

**ON EAST AND NORTH-EAST WINDS, THE  
NATURE, TREATMENT, AND PREVENTION  
OF THEIR SUFFOCATIVE EFFECTS.  
EMBRACING ALSO THE SUBJECTS OF  
DIET AND DIGESTION, THEIR ERRORS  
AND PENALTIES**

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On East and North-East Winds, the Nature, Treatment, and Prevention of Their Suffocative Effects. Embracing Also the Subjects of Diet and Digestion, Their Errors and Penalties by C. B. Garrett

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**C. B. GARRETT**

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BY C. B. GARRETT, M.D.

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TO THE KINGSTON DISPENSARY, AND TO THE SOUTH-WESTERN RAILWAY.

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## PREFACE.

THE consciousness of having fellow-sufferers in distress, softens down many of the asperities of human miseries. If one victim escapes,—expectant hope is awakened, and the means of his rescue become deeply interesting and consoling.

The Author, from a severe cold taken whilst pursuing his arduous vocations, endured the afflictions depicted in the following pages. By experiments, investigations, and observations, extending over many months, he arrived at the conclusions and remedies detailed in this book, and not only effected a permanent cure in himself, but from three years' subsequent experience, he confidently places his views and therapeutic measures in the hands of the public.

The Author much regrets that the few leisure hours at his command have prevented his bestowing as much time on this work as he could have wished. He can only tender his best apologies to the public, and solicit the kind consideration of the critical reader.

*Thames Ditton,*  
*January 1st, 1855.*

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# ON EAST AND NORTH - EAST WINDS.

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## CHAPTER I.

### CLIMATE AND WINDS.

1. "I DREAD those horrible Easterly Winds" is an expression which can only be properly estimated by those who are sufferers from their prevalence, or by Medical Men who feel the enormous difficulties of combating the miseries they entail.

2. Who is there that perambulates the Metropolis on a cold day in March with a stout N. Easter blowing its terrific blasts in his teeth who does not pity the poor creature he meets in every street whose distressed features and muffled mouth proclaim him the submissive sufferer from the dire æolian enemy? Watch his hasty faltering step,—his nervous glance, and the frequent stoppages he makes to draw as full a breath as his circumstances permit; observe how he elevates his shoulders, and supports his hands on his side as he stops to inhale, and accomplish a husky raking clearance of the windpipe, by



a cough, as metallic in its sound as though it passed through a brass tube. This is an endurer of no common an affliction,—with a sense of impending suffocation, and the most pitiable feebleness, his very look is that of trepidation and supplication for assistance. He tells you he is without a remedy,—without relief.

3. Well do I recollect listening to a Lecturer two or three years ago in the Metropolis during the existence of a N. E. wind, and seeing the poor fellow suck away at a pocket full of oranges to mitigate the dryness of the Larynx and vocal organs. Little did he suspect the grateful juice he was applying to his florid dry lips was but an aggravation of his malady.—The fountain of moisture was agreeable, easy of access, and caused no appreciable interruption to his arduous duties, amounting to an hour's lecture, delivered four or five times a-day. Barristers, lecturers, clergymen, and others who severely tax their wind-pipes, come under the same category. Indeed no one is more likely to suffer in this way than the medical man in the country, whose duties keep him in constant alternation between hot bed-rooms and exposure to cold drives.

### THE CLIMATE

4. Of this country is so proverbial for its changeability, and the extremes we encounter, of heat, cold, long-continued drought, and prolonged rains, that we are exposed, as much as the inhabitants of any country can be, to the illnesses that arise from their influence.

Even in our little island, the comparative variations of temperature and climate would hardly be believed ; and the physician directs his patient to those parts of the coast which possess advantages, as regards the climate, best adapted to his case ; considering, first, from what winds a certain residence is most free ; second, how far those winds to which it is exposed suit his patient's malady. This study is the more necessary, recollecting that climates are perpetually changing.

5. Cæsar says that the vine could not be cultivated in Gaul, on account of the *winter cold*. The rein-deer, now found only in the frozen zone, was then an inhabitant of the Pyrenees. The Rhine and the Danube, in the reign of Augustus, were generally frozen over for several months of winter. Indeed, large engineering undertakings have been known, more than once, to alter most remarkably the nature of the climate, and to introduce diseases which were previously unknown to the locality.

6. To Sir James Clark we are much indebted for some very able observations in reference to climate, and to the local advantages to be derived from certain seaside and inland residences.

7. He points out that the *South Coast*, comprehending the tract between Hastings and Portland Island, is best suited for pulmonary and feeble affections ; that it is protected from the N. and N. E. winds ; and its advantages exist chiefly in December, January, and February.

8. The *South-West coast of Devonshire* is noted for

its mildness; for during the months of November, December, and January, the difference in temperature is, on the average, five degrees higher than that of London during the same period; whereas, on the South Coast, the difference scarcely exceeds two degrees: the former latitude being the most steady; the higher temperature being most remarkable at night. Irritable and inflammatory habits here find the best climate; it is least suitable for relaxed nervous persons, or copious secretions or discharges of any kind, but highly advantageous for *dry, irritated* conditions of the mucous membrane.

9. The West (Clifton) is more bracing and *drier*; it is less suited for pulmonary, irritable, and inflammatory disorders; and, for irritable dyspepsia. It is best for relaxed languid habits, and fluxes of the mucous membrane.

#### FOREIGN CLIMATE.

10. THE SOUTH-WEST OF FRANCE is similar to our own S. Westerly shores, with a mean temperature of  $4^{\circ}$  higher in favour of the former. The climate is soft and humid. Pau is drier and warmer in the spring, and the N. winds less trying to invalids than in this country.

11. THE SOUTH-EAST OF FRANCE is warmer and drier, but more irritating and exciting than the South-West. There is great liability to cold piercing N. W. winds (mistral), which are most injurious to inflammation or irritation of the respiratory organs; so that "the South of France" is a term which may risk the suitable se-