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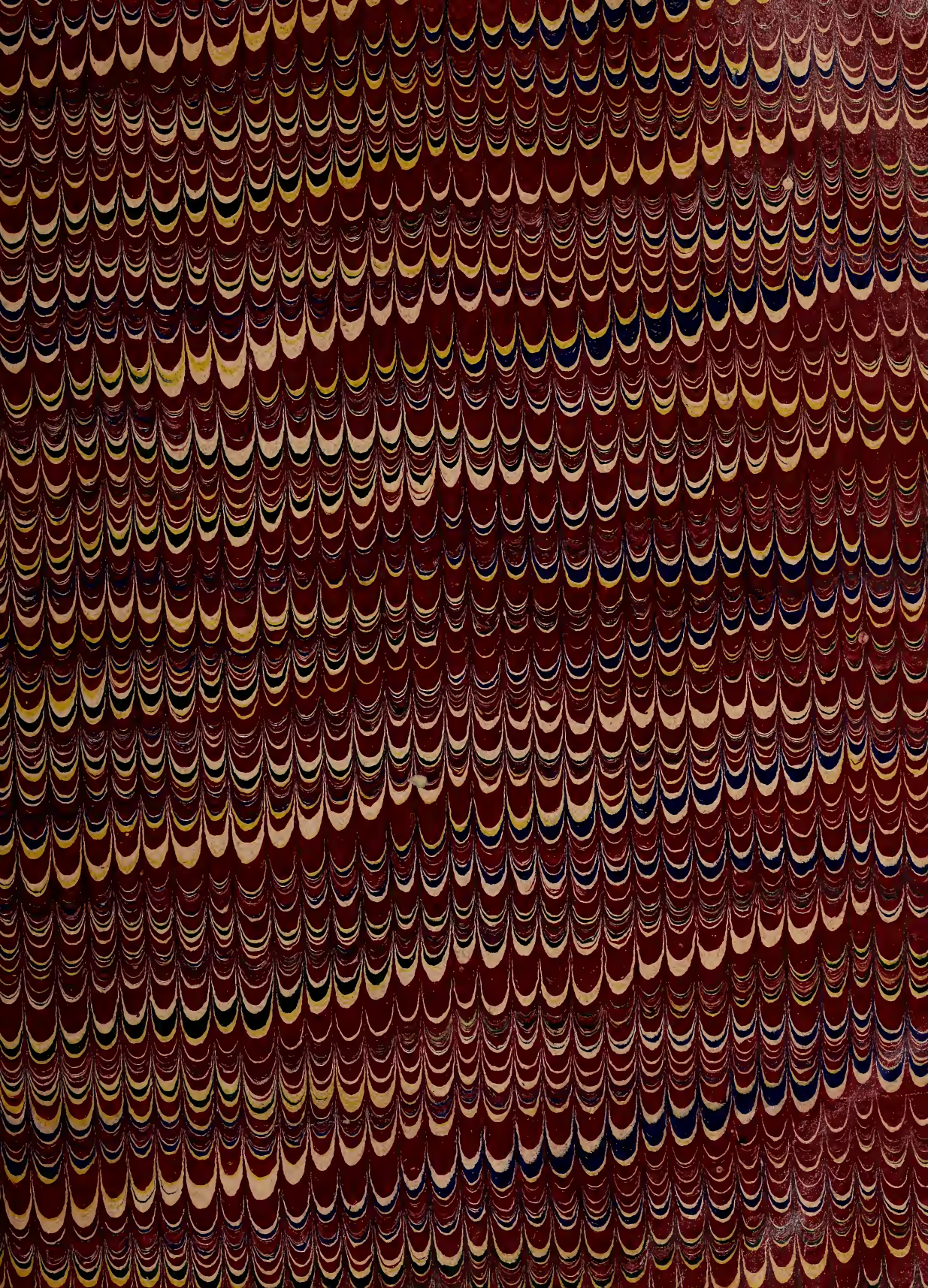
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UNITED STATES OF AMERICA.





SOUTHERN ITALY

AS A HEALTH STATION FOR INVALIDS



NAPLES :

RICHARD MARGHERI

140 Via Roma (formerly Toledo)

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SOUTHERN ITALY
AS A HEALTH STATION



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AS A HEALTH STATION FOR INVALIDS

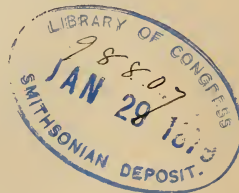
BY

written
DR. HORATIO R. STORER (BOSTON, U. S.), OF NAPLES,

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MEMBER OF THE AMERICAN MEDICAL ASSOCIATION AND OF THE
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ASSOCIATE MEMBER OF THE OBSTETRICAL SOCIETY
OF BERLIN, ETC. ETC.

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2891



NAPLES:

RICHARD MARGHERI

140 Via Roma (formerly Toledo)

[1875]

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NAPLES : GAETANO NOBILE
PRINTER TO H. M. THE KING OF ITALY

DG-871
388

TO
THE LATE WINSLOW LEWIS OF BOSTON,
THE FIRST SURGEON TO EMPLOY ANÆSTHESIA IN ITALY,
AND TO ANOTHER,
WHOSE DUST, LYING IN ITALY,
HAS MADE IT THE AUTHOR'S HOME,
IN LOVING MEMORY.

This pamphlet is in great measure reprinted from a series of letters, during 1874, to the "American Register" of Paris. They were written in part to show that Italy may be visited with advantage by invalids, provided only reasonably cautious as to exposure and overfatigue, and in part to warn against the real dangers of the country, which belong not so much to its climate as to causes easily preventible, and which even so slight a contribution as this towards the spread of sanitary knowledge may do somewhat to remove.

The letters are again placed before the public in the trust that they may meet with as favorable a reception as at first, and, it may perhaps be added, that they may accomplish an equal amount of good.

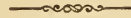
Castello Monjoujou, Parco Grifeo,
above Corso Vittorio Emmanuele,
Naples, November 1875.

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I.

Compelled, through personal invalidism of his own, to lay aside the cares of active practice at home, the writer has taken occasion to make a somewhat extended comparison during the past three years of the more prominent health resorts in Europe. He was induced to do this, not merely in the hope of benefitting his own case, but because the general subject of the relative merits of these resorts is becoming of greater and greater importance to American medical men, who are so frequently called upon to advise invalids as to the best place for their sojourn while in Europe.

The investigation referred to began, as has been stated, in the main for personal reasons. Shortly after its inception, however, and in consequence of the kind interest taken by professional friends who had learned of his absence and its cause, the writer was appointed by the American Medical Association, at its session

at St. Louis in 1873, to prepare a formal report upon European Health Stations in their relation to American invalids. This report was rendered two years later, at Louisville, at the Annual Meeting of the Association for 1875. The present series of papers may be considered, with the report, as but introductory to a more extended statement, hereafter to be made. Prepared as they are in part, as answers to questions upon the subjects involved that have been put to the writer here in Europe by persons whom he has known at home, or who have for the first time consulted him since coming abroad, they might with propriety have been termed familiar letters from a physician, who is himself an invalid searching for health, to his patients, though they are intended to serve a far wider purpose.

So much preliminarily. It may be stated, as perhaps giving additional weight to opinions he may express, that the writer's experience in his profession covers something more than twenty years, and that the past was his fourth winter in Southern Europe, a fifth having been spent in Great Britain. Three of the four winters referred to have been in Italy, and the fourth at Mentone. It will be perceived, therefore, that he speaks from some personal knowledge when discussing the question of relative climates, the more so in that, though his general standard of comparison must be New England, he has also passed a winter in the Southern United States, mainly in Texas. Should the discussion hereafter extend beyond the so-called winter-cures to that of European health resorts for the warmer months, he may perhaps be able to draw practical and useful inferences from observations made during a summer in California, taken in connection with

his five, thus far, abroad, one of which was in Russia, the second in Scotland, a third throughout Central Europe, and the two last in Southern Italy. It may also be mentioned that the conclusions presented, in addition to having been based in great measure upon personal observation, have been corroborated or corrected by conference with European physicians who are either resident at the localities that will be spoken of, or who are in the habit of sending their patients thither; in either case, their opinions being rendered authoritative from their having made of the subject a special study.

It will have been noted that American invalids are particularly spoken of, as though the problem of health resorts in Europe were a different one for them than for English or Continental patients similarly affected; and this, in fact, is true. Not merely does the relative shortness of the journey from Great Britain or the north of Europe, for invalids permanently resident upon this side of the Atlantic, materially modify the aspects of the question, but it will be found that there are other points involved, of paramount importance, that seldom receive the consideration that they deserve, either upon the part of sick persons or their advisers.

It is a very great error, for instance, to suppose that what may be termed national habits of life—those pertaining to diet, kind and amount of under-clothing, and the like—can be safely left out of the account here any more than at home. Their neglect is often the cause of serious inconvenience, if not worse, to those who are well. Much more is this the case with invalids, to whom the change—to take a single example—from the cotton bed sheets to which Americans have been accustomed, to the linen

ones here universal, means something more than mere and temporary discomfort. It is all very well to say that dyspepsia, that very frequent complaint in the United States, ought theoretically to be benefitted by any, whatever, change of diet, and that, therefore, it should be of little consequence to invalid travellers whether the water of a place can be safely taken, or whether they must, as it were, live upon wine, which perhaps they are tasting for the first time in their lives. Ideas of this kind effect a great deal of harm. Well persons who, like many foreigners, have been brought up upon nothing better, may, if they choose, take sour bread, but it cannot be safely done by invalids; and the same is true of the indescribable compounds so often presented at the Continental *tables-d'hôte*.

But why, it will be asked, do not these remarks apply with equal force to English and other European invalids as to American. The answer is simple. The health-travelling of European invalids has become much better systematised than that of our own people who come abroad, and the laws that should govern it are more clearly understood, as to where the individual sick should go, their mode of life, and the duration of their stay, both by the mass of European patients and their medical attendants. At nearly all the great health stations upon the Mediterranean—if we speak of winter resorts—there are practising physicians of foreign origin, some of whom are resident there for the sake of the income it brings them, and some for the benefit of their own health. Thus, at San Remo, and Catania, and Palermo, there are German practitioners of great credit among patients from Northern Europe. At Mentone and Nice, Cannes, Hyères, and Valetta, there

are English physicians, whom their countrymen may as safely consult as any in London, and it is to their skill in great measure that these places owe their repute as sanitarium. The truth is, that these gentlemen understand the typical constitution, both in health and disease, of their respective nations, and are thus enabled to prescribe the more intelligently and successfully for them. It is not merely from speaking the English language that the American medical men who are practising in Paris have so justly acquired their extensive *clientèle*, nor because, in comparatively exceptional cases, they can serve as a useful go-between should a French physician be consulted; but it is because there are already a great many American patients who are wise enough to appreciate that one who has lived in the same climate, been nourished upon the same diet, and had in most respects the same habits as themselves at home, can judge better than any foreigner as to what manner of life they had better lead, what things indulge in, and what avoid, when in Europe. The writer has so frequently been called upon by invalids whom he has met since coming abroad, to pass judgment upon opinions and advice that have been given to them by foreign physicians, that he has become satisfied that the point now made is an important one. "An American", it has been said to him, "ought certainly to understand the constitution of American patients better than any foreigner." If this be the case, the sooner there are resident physicians of our own nationality settled at the more prominent places of health resort in Europe, the better it will be for our invalids who may come abroad. Even if he is known to be here for pleasure alone, an American practitioner can scarcely travel a week consecutively without being

consulted by numbers of his countrymen. As yet, however, though American dentists, and pretenders claiming to be such, are now to be found in every corner of Europe, there seems hardly available, outside of Paris, a resident American physician. With the single exception of Rome, Cairo has been the next nearest point at which one has hitherto been stationed, but since these letters were written the gentleman referred to, Dr. Warren of Baltimore, who was occupying the high position of Surgeon-General of the Egyptian army, has been compelled by illness to at least temporarily relinquish his post, and to establish himself professionally at Paris.

