

**THE SANATIVE INFLUENCE OF  
CLIMATE: WITH AN ACCOUNT OF  
THE BEST PLACES OF RESORT FOR  
INVALIDS IN ENGLAND, THE  
SOUTH OF EUROPE, &C.**

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The sanative influence of climate: with an account of the best places of resort for invalids in England, the south of Europe, &c. by Sir James Clark

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BY  
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PHYSICIAN IN ORDINARY TO THE QUEEN, AND TO THE PRINCE ALBERT.

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FROM THE THIRD LONDON EDITION.

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ADVERTISEMENT  
TO  
THE THIRD EDITION.

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For the present edition, this work has been almost entirely re-written, and whatever appeared not directly to the purpose has been omitted, in order to make room for the consideration of several new subjects, and the introduction of notices of some places not previously described.

In an appendix, a brief account has been given of the climates of our colonies in the southern hemisphere; and, in another short appendix, a few remarks have been made on the application of some of the most efficient mineral waters of the Continent to the alleviation and cure of the principal diseases treated of in this volume. The meteorological tables have received several important additions and amendments.

Since the publication of the last edition, I have continued to receive from numerous medical friends, and others, who had resided some time abroad for their health, the most satisfactory assurances of the accuracy of my descriptions of the different climates, and their influence on disease. My own additional experience has been in perfect accordance with this testimony. Madeira is almost the only place respecting which statements do not quite agree; but after carefully weighing all the information which I have received, I have not found sufficient reason to change my opinion of the climate of that island.

For the valuable new matter which enriches this edition of my work, I am under obligations to various friends, to whom particular acknowledgments are made at the proper places. To the kindness of my friend Dr. Davy, I am indebted for the advantage of perusing his interesting

work, still in manuscript, on the military stations in the Mediterranean. The work unfortunately reached me at too late a period to allow me to avail myself of the information contained in it; but I had the satisfaction to find that Dr. Davy's views regarding the Mediterranean climate are in perfect accordance with my own. Respecting the infrequency of pulmonary diseases among our troops stationed in the Ionian Islands, compared with the other Mediterranean stations, Dr. Davy's experience agrees with the conclusions drawn in the Statistical Reports on the Health of the Army. To Major Tulloch, who has so ably drawn up these reports, I take this occasion to express my obligations for his readiness at all times in supplying me with information on the climates of our different colonies, and the health of our troops stationed there. To my friend, Dr. Martin, of Undercliff, I am also greatly indebted for his assistance in revising and extending the meteorological tables.

J. C.

*London, May 1st, 1841.*

## P R E F A C E

TO

THE FIRST EDITION.

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It is nearly nine years since I published a small volume of "Notes" on the Climate and Medical Institutions of France and Italy. This met with a very favourable reception; more, I believe, from the want of such a work, than from any merit it possessed. Since that time I have had ample opportunities of observing the nature of the climate of the South of Europe, and its effects on disease: and during the three years which have elapsed since my return from the Continent, I have endeavoured to make myself acquainted with the milder parts of England, with the view of ascertaining their respective merits, and of comparing them with the climates of the south. The present work may, therefore, be considered as exhibiting the result of much more extended observation and experience than its predecessor.

But although I have endeavoured to take a more comprehensive and philosophical view of my subject, I wish this work still to be regarded as an Essay, which future and yet more extensive observation only can perfect. If, however, it shall be found that I have investigated the subject faithfully and closely, as far as I have gone, and if the results of my researches, and my experience, now recorded, shall prove useful to future inquirers, and serve as a guide to my medical brethren in the application of climate to the prevention and cure of disease, I trust I may be considered as having accomplished all that could be reasonably expected of me, in an inquiry of such extent and difficulty.

The following work is divided into two parts. In the first,<sup>1</sup> I have endeavoured to determine the general physical characters of the milder climates of England, and of the south of Europe—to point out the manner in which the climate of different places

<sup>1</sup> The order of the two parts has, in the present edition, been reversed.



resorted to by invalids is modified by local circumstances; and to compare these places relatively to their influence on disease.

This part is illustrated by a series of meteorological tables (which will be found in the Appendix) more comprehensive and perfect, I believe, than have before been published; and for the construction of which I am indebted to the kindness of my friend Dr. Todd.

In the *second part*, I have given some account of the principal diseases which are benefited by a mild climate. This I found to be unavoidable; it being impossible, otherwise, to give precise directions for the application of particular climates to the cure of particular diseases—and much more so to their varieties and complications.

In my endeavours to distinguish the characters of some of these diseases in relation to the effects of climate upon them, it may appear that I have been unnecessarily minute; but I have made such distinctions only as my experience warranted; and I have made them, because I feel satisfied that without strict attention to distinctions of this kind, climate can never be successfully applied as a remedial agent.

