:
W. J. ADAMS, 59, FLEET STREET;
1855.

151. c. 159.

It has been deemed advisable with reference to the advantage of their being advertised conjointly, that my works on Nice and Spain, which appeared last season, should be published by the same house which has undertaken my 'Companion to the Continent.'

October, 1855.

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P R E F A C E.

VERY different opinions have been entertained of late years by medical practitioners and invalids respecting the effects of the climate of Nice. Having had opportunities of appreciating its action in various states of disease, during the periods—more or less prolonged—of my sojourn in the course of many years, I have been induced to publish more ample details than are comprised in the necessarily brief notice of Nice in my “Companion to the Continent,”* considering that such a publication may possibly be of service to those members of the profession, and to the numerous class of persons who are interested in the subject of the remedial influence of climate, and who may wish to have an impartial opinion respecting that of Nice.

* With Observations on the Influence of Climate, Travelling, &c. Adams, 59, Fleet Street.

In order to render this little work as complete as I possibly could with respect to the medical topography of the locality, I have quoted the details of meteorological observation, from authors whose attention has been more particularly directed to them, and have instituted comparisons between Nice and some other places of winter resort; by which the differences may be at once perceived, and which may perhaps serve as a guide in the choice of a suitable residence in particular cases.

All places which are resorted to on account of climate, have their respective advantages and disadvantages, and it would be in vain for any one to seek to enjoy the former without experiencing some of the inconveniences of the latter. A locality, for instance, possessing a very mild and equable climate, may be difficult of access, may be deficient in space for walking or riding exercise—in conveniences and in resources for the occupation of time, &c.; and even a climate of this kind, which would be well adapted to some patients, would be very unsuitable to others. Nice is, however, favourably circumstanced in several respects: from its

being near to the great centres of civilization, and easy of access; from the different characters of its climate according to the position selected; from the facility of obtaining all the conveniences of life; as well as from the variety of walks and rides abounding in its environs, where the invalid may enjoy the aspect of a luxuriant vegetation of plants and flowers in a season when in most other places the earth is clad in its winter garb. In this last point of view, this spot has been referred to by one of the most highly-esteemed French poets, in the following lines:—

“ Oh, Nice ! heureux séjour, montagnes renommées,
De lavande, de thym, de citron parfumées ;
Que de fois sous tes plants, d'oliviers toujours verts,
Dout la paleur s'unit au sombre azur des mers,
J'egarai mes regards sur ce théâtre immense ;
Combien de jouissais, ” &c.*

It must, however, be remembered, that every medal has its reverse side, and that disappointment is the necessary result of exaggerated expectations consequent upon preconceived

* Delille, — Les Jardins. — (This poem was written at Nice.)