For the American invalid coming to Europe there exists a very great benefit that does not obtain here for others to the same degree, nor for himself so fully at home, and no matter the disease for which relief is sought, the remark still holds good. It is that here, as never at home, one can change the current of the thoughts, can shake off the cares of business, and the little frets of every day life, and thus ensure a mental and consequent bodily freshness and elasticity otherwise wellnigh impossible. The value of this towards regaining regularity of sleep and of digestion, and towards hastening convalescence from any chronic malady, whatever its character, cannot be over-estimated. It is this, in great measure, though all due credit should be given to the salutary influences of the sea voyage, and the interest and excitements of continental travel, in themselves considered, that exerts so powerful a remedial influence in cases that have already been sent to Newport or Saratoga, to Aiken or St. Catharine's, to Sharon, Jacksonville, or Minnesota, in vain. The limited change

of surroundings, and of the thoughts, that may be had at home, are, of course, beneficial so far as they go, but they are of necessity comparatively imperfect. If they are all that can be afforded or otherwise obtained, it is not worth while to discuss the question; but the fact, none the less, remains that they but half present the curative measures that in many instances are to be desired.

Upon this point, the variances of opinion that invalids find among medical men in the United States, as indeed in Great Britain, should all be duly allowed for. The physician who advises against the trip abroad should not be thought selfishly anxious to keep patients under his own charge, nor should those who occasionally send a case to the Continent be deemed thereby to pronounce it an incurable one, whose responsibility it were well to escape. With such instances, though they may at times occur, we are not now to concern ourselves. Different cases require different measures, but there still remain the abstract great advantages, to many forms of invalidism, of the transatlantic journey; in comparison with whose almost absolute mental rest, the possible discomforts of the voyage, now that sea-sickness can be partially obviated, should be allowed but little weight. So far as subsequent home-sickness is concerned, and the solicitude that must necessarily exist in most cases for the friends who have been left behind, these are but matters of time, that at any moment may be annulled — the last of them by the telegraph, and the first by returning home.

Reference has been made to the difference of indication, as to coming to Europe or not, and to the Continent, required by

different diseases or by individual cases of any single affection. The same is naturally true after arrival out here, as to the places of resort most advisable, whether for different maladies, or individual instances of a special disease. The reputation of health stations, here as at home, usually depends upon their having a peculiar or so-called local climate, mineral springs of one or another character, or medical men who have become widely known as safe advisers. Sometimes, however, and oftener apparently than in America, it will be found that a place greatly praised by one physician will be decried by another, — perhaps in both cases for merely personal reasons; while, in other instances, the praise or disparagement has assumed an almost national character. The truth of this latter remark will be very generally recognised by those who have had occasion to consult both a French and a German medical attendant. The one will be almost sure to advise Algiers or Pau, Arcachon or Eaux-Bonnes, and to decry Teplitz, Karlsbad, Wiesbaden, Meran, and Gastein, while the other physician will be as certain to transpose the terms. Such has long been the case, though recent events may have served to intensify the relative measures of this international professional rivalry.

In other instances, the destination of invalids during their period of medical treatment is often decided in accordance with the selfish desires or whims of their travelling companions. Thus Paris, to the well the centre of every pleasure, and permissible for the residence of moderate invalids, is found at certain seasons of every year to prove the death place of many infirm persons, who might in another locality have lived a longer time, or recov-



Naples

Chiata Quarter below, Vittorio Emanuele above.

ered. Thus, also, Nice, where there is so much to delight those who have the physical strength to bear its somewhat trying climate, and to indulge in the round of social excitements that it affords, each year proves fatal to individuals whose patience, or that of whose friends, could not endure the comparative quiet, or what the well sometimes improperly call stupidity, of Pozzuoli, Capri or Ischia.

Dismissing for the moment the consideration of special resorts for special forms of ill-health, it will be perceived that the great aim has been to find a locality that might be best available for the general mass of health-seekers, considered strictly as such. It must be a place with a favorable climate, neither too hot nor too cold, too moist nor too dry, for the average invalid; a place where the ordinary comforts of life, such as Americans understand by the term, can be readily obtained, and without exorbitant expense; where, with sunny exposure, one can find hotels and *pensions* whose rooms have fireplaces, with chimneys that will draw, carpets that are frequently shaken, beds warm and comfortable, large and clean, and a table whose viands are selected for feeble digestions, well served and properly cooked. If, besides, such a luxury as double window-sashes has thoughtfully been provided, it will be sure not to be despised by the American invalid, who quickly learns that even southern climates have their draughts and occasional storms. There must, besides, be out of door pleasures that even the most delicate can enjoy. There must be walks and drives in the midst of interesting scenery, boating excursions, and chairs for an easy mountain climb. There must be flowers, and appetizing fruit, good drinking water, and the

drainage of the neighborhood must be above reproach. If, in addition to all these requirements, the place visited for purely health purposes, is rich in historical and artistic material, and in other matters of outside interest, or is in the neighborhood of some large city that combines a multitude of pleasant associations, so much the better.

The nearest approach to what has now been described, has generally been supposed to exist, as yet, only upon the Genoese Riviera, and especially at Nice and Mentone. So much has been said of these two places by many writers, professional and other, that no wonder the multitude in their search for health have stopped abruptly short of Genoa, fearing that by going further they might possibly fare worse. The impression that a more prolonged journey must be at deadly peril, has so forcibly been given by Dr. Bennet of London, in his charming volume upon the winter climates of the Mediterranean*, that it may at first sight seem presumptuous for any one to claim that in Southern Italy there exist in even greater measure than upon the Riviera, many of the attributes that have been enumerated as necessary to a curative, safe, enduring, and thoroughly enjoyable health resort. If, however, it is recollected that in his search for such a locality, the writer has gone beyond the point at which Dr. Bennet, compelled to leave for the North again by reason of

* J. HENRY BENNET, M. D. *Winter and Spring on the Shores of the Mediterranean: or, The Genoese Riviera, Mentone, Italy, Corsica, Sicily, Algeria, Spain and Biarritz, as Winter Climates.* London, John Churchill and Sons, 1870.

sudden illness, has repeatedly ceased his explorations of the Mediterranean coast, the belief now ventured that those most interested may safely come and judge for themselves, may not seem an unreasonable one. Under these circumstances, even the genial author referred to will pardon the statement, so opposed to his own, that invalids, under proper precautions, may, after all, be permitted to visit Italy. To return home without having done so, is, for the average American, the greatest piece of self-denial that can possibly be practised.

How this can be accomplished by invalids, with equal benefit and safety, it will now be our task to set forth.



II.

In the previous letter allusion was made to certain special benefits that exist for American invalids who seek recovery upon this side the ocean, and certain special needs that, in their case, require consideration. It was stated that to ignorance or neglect of these latter, many avoidable deaths are yearly owing, and that in such a discussion it were unwise to forget the influence of nationality, alike in patient and attending physician. It was further intimated that while the choice of health resorts could not safely depend upon fashion, individual caprice, or the desires of healthy companions, there was yet a wider field from which profitably to select than has generally been supposed, and the opinion was ventured that there were Southern localities, as yet practically unavailed of during winter, which were well worthy attention. This latter remark was applied equally to invalids seeking a climate and local surroundings that would facilitate their convalescence, and to healthy persons desirous of spending some time in Italy without the risk of succumbing to its reputed dangers.

In the selection of a climate cure, much must depend, in addition to what has already been said, upon the character of the disease, its stage, and the temperament of the sufferer. The greater portion of what has yet been written concerning health stations, European as well as American, has pertained more especially to their fitness for consumptive patients. To a New-Englander,

it need hardly be said, the interest has been none the less upon this account, in view of the continuing ravages of the scourge referred to, despite all the suggestions made by science. Thus, at Boston alone, to take a single instance, the last official mortuary reports that the writer had received when writing the present letter, show the following startling proportion of deaths from consumption, as distinguished from all other forms of acute and chronic pulmonary disease. The reports cover five weeks during not a particularly fatal portion of the year, and there were in all 701 deaths. Of these, 117, or exactly one-sixth of the whole, were from consumption. What an exodus there would be from that portion of the country, and how, as a place of residence, it would be avoided by intelligent foreigners, were this proportion generally known to be nearly a constant one, in view of what obtains in more favored localities, as, for example, California.

The fact that consumption has received such paramount attention from writers upon climate, is partly to be explained by the fact that most of the authors referred to have themselves also been persons who, on account of pulmonary trouble, have had, for a portion at least of each year, to live in the same exile that they counsel to others. This is, indeed, the case at the present moment with a large proportion of the English and German physicians who are practising in Southern Europe. It is, of course, very natural, all the world over, for men to give the closest attention to such subjects as come the nearest home to themselves.

Be this as it may, it is necessary here to state that there obtains among physicians a very great diversity of opinion as to

the exact character of climate best suited for consumptive patients, whether at an early or an advanced stage of the disease. Almost all medical men, however, have been agreed upon one point, that in the vast majority of cases, after this malady has progressed beyond a certain limit, the invalid had better remain at his home, wherever that may happen to be; it being ruled that nothing can at all compensate during the last hours of an almost hopeless illness, for absence from home comforts and from one's nearest and dearest friends.

Dr. Bennet, of London, to whose delightful book upon the Mediterranean climates reference was made in the preceding letter, is almost the only authority of repute who has ventured to differ from this uniformity of professional opinion, and to hold out hopes of improvement and even of possible recovery under the conditions to which reference is now made. It must be acknowledged, and the writer states this after a winter's careful scrutiny of Mentone in its medical aspects, that there is strong evidence in favor of the great benefit possible in some cases of phthisis, however improbable entire recovery may be, to be derived from repeated and very prolonged residence at the place pronounced by Dr. Bennet the one single spot along the whole coast of the Northern Mediterranean that can be unqualifiedly recommended to consumptives. Physicians at Hyères and Cannes, it is true, claim equal credit for those localities, but the exceptional advantages of Mentone, its sheltered position, especially in the Eastern bay, where the winds that so vex Nice and the rest of the Western Riviera are almost shorn of their force, and that peculiar solar exposure by which it becomes, as it were, the focus

of a largely extended concentration of reflecting cliffs, are points strongly in its favor, and now too well known to be here minutely described. There can be no question that Mentone must long remain the great resort of cases advanced in phthisis, at least during the lifetime of the physician to whom allusion has been made, for it has already been pointed out how much of the actual value, as well as of the reputation, of any given sanitary resort must depend upon the medical man or men who may have become identified with it. San Remo also, and Nervi and Pegli, must practically await their turn, although from what the writer has been told by Dr. Biermann of the former of these stations, and from what he has himself seen, they undoubtedly possess exceptionally sheltered nooks, where the invalid who does not desire to go beyond his garden walls may nestle and keep tolerably contented. To these places, however, as to all others upon the Riviera, one cannot safely go until very late in the Fall, and must leave them again comparatively early in the spring. Having said thus much, any remarks that may now be made with regard to consumptives, and places of health resort in Southern Europe, cannot possibly be misunderstood.

In discussing winter climates for consumptive cases, the distinction has been drawn, by none more clearly than by the author who has done so much for Mentone, between those which are very moist, those which are very dry, and those which are intermediate between these two extremes. Upon the Mediterranean, Corsica, Sicily, and Algeria have been mentioned as illustrating the first of these divisions, to which also belong places upon the Bay of Biscay, such as Arcachon and Biarritz, and some

that are comparatively inland, like Pau; while in the second of them are more especially included eastern and south-eastern Spain and the Genoese Riviera. Each of these series of localities has had, and continues to have, its enthusiastic advocates. For certain classes of patients each is thought to possess its distinct advantages, and for others its as distinct disadvantages. Every rule, however, has its exceptions, and it is not always safe to predicate that because a local climate suits one case it must answer equally well for all that seem similar to it. In point of fact, it will probably prove true that there are isolated localities, in climate midway between the two extremes of excessive dryness and excessive moisture, such as a portion of Southern Italy is acknowledged to be, that are adapted for a large proportion of both the classes of cases referred to above. A certain amount of weight, as to this, must be allowed to the sensations of patients themselves; and, while an over-exhilarating atmosphere may prove deadly to those whose vital powers are at the lowest ebb, so, on the other hand, may an excess of enervation from external causes. For many invalids, an appreciable degree of stimulus is as necessary in the air as it is in their food. The only point is that its benefits should not be neutralised by careless over-exertion or exposure while under its influence. Comparatively few patients require simply a greenhouse treatment, and it has already been shown that the medium course is often the best between the dulness and seclusion of a purely hospital town and the excitements of a bustling city. It is this fact that so often neutralises the gain that might be obtained in many cases by staying at home, and in others by going upon a very long sea-voyage,



Castellammare

especially in a sailing vessel , as to New Zealand or Australia. Sameness of surroundings may depress, just as too constant and violent change may unduly excite.