In treating of two diseases (or rather classes of diseases) I have gone more into detail than the nature of my work may, at first sight, appear to require; but the great importance of these affections, their extreme frequency in this country, and the close relation in which they stand to climate, considered as a remedy, appeared to me to claim for them all the consideration which I have bestowed upon them.

The diseases to which I allude are consumption, and disorders of the digestive organs. Under this last title, I comprehend the various affections designated by the terms "indigestion," "bilious complaints," &c. In the article on consumption, I have endeavoured to show that the disordered states of the stomach are intimately connected with the origin of diseases of the chest, and with tuberculous affections generally. On this account alone disorders of the digestive organs would claim particular notice in a work of this kind; but on their own account they are no less entitled to attention, seeing the amount of suffering and of evil which they produce, and the great benefit which I have shown may be derived from change of air and of climate in the treatment of them.

With respect to the subject of consumption, it will probably be considered the most legitimate of any, in a work treating of the effects of climate. On this occasion, I have directed my inquiries

chiefly to the causes and origin of this fatal disease, with the view of establishing rules for its prevention; being well satisfied that it is only by a knowledge of the causes which lead to it, and by directing our efforts to counteract them, that we shall be able to diminish the ravages of consumption. On this most important inquiry, therefore, I have entered as fully as the nature of my work would admit, and have endeavoured, to the best of my abilities, to fill up the blank which has been left in the natural history of consumption—that, namely, between a state of health, and of established and sensible disease of the lungs.

I feel convinced that by adopting such a system of management, from early infancy, as I have laid down in the following pages, a great improvement might be effected in the general health of many among the higher and middle classes of society in this country. The children of delicate, and even of diseased parents, might, by proper care, be reared so as to overcome, in a large proportion of cases, their hereditary disposition to disease. The ultimate effect of this, in diminishing the vast and increasing extent of hereditary diseases, need not be pointed out.

Instructions respecting the necessary preparation of invalids for a change of climate—for their guidance during the journey, and during their residence abroad, will be found as minutely laid down as the nature of the subject would admit. During my residence on the Continent, I found these matters greatly neglected. They are, however, of the very first consequence to invalids, as without attention to them, the best climate will be productive of little benefit.

It was originally my intention to have added a third part, giving some account of the principal mineral waters of the Continent; but I found, on arranging my materials on this subject, that I could not have condensed them sufficiently for this purpose, without greatly diminishing their value. I have therefore resolved to lay them before the public in a separate volume; and have satisfied myself, on the present occasion, with merely indicating the mineral waters most suitable to the different diseases treated of. This class of remedies will be found to co-operate powerfully with a mild climate in the removal of many chronic disorders.

This is the proper place to notice the kind and liberal assistance which I have received from many friends, while engaged in collecting materials for this work. To Drs. Heineken and Reuton of Madeira, Dr. Skirving of Nice, Dr. Peebles of Rome, and Dr. Playfair of Florence, I am indebted for much valuable information.

By the assistance chiefly of the two first named gentlemen, I have been enabled to give more precise information respecting the climate of Madeira, and its influence on disease, than has, I believe, been previously laid before the public. From Dr. Forbes of Chichester, Dr. Lempriere of Newport, and Dr. Down of Southampton, I have received much information respecting several of the English climates. But the gentleman to whom I am indebted above all others, is my esteemed friend, Dr. Todd of Brighton, who has, with one or two exceptions, resided for some time at all the places on the Continent noticed in the following pages, and who has unreservedly communicated to me the result of his observations and extensive experience; so that there is scarcely an article in the work which has not been improved by his suggestions.<sup>1</sup> I also avail myself of the present occasion, with much pleasure, to acknowledge the information which I liberally received from my continental brethren. To my valued friends, Professor De Matthæis of Rome, Dr. Lanza of Naples, Dr. Mojon of Genoa, and Professor Grotanelli of Sienna, I am more particularly indebted in this way. Indeed, the friendly and liberal intercourse which I enjoyed, while on the Continent, with my professional brethren, is one of the circumstances connected with my residence abroad, the retrospect of which affords me the greatest satisfaction. I can assure such of the profession of this country as may visit the Continent, that they will very generally experience there the greatest facility in prosecuting their professional researches; and, I take leave to add, that, if they carry with them minds free from prejudice, and a sufficient degree of practical knowledge to enable them to profit by what they observe, they will not fail to improve themselves.

I hope it will be found that I have succeeded in throwing some light on the obscure subject of the influence of climate on human health, and on the application of it to the treatment of disease. I would also hope, from the minute manner in which I have described the characters of the different climates frequented by inva-

<sup>1</sup> By Dr. Todd's death, which occurred last August, (1840,) the author of this work has lost a much valued friend, and medical science one of its most ardent cultivators. Dr. Todd had long been engaged in a series of researches on some of the most important points of Physiology and Pathology; and the collection of microscopical preparations which he has left, shows what Dr. Todd might have accomplished, had his life been spared a few years longer. The collection has been purchased by the College of Surgeons, to add to the Hunterian Museum.