It is no doubt to the individual circumstances of each separate case that much of the conflict of testimony regarding different health stations is to be attributed. One patient finds benefit at the Channel Islands, and another in the Tyrol, while a third decries them both—in each instance the question having been decided by the choice of an inn , perhaps , or the outlook of a bed-chamber. It is so also with places nearer home. Thus, Fayal, where so many consumptives are now sent from New England , is thought the most charming place in the world , or the most disagreeable, according as each invalid happens or not to receive the hospitable attentions of a certain resident American family. A similar discrepancy of testimony has obtained with reference to Madeira, which has so long served the same purpose for English consumptives as the Azores for American.

A purely insular climate , like those now mentioned , and others of equal repute — Havana and Nassau, for instance — must of course be comparatively a moist one, and in many cases too much so ; a great deal, however, depending upon the size and contour of the island , and the dryness , or rather porosity , of its soil, which last point, it has been suggested to the writer by a Scotch lady resident there, may in part account for the delightful winter climate of Ischia. The disadvantages of too great humidity are naturally enhanced when combined with an excess of heat too evenly distributed through the day and night , as in the West Indies and Florida , while , upon the other hand , provided the

invalid be but safely housed sufficiently early, a very great chill may regularly occur after sunset, without any harm, and perhaps with decided benefit. This is the case upon the Riviera, where blankets are necessary throughout the winter, and sleep is so refreshing; and it also obtains in California, portions of which the writer unhesitatingly considers the best places for consumptives in North America, for they are neither too moist nor too dry, too hot nor too cold, and withal extremely equable in both respects throughout the year.

An approximation to these conditions exists in Southern Italy, to reach which by the ordinary routes of travel a gauntlet of dangers must be run by invalids. These, for Americans, can be escaped in a great measure by the direct voyage into the Mediterranean; extended and fatiguing land travel, such as is otherwise necessary, being much better reserved until convalescence has been established.

Upon these points, however, there remains much to be said hereafter.



III.

Thus far the writer has confined himself to pointing out that for invalids seeking convalescence in the South of Europe, it is by no means necessary, as some authorities upon the subject have contended, that they should debar themselves the pleasure of visiting Italy; and that the northern route, through the Continent, is not for all cases the easiest or the wisest course by which to reach this most interesting of lands. The remarks made upon these points, there was occasion taken to state, apply more particularly to delicate persons, as distinguished from hopeless cases of invalidism; but even for these, provided only it has been once decided that home is to be left, it is possible so to time their arrival, that even if a portion of their stay is to be spent upon the Riviera, two or three months may yet be pleasantly and profitably given to the South.

It may be objected that this could hardly hold true with reference to an autumn like the last but two, when the whole of Southern Italy had the reputation of being ravaged by cholera. Let alone, however, the fact that at Naples there were not nearly as many cases of the epidemic as was at first imagined, and these almost without exception among the lower classes and in portions of the city not lived in by foreigners; and that at Sorrento there were but two cases, both imported, — and at Ischia not more, — it must not be forgotten that of the more northern

portions of the Continent there were none that in reality, in proportion to the number of inhabitants, were less under the influence of the disease. Paris, Dresden, Vienna, St. Petersburg, and Munich were all acting as initial points for its dissemination, and the traveller, by car or by diligence, who came within an hundred miles of either of these cities, was as liable to be exposed to danger as if quietly residing here at the South; the only difference being that certain old-fashioned and useless precautions,—fumigation at the railway station, for instance, and the slitting and smoking of postal letters,—were not, save at Rome, allowed to add their weight to other sources of terror. Under the new regime, Southern Italy is year by year awakening to the possibility of curtailing epidemic as well as the ordinary forms of preventible disease, and there now seems reason to believe that at no very remote period even that Augean stable, the city of Naples, may be made and kept quite clean. Putting aside then the chance of cholera, as one that existed at Naples only in common with other great Continental seaboard and inland cities, it will be of interest in this connection to inquire as to the actual risks of added disease that invalids run who may desire to visit, for a longer or shorter period, charming Southern Italy.

The risks referred to, real or imputed, such as they are, are of a three-fold character, according as they are inherent in the country itself, or its several cities, or pertain to the nationality of the invalids for whom these papers are written.

In the first place, diseases depending upon the Italian climate may be summarily disposed of by saying that they are much the same as belong to our own southern and south-western States,

and can in great measure, as there, be prevented by the same prophylactic or precautionary measures as would be indicated by his physician to a traveller undertaking such a journey at home. Italy, throughout, must be considered as a malarious country. Milan, Genoa, and Florence, and the districts outside them, just as Rome and its Campagna, give rise to intermittent and remittent attacks, provided the stranger is indiscreet or does not intelligently protect his system, precisely as would Cleveland or Chicago, St. Louis, or even Staten Island. With these cities, as with those, the liability increases and lessens in accordance with the season at which the visit is made; Italy having in this respect a very great advantage over most portions of our central and southern States, in that there are salubrious stations in close proximity to even its most unhealthy neighborhoods, at which the very hottest months of summer may be passed with comfort and safety.

Were the risks of malarial fever the only ones that might deter invalids from visiting Italy, there would be but little more to say regarding the subject of general and climatic, as contradistinguished from purely local, sources of danger. Everywhere, however, in Italy one must be prepared, according, of course, to the season, against the extremes of heat and cold. Yet this is not much more the case than throughout the south of France. The wise traveller carries his two-fold protection with him—a white or, at any rate, very light-colored sun-umbrella, colored spectacles and an abundant supply of warm clothing, in which there must be included flannels and woollen stockings, as well as outer garments and journeying wraps. To a neglect of these,

at least one-half of all the yearly sickness among foreigners in Italy may be very safely attributed. People so begrudge having to pay the rail for its transport of all their luggage, even if the expense with this included amount to no more than the usual rates of fare at home, that they instinctively try to economise by leaving it behind them, or at some station or city upon the route, to which they expect to return. To do this often costs them very dearly in the end. Forgetting the contrast of shade to sun, of evening to midday, and of the interior of churches and galleries to the outer air, they incur all sorts of exposures in their walks and drives; just as they so often do in their hotels by allowing themselves to be placed for weeks or months together in rooms looking north, chilly and damp, because without one particle of sun — a combination of influences, than which nothing is more certain to produce disease in the well, and to aggravate it in those already invalid. And yet how constantly people wonder at the sickliness of this country when they find themselves attacked by pneumonia, bronchitis or pleurisy, rheumatism, or even diphtheria.

Secondly, one hears constantly of so-styled local diseases here in Italy, pre-eminent as it were above all others — such, for instance, as Roman, Florentine, and Neapolitan fever; and it is a question, indeed, if the great majority of foreigners coming hither do not half expect to be made their victims before completing the circuit of their journey. Regarding all this, with a certain measure of truth, there is mingled a great deal of error. Dismissing from present consideration those purely malarial forms of fever which have already been mentioned, and simply adding that in Italy, almost every type of disease whatever is quite sure

to present in addition one or another malarial symptom, there remain certain other forms of fever, often very severe and at times fatal, to which the local appellations instanced above, and at other times the general terms of “continued” or “pernicious” fever, are ordinarily given. Studied with care, these cases almost invariably resolve themselves into instances of “enteric” fever or “typhoid”, a disease strictly non-contagious in the proper sense of that term; for true “typhus”, the contagious, spotted, or ship fever, though it occasionally has its outbreaks of greater or less intensity, is here as elsewhere, save in the close dens of the very poor, comparatively unknown. But it must not be forgotten that we have at home, at certain seasons of the year, and in some years at all seasons, almost precisely the same forms of disease. The variously styled slow fevers of our South and the typhoid of the North, seem just as prevalent, and treated with the utmost discretion they often prove as fatal. Besides, there can be no question that Rome and Florence, and even Naples, are each credited with many more cases of fever every year than really belong to them.

[The ink was scarcely dry with which the above words were written, when death overshadowed the writer’s own household. By strange coincidence, it was fever — sudden, intense, and wholly resistless, despite the efforts of skilful professional friends — Sorrentine, English, and Neapolitan — who gave their aid. The dearest of all, at whose suggestion it was that these letters were commenced, was taken.

Several months afterwards, and this time, indeed, as a labor of love, the notes were once more gathered in hand, for careful

revision, and with the determination to change or even erase every statement already made that could not bear the added light of such bitter experience.

The first impulse under such circumstances would be, hastily to pack one's trunks and flee, lest there might occur a repetition of the calamity. It seemed, however, the better course to remain, and to subject the climate to a still more searching study. Another year has now passed, and of one thing the writer remains quite certain, that there are localities in Southern Italy where, with proper precautions, the risks of self-originating fever are not so great as has been generally supposed to obtain throughout the country. At Sorrento, for instance, while there were many febrile cases, of greater or less severity, during the eight months of his residence there that originated elsewhere, or occurred immediately after arrival, as a sequel to prolonged residence in unhealthy portions of Rome or Naples, there occurred but a single instance, the one alluded to above, where the disease was fairly initiated without any such previous history; while malaria, as such, is practically unknown.]

Beyond this one point, the risks of fever, the discussion of which will now be resumed, what has hitherto been written may stand; with but the addition of a word or two with reference to very delicate chest cases, such as the writer has already advised to spend a portion at least of each winter upon the Riviera. If willing to endure the somewhat close seclusion for several months, they may safely go to Amalfi, that lovely nook upon the southern side of the Sorrentine peninsula, or better still to Pozzuoli, where confinement within contracted bounds may be made sufficiently



Salerno

bearable. Generally, it may be said that while the Southern summer, especially at Capri and Ischia, is well adapted for such cases, consumptive patients should hardly visit Naples, still less Sorrento, until late in the spring, or the rainy season is entirely over. This should certainly be the case in an unusually inclement winter like the past. With every year, however greater and greater provision for the comfort of every kind of invalids may reasonably be expected to be made at the hotels; and under the new government, comparatively so progressive, it will not probably be long before there will be introduced better systems of water supply, sewerage, and cultivation of the soil where fertilisers are employed; connected with which latter point there exist dangers to health throughout Southern Europe, that do not seem to have been pointed out by sanitary writers, or even imagined — the applications made being often a purely surface dressing, without the least effort to cover them with a thin layer of earth, still more to intimately mingle them with the soil.

As to the disregard of public decency, involving also a danger to the public health, which is everywhere observable in Italy, sufficiently stringent laws already exist for its suppression, the only trouble being that they are not enforced. Almost everywhere there are public latrines, the houses of the common people being frequently unprovided with even the most primitive of such conveniences, but they are not always employed. Even at Sorrento, a town unusually well kept and clean, there was such room for improvement in this respect, that the writer of these letters took occasion, through the Medical Society of the district, of which he is now a member, to address a communication to the Municipality,

calling its attention to the fact that English and American travellers, with whom questions of health are beginning to receive their due attention, and upon whom these towns have come to depend so largely for their support, have a right to expect that their own standard of public cleanliness, and not the ordinary Italian one, should be observed. When this shall have been made the rule at all the great travel centres of Italy, their annual rates of sickness will be materially cut down.

It is in causes like these that lie the chances of typhoid fever; chief among them all, imperfect drainage, often far worse than none. In these old cities, sewers and cesspools that were built centuries since and their very existence forgotten, or whose outlets have become long since completely occluded, are allowed to remain in connection with those now in use, and thus serve as constant sources of danger. Others, of modern construction, are long left without repair, although giving off the most offensive effluvia. This is often the case under circumstances where one would suppose it would be impossible, in view of the interests of all concerned. It is no uncommon thing at many of the hotels on the Continent most patronised by the better part of the travelling public, to notice this deadly odor of the drains, especially at night. Wherever such is the case, that hotel is to be shunned as one would a pestilence, no matter what its reputation or the excuses offered by its proprietor; and this is true, however slight the odor, if in the faintest degree it exist. Every physician's experience is fruitful of fatal cases of typhoid thus occasioned. To the memory of most Americans, the terrible mortality at the National Hotel in Washington, a few years since, will serve as

an instance in point. It may be laid down as an imperative rule to avoid all hotels with the fault just mentioned, all under any portion of which there is a stable in use, all whose water-closets ventilate into the public entries, and all which have been very recently built or extensively repaired, and whose thick walls have therefore not had time to dry. It may seem needless to urge such precautions as these, the importance of which will appear so very evident, and yet the writer knows of many hotels, crowded annually by his countrymen, at which these great dangers are present, and have often proved fatal. They are to be found not in Naples alone, but as well in more Northern capitals. That they do not kill so many there as here is through no merit of their landlords; were only the climate equally tropical, they would be sure to do so.

At Naples, besides, there exist a rainy and a rainless season, and an almost tideless sea. Clogged as the sewers become through the summer, there are evolved, when the rains do come and flush them, exhalations as poisonous as those of Vesuvius itself; and this, at intervals, for months together. The scourings of the drains lie long just outside the shore — in certain winds, for many days — infecting the air as it enters the town; and this state of things is increased by the three long break-waters which extend into the sea. For these reasons it is not at all to be wondered at that old residents, who have become thoroughly acclimated, and, as it were, casehardened, yet advise an occupancy of upper stories alone in what till of late has been the most fashionable quarter. At Naples, even more than in Rome, exact locality becomes of the very first importance, whether one's visit is to be for a day,

a month , or a year. Some of the hotels , though enticing and admirable to all appearance , are noted for the almost constant presence of fever ; and some of the private houses with suites of apartments to let, though situated in the most fascinating part of the city, would be far too dear even if offered as a gift.

This premised — and remembering that much of the febrile disease that occurs is occasioned, here as elsewhere, and certainly so far as concerns a predisposition to it , by fear , and that , should it threaten , the attack may often be cut short , or prevented, by a timely resort to appropriate measures, or by removal to the healthier locations across and out in the Bay — we may begin to consider more in detail the special advantages offered to the invalid by Naples and certain places thereto adjacent.



IV.

It has been shown in previous letters that Southern Italy has much to recommend it to invalids in search of health. It was incidentally suggested that particularly was it best, in many cases, that the voyage hither by Americans should be made directly from home, to save the fatigues of the journey through England and France, even if the Mediterranean should be crossed from Marseilles. When the route from Paris is made wholly by land, or by sea from Genoa, still more would such be the case, until, at least, our American sleeping-cars shall have been more generally introduced. A word or two further upon this subject may not be out of place.

Americans returning from Europe almost always wish to spend their last moments on this side the water, in Paris or London. Especially is this true of ladies, to whom the demands of the final shopping are well nigh inexorable. Upon departure, moreover, the universal wish is to shorten the voyage by every hour possible. The case is very different however with the outward bound. To them, with a year or two of absence in prospect, a few days longer upon the water will make but very little difference, and if, besides, it may save them from that necessity of retracing their steps, which most travellers to Italy have to endure — at the same time that it ensures a visit to the most fascinating region of Europe — the point becomes well worth while

to consider. At present, the arrangements for reciprocal steam transit between Italy and North America are far from complete. There exists but a single line of steamers upon this route, a branch of the Scotch Anchor Line. A new and strictly American line is talked of, to be sure, but as yet it remains among the possibilities. The Anchor boats are good—we speak from personal inspection—clean, airy, very commodious, and with decks taterooms. Their course westward is a southern one throughout, and therefore less liable to collisions at sea, while the trip allows passengers to spend a day or two on shore at Gibraltar and one or another of the Sicilian ports. The voyage, with equally good accommodation, is withal somewhat cheaper than by the northern lines, immensely so if the whole cost of the journey hither is taken into consideration. But a single fault exists—that, while the steamers go directly from Naples to New York, affording a delightful voyage for the homeward-bound, passengers from New York cannot be brought at once to Naples, but though they can ticket completely through, must yet change steamers at Glasgow or an intermediate stopping point—this being the effect of existing currents of trade. It is to be hoped, however, that arrangements will yet be made as convenient for outward-bound passengers from America as for shippers of goods.

That in default of direct steam communication, the voyage from the States to the Mediterranean may yet be very agreeably made by sailing vessel, the writer can testify from his own personal experience of many years since. Two or three weeks longer are spent at sea, but, to counterbalance, certain discomforts inseparable from steam navigation are avoided.

In the last letter there were discussed the risks of acquired sickness to which travellers, especially the invalid, are exposed in Southern Italy. Upon this point also, a few additional words may be said. It has already been indicated that many of the dangers of illness to which visitors are liable, are only those that are everywhere found in subtropical climates, at home as well as here. This is especially true of the water used for drinking, for there are still Americans to whom a glass of good water is as preferable, even when abroad, to wine, as it is at home; and those who flatter themselves that by taking no water at table they can escape all its risk, forget that they are by no means sure that the water which reaches them in their food from the kitchen is at all pure, either naturally, or by having been brought to the boiling point.

Reference has been made moreover to the frequent pollution in Italy of the water supply. This country abounds, besides, from one end to the other, with mineral springs, some of which, though medicinally quite powerful, have but little appreciable taste. Their waters are constantly supplied to the traveller, at table or in his chamber, through the landlord's ignorance of their true character, or his belief that they will probably do no harm, but they often produce a decided effect. Thus, to give a single instance, the writer has been repeatedly consulted by persons who had been staying a few days or weeks at Castellamare, and though they had not visited any of the springs there as such, yet almost all of them had suffered severely from diarrhœa. The cause of this was evident enough, though by the patients themselves it had not been suspected. In Rome it is advised to drink only

Trevi, or rain-water collected in cisterns from the roof, the greatest precautions being taken in the latter instance against its defilement by the poultry and doves, dogs, cats and rabbits, so often kept upon the tops of their houses by Italians, in Naples, only that from the Leone spring. In how many instances however is it to be supposed that hotel keepers are at the trouble or expense, for this latter is often involved, to protect their guests from this source of illness. Were Artesian wells at all relied upon at Naples for the supply, as at Paris, the water would probably prove, even more surely than there, of a decidedly medicinal character, as is the case with the present Santa Lucia and Pizzofalcone springs, — for some invalids beneficial, but certainly not so for all, and not to be taken at random, or without a very good reason therefor. There are places, however, of which Sorrento is one, where the water in almost every part of the town can be drunk with the same safety as at home. The great hope of Naples in every sanitary sense, lies in the speedy completion of a proper aqueduct from the neighboring mountains. At present the united protests of the travelling public should be employed to compel landlords to pass all their drinking water through a charcoal filter, this being considered by physicians the surest disinfectant. Were every stranger to carry as a part of his ordinary luggage a small portable filter of the kind referred to, occupying scarcely six inches of cubic space, a vast amount of disease would annually be saved.

In speaking of the causes of “continued” fever — one variety of which, the typhoid or enteric, comprises so large a proportion of the severe illnesses of foreigners in Italy — those only have been



Amalfi

mentioned which are common as well to more northern climates, or at least are not unfrequently there found. The effect of the Southern sun, however, must not be forgotten, for there is good reason to believe that direct exposure, especially if prolonged, to its rays, is often the cause, not merely of sunstroke, but of continued fever, of another variety than the ordinary typhoid to be sure, but in this Southern Italian climate not less severe at times, nor less fatal. Even if forewarned of the Italian proverb, which classes strangers with dogs, from their seeking the sun in winter when at its height, it is very hard for people to appreciate that between chilly shadow and burning glare, the former is frequently the least of two evils, for it can at least be more easily guarded against. The point now made is a very different one from the chance of taking cold, and thus initiating, or aggravating, disease of the respiratory organs, by the change from one to the other extreme, to which allusion has previously been made. It is the opinion of many medical men familiar with warm climates, that this form of continued fever—called “simple” by English physicians, when comparatively ephemeral, and “ardent” when severe; and by the Italians again “rheumatic” fever, though it is shorter and in every way different from the disease that is known by that name in America—originates, without need of seeking for other cause, from simple exposure to direct solar influence, especially when one is under the effect of fatigue. This, of itself, seemed to occasion much of the illness in the late Ashantee campaign. Isolated cases like those we are now considering, would be often likely to be attributed to other than the real cause, so unconscious people often are of the risks that they may be incurring.

When true "typhus," the contagious form of continued fever, occurs among clean and respectable persons such as the ordinary traveller, but a single cause need be looked for. It comes from contagion alone; by one individual directly transmitting the disease to another. If ever self-originating or sporadic, it is only so in the crowded dens of the poor, in army barracks, and in prisons, or upon shipboard. If, therefore, a landlord should seem to express undue wonder that any given case should have occurred, this should be considered reason enough for inquiring whether, just as with small pox and scarlet fever, there may not have recently been another patient of the kind in the house, and perhaps in the very same room, the true nature of whose disease will most likely at the time have been kept concealed. Here, too, the physician finds that but few travellers appreciate the risks that they daily run, or know, unless by bitter experience, that the chances are all in the innkeeper's favor. Should it ever be attempted, as in fact is often done at hotels, to send the sick person out of the house, nominally, of course, for the sake of other guests, or to collect an unreasonable sum for the privilege of remaining, protection against these dangers may be sought from one's Consul; and if the threat should be carried out, exemplary damages could undoubtedly be recovered, even in this country, by a suit at law. Landlords have their privileges, it is true, and their position is not always an easy one, but there are rights that belong to their patrons also. It is a fortunate thing for all concerned, that true typhus, even in Naples, is extremely rare, and it would be well for travellers to remember that the nomenclature of febrile diseases employed by Italian physicians is

very different from that accepted by both English and Americans ; the word “tifo” as here constantly used, being made to include both the infectious typhus, and the non-contagious, self-limited typhoid.

In an earlier letter, the question as to whether Naples and its neighborhood could be safely recommended for consumptives, received attention. The opinion was ventured that for these cases it was better suited during the late spring, and throughout the summer, than during winter. A study of Naples for now two years has convinced the writer that the only safe place for strangers,—and the remark is intended as a general one, not for the sick only, but for the well,—is upon the mountain-side above the Chiaja, upon or in the immediate neighborhood of the Corso Vittorio Emmanuele. Absolutely sweet and clean as compared with the lower city, there are portions of the Corso fully exposed to the sun and yet perfectly sheltered from the prevailing North and North-easterly winter winds. For chest cases this is of course a matter of paramount importance. There are besides, places in the vicinity, elevated and dry, yet sufficiently hot by day and cool by night, such as Pozzuoli for instance, which are infinitely better for delicate persons who may come here, than to send them even by sleeping-car the long journey inevitable to reach any appropriate Northern health station. As to very bad cases, they would do better in winter at Mentone, or in Egypt ; but, if coming to Naples, there are one or two suggestions it may be well to make for the sake of their friends. The southern Italians, as a people, have a strange horror of consumptive patients. They believe the disease contagious, and always mortal. Even the Italian

physicians seem very frequently to share in these opinions. At any rate, though as a rule they are better practitioners than foreigners are apt to give them credit for, they are here prone to express the most unfavorable view, and they do not always resort to the measures that are most relied upon by the rest of the medical world; the truth being, as was intimated in a former letter, that in an appreciable proportion of these cases, a permanent arrest of the disease becomes possible, if not indeed complete restoration to health. The point we are making in the present connection is this: the Italian hotel-keepers, as a rule, dislike to receive consumptive patients, and, in case of a fatal result, just as with fever patients, they are inclined to make exorbitant and special charges. This is a danger that, like those we have already indicated can best be escaped by conference with one's Consul, who, being versed in what the law does and does not permit, can easily remove all chance of conflict.

Having thus discussed, at some length, the general relations, positive and comparative, of Southern Italy as a place of resort for invalids, it remains for us to consider what special advantages, to counterbalance its dangers, it may possess.

A word may be said, in the first place, with reference to the attractions that Naples affords the well; for to them, just as to the sick, applies the question whether it is safe to venture hither. It is generally the case that the Neapolitan visit is a very flying one, extending merely to two or three days, or possibly a week. The Museum is seen, the Palace, the Convent of San Martino, San Severo's Chapel, and perhaps the view from Capodimonte. Vesuvius is of course climbed, Pompeii visited; and then,

if the traveller's dread of illness permits so long a stay, a day is spent in visiting the grotto at Capri, with perhaps a night at Sorrento or Ischia and, in very exceptional cases, there is added the trip to Amalfi and Pæstum—and then Naples is supposed to have been completely exhausted of its interest.

This is far from the case, however, no matter what one's special taste may be. The student of languages will find much to interest him in its dialect, so many of whose words are of direct Greek origin, and differ from those used in Central, and still more in Northern Italy. For the lover of art, the Pompeian Schools have more than a momentary attraction. The antiquarian can nowhere find a richer field. There are most interesting discoveries awaiting the historian who cares to sift the vast public and private libraries and collections of manuscript. There are unrivalled subjects for the painter of land or sea. For the student of natural history, there is the finest aquarium in existence, with most admirable laboratories attached for private research; while every step that the geologist, mineralogist or botanist may take upon this enchanted ground will be found to afford the most satisfactory results.

These things are all of them valuable for the well. Still more so in the case of the partially invalid, who so often find it difficult to pleasantly pass their time. But can they do so here, the question again recurs, with any approach to safety?

In this connection lies one of the chief excellences of Naples; in that it is possible for those who fear to remain even in the comparatively healthy portions of the city during the winter, and for all in the summer months, to reside in its immediate

neighborhood , so as to visit it every day if they choose , and yet at night breathe a pure and refreshing air. Portici , Torre del Greco , and Torre dell' Annunziata have but little advantage over the lower portions of Naples, being themselves nearly at the sea level ; they are merely a little less crowded. At Castellammare, however , but an hour away by rail , one can sleep upon the mountain side, with an atmosphere almost as bracing and refined as at Assisi or Perugia ; and many do indeed make this town their head-quarters during their whole residence , so called , at Naples. Sorrento is even a still more lovely and healthier place where , with a little more fatigue , Naples is still sufficiently accessible to visit several times each week. With a steamer across the Bay , from Sorrento to Naples every morning , and back at night , as does occasionally occur during the summer at the season of sea-bathing , nothing can possibly be more convenient, or in every way more satisfactory, whether for pleasure or health.

Upon the other side of Naples, Posilippo and Pozzuoli, whose climates are so different, the latter being a place for winter and the former for summer , are easily reached ; and even Caserta , an hour away on the road to Rome , affords a very enjoyable resting-place from whence to study Naples. Further away still , to the South, are La Cava, Salerno, and Amalfi , of whose exceptional situation mention has already been made; each of them valuable as residences in themselves, or as points from which to make frequent visits to Naples. The larger Neapolitan islands , Capri and Ischia, both of them admirable as places of prolonged stay for certain forms of invalidism, are yet not too remote for simply rallying points. This is especially the case with Ischia, its

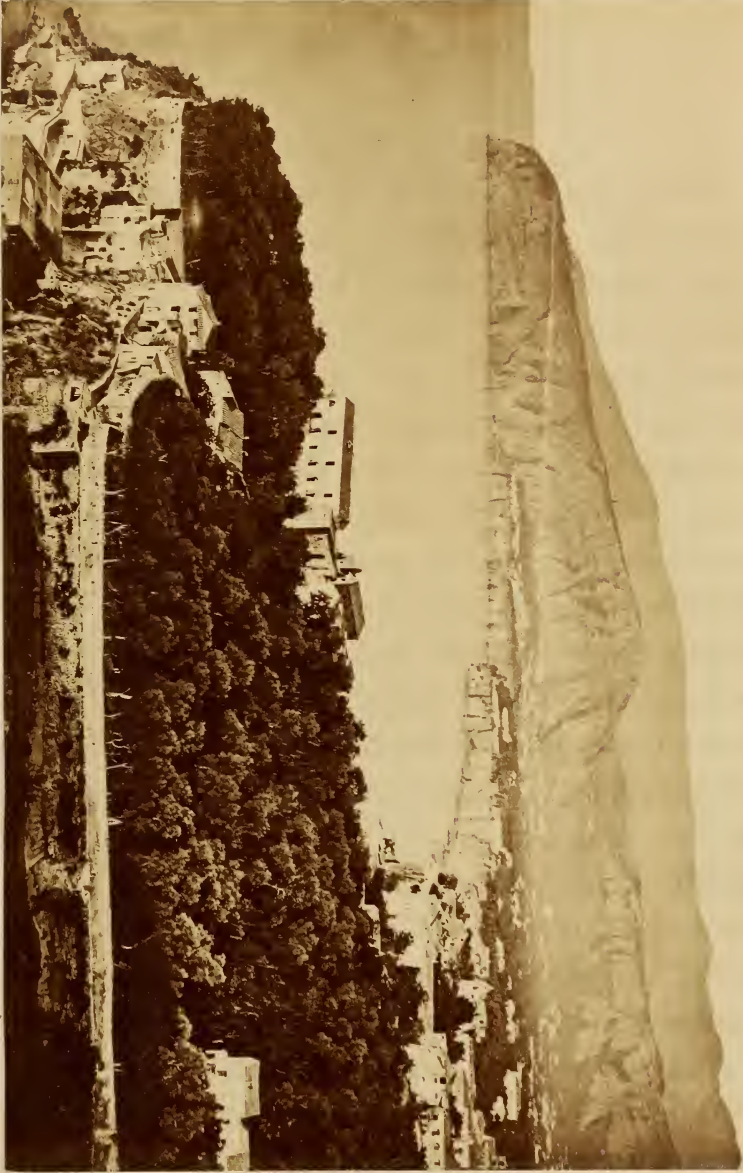
daily steamer permitting a return to the island at night ; which with Capri , is as yet impossible , and the night must be spent in Naples.

Hereafter, something further may be said upon the respective merits of these several sanitarium , all of which are still but too little known to foreigners, especially to Americans.



V.

Briefly , but still , it is to be hoped , clearly enough , there has been sketched in the preceding letters an outline of the reasons for and against Southern Italy as a legitimate health station. The objections that have been urged to it by others have neither been concealed nor underrated, while the arguments in its favor have been presented without exaggeration or personal bias. With even more emphasis it might have been intimated that , when Naples has but once obtained the sufficient water supply that so long has been needed , and now seems to be really within near accomplishment, and has completed the new system of deep water drainage , rendered possible by the massive embanked causeway now building to Posilippo outside the Chiaja, it will become with justice the great centre of Mediterranean invalid resort, the claims of Nice , Algiers , and Catania to the contrary notwithstanding. With direct steamers from New York, and the sleeping cars already introduced into Italy making the trip by Genoa as well as Bologna, there will be no need of such attractions as an eruption of Vesuvius, or even the more permanent one of the proposed railway up that mountain, to induce strangers to come hither. Not that we would deny, even to invalids , an occasional indulgence like the trip now referred to , when it shall have become possible. Even more than the rail ascent of the Righi and Mount Washington, it will have its extraordinary charm , and can be accomplished,



Sorrento

no doubt, by the most helpless and feeble with complete safety.

Until, however, the changes in the sanitary condition of Naples that have been already commenced, shall have been realised, many of its visitors, thoughtful for their own safety, will continue to spend a portion of their Southern visit in the immediate neighborhood of the city rather than within its walls. It may, therefore, be for the advantage of those who have thus far followed the writer, to devote this letter and a succeeding one, the last of the series, to a fuller consideration of the minor health resorts surrounding Naples than could have been given to them in the more general consideration that has preceded.

The health suburbs of Naples, including the islands, lie in an almost complete circle, not enclosing the city, but extending to the right and left; or west and east, with it facing the Gulf as a base. These several localities, some ten or twelve in number, moreover, form themselves into four distinct natural groups, with very different kinds of climate, depending upon their position relative to the mountains and the sea. The members of these groups may be classified, still again, with reference to the Southern or other aspect of each place.

We have, accordingly, first, the completely inland towns, La Cava and Caserta.

Castellammare and Amalfi, each occupying an opposite side of the base of the immense Sorrentine Cape, are yet shut off from it by a lofty range of mountains; while between them there is so long a distance, and so great consequent modification of the winds from the Gulfs of Salerno and Naples, as to throw these towns into the second group in our classification — the littoral,

which also includes Posilippo, practically but an outlying quarter of Naples, and Pozzuoli, Portici, Torre del Greco, and Torre dell' Annunziata on the Northern Gulf, and Vietri and Salerno upon the Southern.

Then, again, Sorrento with its dependencies—Meta, Vico, S.^{ta} Agata, and Massa, which together occupy many square miles of territory—affords a climate as perfectly peninsular as is the promontory itself.

Fourth, and lastly, comes the insular series, consisting of Capri, Procida, and Ischia; for Ponza, from its comparative remoteness, and from having been devoted by the Government to penal purposes, must practically be counted out; Ventotene is also too distant; while Nisida, the smallest of the islands, is too near the mainland to escape the severity of its winds, and is, besides, the Neapolitan quarantine station.

Of these localities there are several that, for the present at least, are hardly fitted at all seasons of the year for the residence of invalids, for the reason that as yet they are not provided with sufficiently comfortable hotels.

The towns of the first and inland group are quiet places, but well situated and comparatively clean. To many invalids it would be an advantage to stop at Caserta on their way to Naples from Rome, and to wait there for a while until they have become accustomed to the change to the more Southern climate. It can also be reached from the North by the Eastern coast line by the way of Ancona and Foggia, the through journey from Bologna occupying a little less time in hours than by Florence and Rome; and it is, moreover, upon the direct line to Naples from Brindisi.

There are pleasant walks and drives, and the place is near enough to Naples to render the removal thither at any moment an easy one. La Cava, upon the other hand, can only be reached through the city itself. Like Salerno, it affords a safe and pleasant resting station for those who wish to visit unhealthy Paestum, the trip to which from Naples and back again is too fatiguing for an invalid to make satisfactorily, as is often tried to be done, in a single day; but, unlike Salerno, it is away from the beautiful sea. There are those to whom this would be an advantage rather than an objection, but to most persons, sick as well as sound, provided their hotels are so situated as to avoid the reflection of the noonday sun from the waves, the sight of the Mediterranean is a constant pleasure. Its shores are not so noisy as those of the ocean, for storms are infrequent, and so slight is the tide and so salt and dense the water, that when roused to motion it again rapidly subsides. La Cava, like Caserta, is replete with objects of local interest, and can boast withal of one of the best kept inns in Italy.

The littoral towns, as compared with those now mentioned, will be found both to lose and to gain in hygienic value. There is more to interest and to keep the invalid from ennui, but then, again, their shelter is less from the searching winter winds. Of Salerno, mention has already more than once been made. It is the nearest safe point to Paestum; and its own associations with the past are so many and varied, as to make the residence a pleasant one to all who are strong enough to move about and healthy-minded enough to take an interest in what surrounds them. Like Pozzuoli, Posilippo, and Naples itself, Salerno faces

south , and thus has a longer and warmer day in winter. And so also has Amalfi , with the additional advantage of being a smaller place, with but few outside nuisances apart from its mills in the immediate neighborhood , and having so far, were it not for the filthy stream that runs directly under its principal hotel, a purer atmosphere. It is protected , moreover , to the east and west by sheltering cliffs, which, besides breaking the winds, serve to concentrate and throw down upon the town the sun's reflected heat. To the full force of the sirocco it is, to be sure, exposed, and unlike Mentone, the walls of rock behind it are channelled by the stream above referred to , and its bed permits the town to be swept by the Northerly wind. The great objection to Amalfi as a place of prolonged residence is that, like Sorrento, it is an hour or two away from the rail , and also like it, though even more abruptly, at the end of the high road. The feeling of isolation thus produced , in a little place , sometimes becomes an irksome one—enhanced in this instance, perhaps, by the horizon being bounded by the open sea , while its neighbor over the mountains has in full sight the great city across the bay , and its sea view is surrounded in every direction by an almost unbroken wall of islands and the main.

Vietri, lying between Amalfi and Salerno , to the former of which it is the nearest point upon the rail , is a pretty place enough, but as yet unprovided with accommodation for invalids, or indeed for any strangers. The towns on the eastern shore of the upper gulf —Portici, Torre del Greco, and Torre dell'Annunziata — are of little interest, save for their propinquity to Pompeii, which is however reached in so short a time from both Naples

and Castellammare, that to reside in either of the three, so far as this reason at least is concerned, is by no means advisable. Upon the other hand, there is no place in the vicinity of Naples more frequented by strangers during the winter than Castellammare. This, however, is owing to its being but an hour away, and wholly by rail, from the city. The town itself is an unattractive one, with very little in winter to recommend it. In summer it is true that many Italians resort to it for its mineral baths—which, however, unwarmed artificially, are too cold for delicate persons—and for sea-bathing, by no means improved by its vicinity to the crowded and dirty harbor; and there are several quite comfortable hotels, charmingly situated high upon the mountain, not far from the summer palace of the former king. This is in the midst of lovely forests of chestnut and beech, and there are delightful excursions to be made in every direction; but in winter the winds at Castellammare blow strong, the sun is early hid behind the hills, and were it not for a certain reputation for comparative cheapness—the difference from Naples however, all things considered, being more apparent than real,—and an equally doubtful claim for relative healthfulness that it has of late acquired, few strangers would probably be found, between the months of October and June, to give it a second thought. For certain cases of disease, the mineral waters of Castellammare are prescribed by Italian physicians; but they are also to be procured in Naples, and can there be drunk or bathed in as well as nearer their source. As a general rule, it is probably true that mineral baths, when the water has to be artificially heated, are not productive of the same effect as where the springs themselves are

hot on emerging from the earth, as is the case at the island of Ischia. For this and other reasons it would seem that for a course of such treatment, even for the same diseases that are sometimes sent to Castellammare, a stay of a few weeks at Ischia is greatly to be preferred.

Of Sorrento, however, though farther away from Naples than Castellammare, and with a drive beyond the latter station of an hour and a-half by carriage, there is yet much to be said that is favorable. One of the third series, its climate is markedly peninsular; but as a winter residence, Sorrento is not to be advised. The reasons for this can easily be appreciated. Sorrento is situated upon the summit of a lofty cliff, whose edge is swept by every gale from the north and west and east; the town faces due north, and the density of the foliage in the orange and lemon groves with which it is everywhere crowded is such that the rays of the feeble wintry sun can hardly penetrate among them. It is above all no place for private house-keeping in winter, for the few villas, that are so lovely in summer, are then, overshadowed as they are by the evergreen growth, too damp and chilly to be lived in even by the well. The hotels, however, of Sorrento, are proverbial for their elegance and comfort. There are one or two of them, pre-eminently the Tramontano, that may as safely be recommended even by a physician to his patients as its namesake upon the Corso Vittorio Emmanuele at Naples. In their southerly rooms all the sun that there is caught and, thanks to well-fitting sashes, so rare in Italy, its influence is preserved; while even in winter the views both by land and by water are extremely beautiful. Whoever has once seen the Sorrentine cliff vistas,

but longs for them again , and they ever remain to the mind a real presence , yet with all the witchery of an enchanting dream.

While the winters at Sorrento vary, and at times are comparatively harsh, exposed as it is to the full force of every northern blast, its summers are delightful. They are cooler than the average one of New England, for a day does not pass through the many weeks during which there is no rain, without there being several hours of delicious sea-breeze , by whose influence vegetation is preserved from the otherwise inevitable drought , and even the mountains themselves are kept permanently green. There are lovely mountain walks and saddle drives in every direction, and though there are many who visit Sorrento who find , away from the cliff-edge, only a perplexing labyrinth of high stone walls, yet to those who have perseverance enough to climb beyond them there opens out an endless succession of as enchanting views of land and sea as can well be found in the world. The descriptions of its scenery that have been given by some of our country people— as by Hillard in his “Six Months in Italy,” Mrs. Stowe in “Agnes of Sorrento,” and Mrs. Julia Ward Howe in “From the Oak to the Olive” —though seeming overdrawn and too highly colored to those who have never seen for themselves , are yet strictly within the truth. For invalids , the change to Sorrento for a few days or weeks , after the fatigues of the city , or a bathing course at Ischia , will often prove of benefit ; to those who are well it may be said that if they leave Naples without a fortnight , at least , of mountain climbing at Sorrento , they are simply doing a very foolish thing. The boating, besides, is good.

Within easy distance of the landing place there are several grottos worth visiting, while the constant change of light and shade, as seen from the sea, upon the perpendicular face of the long miles of cliff, affords a pleasurable excitement to those capable of such enjoyments, that can never satiate or fatigue. The greatest fault, perhaps, that can be urged against Sorrento is the tedious climb from the beach and landing to the top of the cliff upon which stands the town. This ascent should never be attempted on foot by the feeble, for whom, however, there are always donkeys in waiting, and portable chairs. Of the pleasures of sea-bathing during the season at Sorrento, as compared with that of the New England coast, too much cannot be said in praise. There is absent the shock that our surf affords, but this is not loss but gain, for it can never be safely borne by the delicate, and frequently causes injury even to the healthy and strong. The sea-water at Sorrento is clean, which is not always the case on these Italian shores; it is warm, delightfully so in summer, and in great contrast to the constant chill of the sea on the Northern Atlantic coast. Even in winter but little added heat is needed to enable those whose health may require salt-water baths to enjoy this luxury in the comfortable chambers of their hotel. To those who may wish to swim in the open sea, it will be a satisfaction to know that, contrary to what might have been supposed, one great danger is absent, sharks never approaching this part of the shore. During the summer, the sea at Sorrento is thronged with bathers, native as well as foreign; and when it is borne in mind that the Italian sailor and fisherman are always excessively timid, alike with regard to dangers above and those below, the fact



Capri

that they constantly venture the farthest and swim the longest of all, may safely be taken in proof of the assertion that has now been made. The little town is withal tolerably well kept and clean. The writer lived eight months among the Sorrentines, and he found them always obliging, good-natured, and, as compared with the people of other places that might be mentioned, exceptionally honest and reliable.

There remain now to be considered, in their relations to Naples as accessory health stations, the islands of Capri and Ischia—the former of which conveys to many people no other idea than that of containing a grotto, and by others is supposed, however unjustly, relinquished to habits of social life not unlike those that characterised it in ancient times; while to the hot springs of Ischia, so renowned in those older days as waters of healing, scores of chronic cases, many of which have been pronounced hopeless, annually resort from the most distant lands and are cured.

To these interesting islands will accordingly be devoted the next and concluding letter.



VI.

Five letters upon the merits and demerits of Naples and its environs as a health station have now been published. In these communications the Italian climate in its relations to foreigners and its alleged effect in occasioning or predisposing to febrile disease, as well as its beneficial influence upon certain forms of invalidism, have been carefully considered ; while the situation, characteristics, and sanitary condition of the Southern capital have been discussed, and compared with corresponding features of other great continental centres of travel. In addition to this, due attention has been given to three of the four groups into which the subordinate outlying and neighboring health resorts upon the Neapolitan gulf naturally divide themselves — to wit, the wholly inland, littoral and peninsular ; the last of these including that favorite resort of Americans, whether sick or well — Sorrento.

There now remain for consideration the concluding or insular group of these secondary invalid stations, composed more especially of Capri and Ischia — comparatively the largest of the Neapolitan islands, and the only ones, as has already been remarked, as yet provided with accommodations for foreigners. To a statement of the distinctive features, hygienic and curative, of these localities, the present letter will therefore be devoted. With it is completed our brief summary of what may justly be hoped for, expected and sought, as well as feared and avoided, by invalids in Southern Italy.

Of Capri, it is exceedingly difficult to speak in the measured and unenthusiastic terms alone appropriate to the writer's present purpose. The place is so different from all others, its characteristics are all so special — its outline, the material even of which the island is composed, its people and their ways — its foreign colony, so completely artistic in tastes and life — its history, and indeed its very atmosphere — that the traveller, who beforehand knows aught of its actual features, looks forward to the visit with an interest that can scarcely fail to be realised. Not one of a hundred, however, of those who annually reach Capri ever goes above its landing, for it is not for the interest of the steamboat officials to tell of attractions that might lose to them the tourist's return ticket to Naples — the chance being that, if once caught by the charms of the place, he would elect to remain, and afterwards cross to Sorrento, or Ischia by row-boat or sail; but of the very small number of visitors who do decide to spend some days or even weeks upon the island, if any are found to express disappointment at having done so, it may safely be said that the fault has been with the individual and not with Capri.

In sanitary respects, or rather as a curative health station, Capri differs from Sorrento fully as much as the latter differs from Castellammare or even from Naples. Sorrento and Naples rest upon volcanic soil, while Capri is formed, like the Sorrentine boundary cliffs at Meta and Massa, of limestone rock. The tufa of Naples and Sorrento, though in summer superficially dry, is yet, from the very fact of being so porous, apt in wet seasons to become saturated with moisture, so as to act as a damp foundation or background; whereas at Capri the rainfall is directly

shed into the sea, and whatever moisture the air may contain is therefore the effect of the healthful sea breeze, and not of evaporation from dark and shaded gardens into which the sun finds it very hard to penetrate. At Sorrento, moreover, healthy as it is compared with many places, the soil is very rich and very deep, the farmers are thrifty and care more for the welfare of their trees and market stuff than for that of the strangers who come among them, fertilizers of not the cleanliest character are largely and very carelessly used, and the odors that everywhere arise at nightfall and during the descent of rain are not those only of lemon and orange blossoms. At Capri, on the other hand, the heath and myrtle and laurel, the aloe and the prickly pear not merely characterise a different soil and vegetation, but they prove a wholly different local climate. The seasons in which to reside at Sorrento are preeminently the late spring and summer, for the well, and for the invalid also; while Capri, though as charming as Sorrento during the rainless season, is found to afford, more than the other, safe and sunny points for residence during the winter months. Provided as it is with quite comfortable hotels, it is only strange, and certainly to be regretted, that the great tide of travel now floats by its base, resting merely for one short hour at the cave under its cliff, and then the average tourist returns again, knowing absolutely nothing whatever of the island or its true and best attractions. To speak more fully of the grotto hardly comes within the physician's province, though he may justly state that while visiting it one cannot be too careful against becoming chilled, for the change from hot sunshine to its shades is sometimes very great. Having said this, it may

perhaps be added that, while great disappointment is often felt by those who are seeing it for the first time, this feeling is quite sure to be changed to delight upon a second visit or a still subsequently repeated return.

The air of Capri is somewhat exhilarating, even in weather that would be depressing elsewhere; more so than that of Anacapri, the cliff town at the westerly extremity of the island, for this latter is veritably situated up in the clouds, and is therefore frequently shrouded more or less completely in an atmosphere of mist. An English physician of deservedly general repute in sanitary matters had expressed to the writer his belief that Anacapri was better situated for invalids, particularly if of consumptive tendencies, than the village of Capri itself, but this view has proved an erroneous one. The great and only attraction special to Anacapri that it has hitherto possessed, has been its inaccessibility and the consequently peculiar character of its inhabitants, resulting from their practical isolation from the rest of the world. Now, however, that the quite comfortable carriage road has been completed to the very summit of the upper plain, it becomes but a portion of the town below, loses its distinctive fascination and, for health purposes, while desirable enough as the limit of a pleasant hour's drive, cannot compare with the lower crest line, upon which stand that most interesting and comfortable old convent hotel, the Tiberio, and the more modern Quisisana.

Passing to Ischia, we find an island very different in every respect from Capri. There is not merely greater space, with a variety of excursions upon high road and bridle path that would require several weeks instead of days to exhaust, but there is an

individuality of its own as interesting and as satisfying as that of Capri, and of infinitely more importance to many great classes of invalids. Unlike Capri, Ischia is volcanic, and there have been very active eruptions within historical times. It has the insular climate of Capri, and even more tropical vegetation, and, besides, it is studded from one end to the other with powerful medicinal springs, the temperature of some of which approaches the boiling point. The most noted of these are at the village of Casamicciola, which lies high upon the mountain side, and yet is protected by flanking hills from all harsh winds. For these reasons it has become a noted resort for delicate persons of both sexes and all ages, and of many nationalities. The fame of these springs has come down from the remotest antiquity, and it is only remarkable that while they are of such repute among the physicians of certain countries, as Germany and Russia for instance, so little seems to be known about them by English and Americans. They are briefly mentioned by one or two of the leading hand-books of travel, but Appleton ignores them entirely, and Bradshaw, though acknowledging their value in the page or two upon islands at the end of his "Guide," yet wholly omits all mention of Ischia in the Table so constantly consulted by the invalid traveller, of skeleton through-routes from London to the principal baths and watering-places of Europe. As yet, though much has been written by Italian practitioners upon several of the Ischian springs, there is lacking a comprehensive and authoritative manual of these waters that would be useful to sick persons and their medical advisers. The nearest approach to what is required seems to have been made by the late Chevalley De Rivaz, a Swiss physician long

resident at Casamicciola , but this work , which was published only in French and Italian , saw its last edition in 1859 , and has long been so completely out of print that it is now almost impossible to obtain a copy.

The bathing establishments of Casamicciola are several in number, and vary in their degree of commodiousness and comfort. Two of them , however , for the completeness and even elegance of their appointments, may well challenge comparison with anything that can be found at bathing stations that are far more widely known. Not only are these waters bathed in, drank, and otherwise used internally ; they are also employed as a hot paste with clay, for long-continued external application, thus combining the effect of the “earth dressing,” of late prominently brought forward by Dr. Hewson , of Philadelphia , with the additional influence exerted by the mineral salts that the waters contain. Still another method has suggested itself to the writer, and he has already tested it with favorable results in quite a number of cases ; applied to the skin in an emulsion with suitable vegetable oils, the waters exert a marked and rapid action towards improving the nutrition of feeble persons and their general constitutional condition—realising even more completely than had hitherto been possible , the indications made by the late Sir James Simpson , of Edinburgh, in his monograph upon oil inunction in the treatment of consumptive and other scrofulous invalids. Beside the thermal springs , there exist at Ischia outlets of hot vapor from the same volcanic source , and these have also been utilised for medicinal purposes. The air in some of these “stufe,” as they are called , is almost perfectly dry , while in others it is moist,

and they afford to those invalids who may require them, the choice of a Turkish or Russian bath, of nature's own providing.

It would be far from scientific, and indeed extremely irrational, to believe that a panacea can ever be found, or any agent or drug capable of more than a comparatively limited application in the treatment of the manifold forms of human disease. So great, however, is the variety of the Ischian springs, differing as they do so materially among themselves, even when situated within a few feet of each other, in their mineral constituents, their temperature, and the effect that they produce upon the normal, as well as the unhealthy system, that one might almost accept without question the statement made to the writer by a Swiss gentleman, who, having two years previously had the use of a limb restored by these waters, was undergoing a second season's course as a preventive against a return of the malady. "If there exists a disease," he said, "that cannot be cured by one or another of the waters of this island, when properly prescribed and made use of, it must be a disorder that can never be cured at all." Like all other agents, however, that are potent for good, these waters have effected a great deal of harm when ignorantly or carelessly employed. It is easy enough in these days of popularising science, medical as well as all other, for a patient to imagine that all that is necessary to obtain the full benefit of a course of mineral waters is to drink them, or bathe, at such times, or in such measure, as the whim of the moment may approve, and thereby save all trouble of a consultation, and withal the physician's fee. Whether it be true or not that the lawyer who pleads his own cause is apt to have an unwise client,



Casamicciola
Island of Ischia.



and still more that even the most skilful medical man when ill cannot safely conduct his own case, it is very certain that at Ischia instances are constantly occurring where lay persons — who have heard that the waters work wonders in this or that disease, or that some one of their friends or acquaintance, with symptoms that they think the same with their own, has been benefitted by their use, — by undertaking to treat themselves, make a great deal of unnecessary work for physicians to attend to. A marked case of the evil that may result under such circumstances came under the writer's own observation, and he therefore feels constrained to speak as fully upon this point, and as plainly, as he has now done.

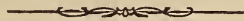
It will naturally be asked for what classes of invalidism these waters are best adapted, and though the present is neither the time nor the place to go minutely into such details, it may, nevertheless, be said that like all other medicinal springs of any real value, those of Ischia are better suited for chronic than for acute cases, and that however hopeless such an one may have been pronounced, the mere length of duration of the disease proves not a necessary bar to recovery. Affections of the bones and joints, no matter how occasioned, or how great the consequent deformity, often yield as if by magic; longstanding, and inveterate discharges are dried up, and unnatural channels closed, and local enlargements involving the internal organs are found to diminish and disappear. Without indicating more particularly the long list of maladies affecting both sexes, that might be mentioned as often relieved, there is reason to believe that the repute Ischia long ago enjoyed as especially helpful to invalid women was

well founded, and that besides the special disorders then recognised, in the infancy as it were of this department of the profession, there are others, some of them most intractable and ordinarily thought hopeless, which nature thus assisted might prove herself able to check, and perhaps to entirely remove. At least such is the writer's impression, after visits to Ischia in three successive seasons, and as careful a study of the effects of the waters, and of their medical history down to the present period, as he has yet been able to make.

Apart from these considerations, Ischia has much to commend it to those who simply are seeking mental and physical rest. At Casamicciola there are good hotels that have long enjoyed a deserved reputation among travellers—the beauty of their situation and its healthfulness combining to render them attractive. Too far from Naples to allow the city's excitements easily to reach it, and yet near enough to prevent too great a feeling of distance, Ischia combines, far more than centres of invalid resort infinitely more pretentious in their claims, the real and substantial elements that should go to make up the model sanitorium — good air, good food, charming scenery, a quaint and very interesting people, special hygienic advantages that to an equal extent can hardly be found elsewhere, and, perhaps above and beyond all else, for this is seldom true of such places, it can be visited with benefit by invalids at all seasons of the year. The waters spring hot from deep in the earth, the nature of the soil and surrounding rock rendering them less liable to be affected by rain or drought, or the ordinary atmospheric influences, so that the common belief, held even by some physicians, that mineral baths

are beneficial only in summer, seems here to fail of its force. It is true that in summer Casamicciola is occasionally somewhat crowded, naturally more so than during the rest of the year; but in spring, and in autumn, and in winter, the waters are as hot and as strong, there is equally good accomodation for strangers, and the winter climate of the island is milder and more enjoyable than perhaps any other in Europe.

And here, these letters may properly close, the reader having been brought step by step through Southern Italy to the place of all others which the writer has found, in his own instance at least, to give the best promise of restoration to health, in whole or in part, to those seeking this greatest of blessings.



The following extracts from a Report upon European Winter Cures made by the writer, as Chairman of a special Committee upon the subject, to the American Medical Association in the spring of 1875, will be found perhaps important in connection with what has preceded.

In a series of letters hitherto published, the writer has spoken of the frequency of fever in Southern Italy as compared with other portions of this country, and our own, and has expressed the opinion that not only is the number of cases, whether malarial or enteric, greatly exaggerated, but that of those actually occurring a very large proportion are the effect of carelessness upon the part of the traveller. Over-exertion in the way of sight-seeing, especially if continuous, as is very frequent here, — prolonged exposure to the sun, — indulgence in as gross and heating a diet as might be necessary at the North, — to live even for a single day in hotels whose atmosphere is redolent with the effluvia of ill-arranged or defective drains, may be mentioned as instances in point. In addition to these, there exist the general causes already numerated, but they are yearly being lessened.

Should it be questioned concerning the writer's statement as to the present health condition of Naples, even at its worst, he hereby gives the exact figures that represent the mortality among Americans at Naples and within the whole Southern provinces for the last six years. They are kindly furnished for this purpose by the United States Consul, B. O. Duncan, Esq.

In 1870, there were in Naples two American deaths, one of which was the result of an incurable chronic disease, and the other from fever; and there was one death, from consumption, at Sorrento.

In 1871, there were two deaths in Naples; one of them an infant within the first three weeks, and the other a sailor, wounded in a brawl.

In 1872, there was one death at Naples, from consumption, —the day after arrival by sea, the patient being in a dying condition before entering the gulf, — and there was one death at La Cava, the result of long continued intemperance.

In 1873, the cholera year, there were eight deaths in Naples, three of them being from cholera; and of these three, two were sailors, and the third a circus-rider. Of the remaining five deaths, one was from fever, —one, a child, from whooping cough, — one, from chronic paralysis, —one from consumption, the case being brought here from Egypt, —and the eighth, a sailor, from disease unknown. During this year there was one death at Amalfi, from fever; and another, also from fever, at Capri, — the disease having been brought from Rome.

In 1874 there were three deaths in Naples, all of them sailors on vessels of war, of fever contracted in Asia Minor. There was one death at Sorrento, of fever, and one at Castellammare, from heart disease.

In 1875, up to the present date, early in April, the travelling season having almost ended, there has been one single death, of fever; the subject having been an eccentric person, accustomed to take his out-door exercise late in the night. [There was subsequently, during the same month, another death at Naples, in a convulsive attack or fit, consequent upon disease of several years duration; and a third, at sea, upon the passage to Ischia, the result of an equally chronic affection.]

Upon recurring to these tables it will be found, after eliminating the three Asiatic cases of fever, that of the many hundreds of American travellers who have visited Naples during these six years, many of them coming here invalids enfeebled by chronic disease, and many others arriving in a febrile condition, — having been taken ill at home, or upon the journey, — only five persons have died in Naples and the whole surrounding country, of fever, — whether typhoid or malarial, — the average being less than one each year; a result that will prove surprising to those who have been accustomed to hear the rumors that have been annually set afloat, or indeed to imagine that the risks to life from fever are here much greater than at home.

The Riviera, beyond which some persons cannot, and many dare not go, is by no means, in any of its several stations, absolutely well fitted for severe instances of invalidism. With us Americans the case is a very different one than with the English, whose permanent homes are comparatively so near at hand. They naturally start to return to them on the first intimation of spring, too often finding in the great change of temperature awaiting them at Paris or London a fatal attack of acute pulmonary disease; while for our own people to make this so early northern transit has no excuse save that of fashion, and the fact that to remain beyond a certain period upon the Riviera is said to involve an intolerable degree of heat, and the dangers thereto pertaining.

What has been really wanted — or so it seems to the writer — for the American invalid in Europe, is a climate more continuously equable — not merely so for a few weeks, and in comparison

with that of Paris or London — but where one can stay for month after month if necessary, without there being involved the great fatigues of travelling, a compulsory change of quarters, or the cutting short, at a fixed and stated period, of steady progress and grateful rest.

What has here been indicated is impossible upon the Riviera; it is impossible at any of the more northern or summer health stations, and, to come further south, it is practically impossible at Milan or Florence, Venice or Pisa, Genoa, Bologna, Lucca, or Rome. It exists at neither of the more distant Mediterranean stations at Algiers, Malta, Palermo or Catania, Athens, Constantinople or Cairo; for, although Egypt has so much to recommend it for a few weeks during winter, it can hardly be advised as the place for a really prolonged residence, or for a shorter stay at any and every season of the year. At Naples alone — so far, at least, as the writer's observation has as yet carried him — and in its immediate neighborhood, are the necessary conditions for such protracted or frequently-repeated residence, with any degree of safety, fulfilled.

And here let it be mentioned that, although previously familiar with Naples, the present visit to it was made with exceeding dread. In Dr. Bennet's interesting work it is almost laid down as an axiom, that whoever sees Naples must necessarily soon die. A careful study, however, of the premises for a year and a half (now two years), of the medical history of the city, and of the causes which have conspired to give it its ill name, has gone far to dispel any such belief, and even to substitute a very different one.

“To the invalid,” says Dr. Bennet, “Naples should be absolutely forbidden.” (1)

Upon the other hand, remarks Dr. Cox, also of London: “When the autumnal rains fall, and the sun has less power, the invalid should remove into Naples, which is at that season equal, if not superior, as a place of resort, to any other in Europe.” (2)

There is here perceived the flattest contradiction, not to be explained wholly by the fact that one of the authors now quoted had made his winter residence and professional field of labor in Southern Italy, while the other has for a long period been identified with the Riviera, — for both of them were, undoubtedly, actuated by a higher than personal motive. We must rather conclude, as so often happens in such cases, that both were right to a certain extent, and both were wrong. Dr. Cox, and again Dr. Bennet, used the term invalid in altogether too general a sense, and, besides, there are other points underlying the statements of each, of equal and very great importance. In explaining this discrepancy of opinion, the writer will, at the same time, have expressed his own views as to the circumstances under which the Bay of Naples may be considered as a safe and advisable invalid resort.

The usual prefatory remarks that have been made by writers upon the health of Naples, as to its latitude and longitude, its population and the habits of its people, may be left to the

(1) J. HENRY BENNET. “Winter and Spring on the Shores of the Mediterranean.” London, John Churchill and Sons. 1870. p. 243.

(2) J. C. COX. “Hints for Invalids about to visit Naples.” London, Longmans and Co. 1841. p. 187.

guide-books. It is enough to say that, speaking of the city, and not of its suburbs, there is an old town and a new: the former closely packed, filthy in every sense, greatly shaded in winter, and exposed to harsh winds; while the latter is comparatively sheltered, well-kept and sunny, and, what is of vast moment in this consideration, it is improving from year to year. Of the latter locality alone are we to speak. The contrast between the two is nearly as great as between new and old Paris. Here, however, as there, new boulevards are being constructed through the old city, and there is no good reason why eventually, after a proper water supply shall have been established, even the foulest quarters of ancient Naples should not be made passably clean.

That the Neapolitans themselves should delight in the beautiful situation of their city, and commend its innumerable attractions, classic and present, is not to be wondered at; but we find the same spirit pervading its medical men, who, in publications intended for the eye of the profession alone, would be quite sure to state its faults as freely as its excellencies. As an instance, take the following quotation from a work by Dr. Salvatore De Renzi, who, for many years, was one of the chief physicians of Naples: "The temperature of our climate," he says, "the purity of its air, the variety and profusion of food, and innumerable other favorable circumstances, unite in rendering Naples extremely healthy as a place of residence. This is proved by the experience of all who are only attentive and obedient to the laws of health." (1)

(1) DE RENZI. "Topografia e Statistica Medica della Città di Napoli." Naples, 1837, p. 322.

Now, if but the two first of these essentials be granted — namely, a mild and equable temperature and a pure and constantly changing atmosphere — a great part of the illusions ordinarily held as to the necessary unhealthiness of Naples will be found to be dispelled; while let the last item — obedience to the laws of health — be but passably rendered, and the foreigner need scarcely dread his brief period of acclimation.

As is generally known, the portion of Naples ordinarily inhabited by strangers is the lower part of the new city, that called the “Chiaja.” Here are the greater portion of the hotels and boarding-houses; in close vicinity are the most noted shops, and the bankers to whom strangers are most frequently accredited; here the fashionable drive and promenade; and here, too, that most fascinating and, in this case, most deadly attraction, the shore of the beautiful sea, always very lovely, but here, even in weather that necessarily keeps one within doors, a constant source of enjoyment to all whose position commands its sight, because of its superb surf during the sirocco, equalling in grandeur that of the Atlantic.

To this place the strangers come, and here it is, in a certain proportion of cases, that they are smitten by the influence that sooner or later may bring them to death.

Knowing this, and having himself twice been made ill here, Dr. Bennet warns all invalids against coming to Naples; ignoring the fact that higher up, on the mountain side above, where the air is drier and more sweet, and the views infinitely more grand, there is a newer quarter still, comparatively unexposed to the dangers which, till now, have existed in modern and ancient Naples.

In the Chiaja quarter, all who have the wit to do so, notably the old residents, chiefly foreign, hotel and shop keepers, and medical men, who make their living from the annual flights of strangers, dwell at the very top of their houses, in what would elsewhere be termed garrets. This is done not for cheapness, nor for the more beautiful view, but for safety. The street-drains are everywhere untrapped and open; they discharge upon the shore, in slackwater or but little below it. The nearer one lives to the sea, so becomes the air more deadly; especially at night, and in certain winds the most frightful effluvia are forced back and high up into the stateliest houses. There are millions of francs invested in the hotels and pensions of this same quarter, call it by its general term of Chiaja, or its separate names Santa Lucia, Chiatamone, Vittoria, and Villa Reale; but this is of trifling importance in comparison with the existing risks to human life. One of two things must inevitably happen, viz. : either the property owners of the Chiaja must unite in persuading the municipal authorities to entirely renew the whole system of drains, trap them and extend them out into deeper water, or else the hotel keepers will themselves have to remove to the newer and upper quarter of which mention has been made — that of the Corso Vittorio Emmanuele. In this new quarter one excellent hotel has already been opened; and another, which promises to become one of the largest in all Italy, is rapidly approaching completion, and will indeed be in part available for the approaching winter.

The quarter now spoken of, known best by its main thoroughfare, the Corso of the same name, is far above the sea, and thus escapes the great dampness and foul odors at times

perceived below. Portions of it are sheltered by the mountain-side behind from the frequent and fierce North wind, from the East, — here the coldest, in consequence of the relative nearness of the occasionally snow-covered Appennines, — and from the West wind also. Thus there is formed, for a limited portion of this quarter, a peculiarly favored shelter, greatly resembling that of Mentone; and here, during a large portion of the winter, invalids even with the tubercular diathesis are enabled daily to take prolonged and pleasureable exercise in the open air. It is safe to predict that within the next ten years, after more buildings shall have been erected, and professional as well as other attention drawn to this part of the city, it will become not merely the favorite winter residence of invalid Americans who happen to be in Naples, but of invalid Americans from all Europe. At any rate, it fulfils the essentials that were quoted from Dr. De Renzi; as to a temperate climate, being exposed due south, and sheltered from every other wind; as to a pure atmosphere, being far above the stenches of the town below, to all the attractions of which it is still by broad and easy boulevards sufficiently accessible; and as to perfect ventilation, the buildings thus far made and to be erected being disjointed from each other, intended as they are for the dwellings of wealthy proprietors — and they are indeed better deserving the title of palaces than most of the so styled buildings of older Naples.

When speaking of Naples as safe for residence, brief or prolonged, it will be understood that the writer refers only to the western portion of the quarter Vittorio Emmanuele, for here alone, does he believe that nights can without risk be spent. In the

day one can descend with almost perfect impunity into the city below, for then it is possible to be upon guard; and besides, the sun's influence, even when clouded, is potent for good, — but at night, he who is wise sleeps only above. An upper story below, even in the best appointed hotel, will hardly suffice; for excellent tables and obliging landlords cannot amend for bad street drains.

It must not be supposed that more than comparative immunity from illness is claimed for the quarter now spoken of, for absolute security is found nowhere in the world. While this final page is passing through the press, the writer has under observation high upon the mountain side a mild febrile case, the attack having originated however, there is reason to believe, outside of Naples. Where a predisposition to malarial disease is present, from once having been subject to intermittent or remittent fever at home, there always exists a liability to its recurrence especially if, as in the instance referred to, the individual is already feeble and has been bereft through other causes than that now indicated, of recuperative power and reserve vital force. In such a case typhoidal complication might readily supervene should it prove, that the house taken for residence has had a defective trap to a closet drain.

So far for Naples which, outside of sanitary conditions, affords more of interest, all things considered, than perhaps any other city in Europe.

In speaking of Ischia, it might have been added that to use its waters with advantage it is not absolutely necessary to visit the island, though of course to do so is much better when possible. There are some invalids however, to whom the idea of the

three hours sea voyage becomes an insurmountable obstacle. By such, baths can be taken and the waters drunk in Naples; and indeed, if well bottled, they bear transportation easily, retain their purity for a long period, and are well worth sending for from far distant places in Europe, and even from America. Their general character, though differing among themselves, is strongly alkaline. They contain especially the salts of soda, lime and magnesia, and their temperature upon emerging from the earth ranges from 90 deg. to 178 deg. Fahrenheit. With the exception of the work of the late Chev. De Rivaz, (1) scarcely anything of value — unless by Andria, (2) and the analyses of Profs. Cossola, Covelli, Guarini and Lancelotti — seems to have been written about them by residents here or Italians, save in pamphlet form, since the days of Jasolino, (3) whose admirable book was published in 1588.

Regarding the Solfatara at Pozzuoli, which has been recommended as a residence for certain classes of invalids, the Neapolitan physicians are of opinion — and the question is one worth considering — that the arsenical and other emanations given out by the still smoking crater, sensibly and beneficially modify the neighboring atmosphere in a medicinal way, (4) and indeed the same view has been held, in the case of the city of Naples, concerning the comparatively distant Vesuvius.

(1) DE RIVAZ. "Description des Eaux Minéro-Thermales et des Etuves de l'île d'Ischia." Naples, 1859.

(2) NICOLA ANDRIA. "Trattato delle Acque Minerali." Naples, 1783.

(3) GIULIO JASOLINO. "De Rimedj Naturali che sono nell'isola di Pitecusa, oggi detta Ischia." Naples, 1588.

(4) Prof. DE LUCA. "Ricerche Sperimentali su la Solfatara di Pozzuoli." Naples, 1874, p. 13.

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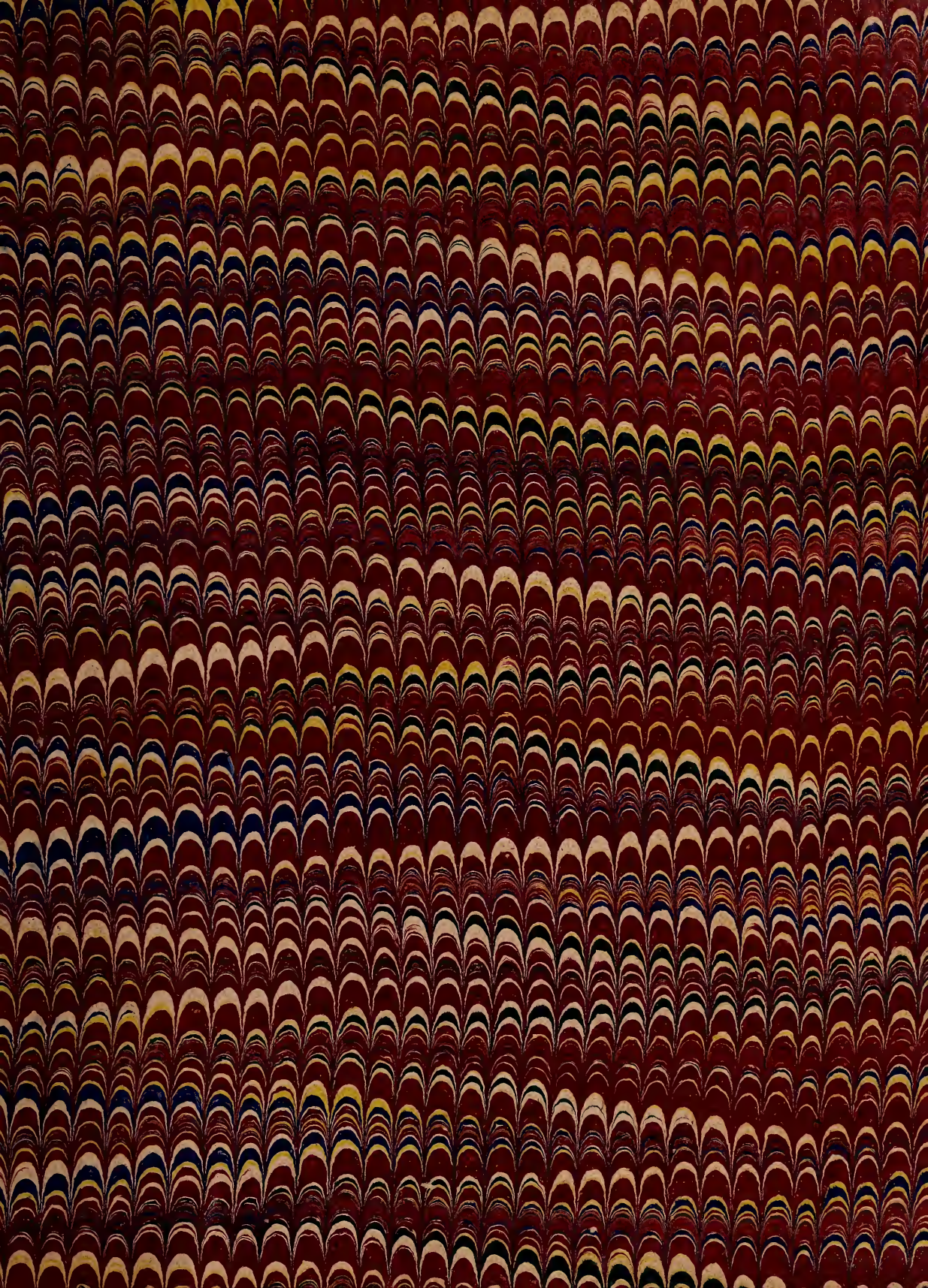
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