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as a
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by
R. W. CRAIG, M. D.
PHOENIX, ARIZONA.
Read before the Arizona Territorial
Medical Association, May 2, 1899.

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ARIZONA AS A HEALTH RESORT

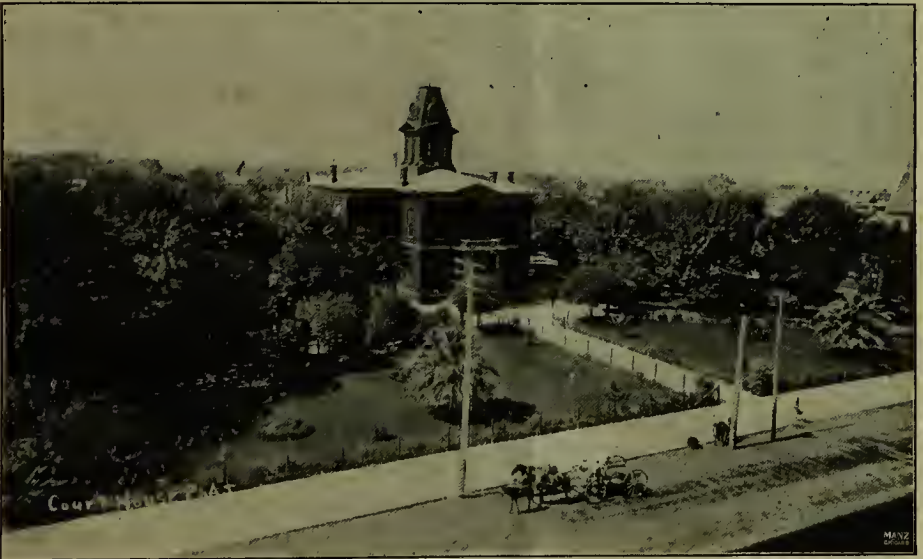
BY

R. W. CRAIG, M. D., Phoenix, Arizona.

*Read before the
Arizona Territorial Medical Association,
May 2, 1899.*

[Reprinted from Doctors' Magazine.]

Arizona may not be the richest of the Nation's possessions, and many cities of the east have a greater population than is to be found in the entire Territory, but in the matter of climate it has no equal. Located between two great ranges of the Rocky Mountains is a vast plateau as significant in its climatology as any ocean. The relations of the immense irregularities of this vast area to the atmospheric currents and to the storm centers render certain parts of it a vast sanitarium for the alleviation or cure of every variety of chronic pulmonary disease and various other ailments requiring a dry, warm climate. Far to the south of this plateau is Arizona, which has marked climatic characteristics that distinguish it from any other portion of the arid belt. Five hundred miles from any large body of open water, surrounded on every side by vast sandy deserts, it has the natural conditions which combine to make the Salt River valley the ideal winter resort. As the manifold climatic advantages (chief among which are a uniformity of temperature, minimum humidity and the maximum amount of sunshine) are becoming more and more clearly recognized by the medical profession in the east and north, the tide of winter travel is tending in this direction, until Phoenix has come to be accepted as the Cairo of America. Even



COURT HOUSE, PHOENIX, ARIZONA.

more than Egypt, Arizona, with its deficient rainfall, absence of cloudy days, and a high rate of evaporation, is "The Land of Sunshine." As it is not within the path of storm frequency, the sequence of weather is more uniform than in more northern latitudes or on the same parallel farther east. In consequence of its distance from large bodies of water, there is an absence of fogs, which are so objectionable at the winter resorts of Florida and California, and the uniformly mild temperature allows an almost exclusive out-door life, so essential to the existence of the tubercular patient.

The variation in altitude to be found in Arizona is one of the most striking advantages. With the same general conditions as to temperature and dryness of air, the physician is able to select nearly any altitude he may desire, ranging from about sea level at Yuma to 6800 feet at Flagstaff.



The two principal towns in the southern portion are Phoenix and Tucson; in the north are Prescott and Flagstaff, the latter, a beautiful little city of 2000 population, was certainly intended by nature as a summer resort, and I believe it is as beneficial for tubercular cases in the summer as the Salt River valley, in which Phoenix is located, is in the winter. At an altitude of nearly 7000 feet, Flagstaff stands in the midst of a great plateau extending over 20,000 square miles, covered by immense forests of pine and cedar. During the hottest

summer months the mercury rarely rises above 80° F., and at no time is it so warm that blankets are not a necessary adjunct to the camping outfit. Flagstaff has an additional advantage of being the nearest railroad point to the Grand Cañon of the Colorado, certainly the greatest scenic wonder of the western continent. After a day's ride by stage through beautiful natural parks the rim of the cañon is reached, and the best of accommodations allow the traveler to enjoy the most impressive of nature's panoramas.*

Within easy driving distance from Flagstaff are Montezuma's Castle, a famous Aztec ruin, Montezuma's Well, the petrified forest, Cataract cañon and Walnut Creek cañon, with its cliff and cave dwellings. The mountains and cañons in this locality are the sportsman's paradise. Oak creek, which is about twenty miles from Flagstaff, is a favorite camping resort on account of the fine mountain-trout fishing to be found there. The forests, which are entirely clear of under-brush, are one vast park. Add to this the essential climatic conditions for the recovery of pulmonary complaints, and we begin to know a few of the attractions that make Flagstaff an ideal summer resort for the tubercular patient, as well as for the tired, overworked business or professional man needing only rest and relaxation.



ARIZONA VIEW.

By passing the summer in Flagstaff, the fall in Prescott and the winter and spring in Phoenix, the visitor can live constantly in a climate combining the salubrious features of the Riviera and the famous resorts of Switzerland and Egypt, with practically none of their disadvantages. The Salt River valley, of which Phoenix is the commercial center, is already the Mecca of the invalid seeking to escape the rigors of a northern winter. It is about sixty miles long and twenty miles wide, the larger portion of it being as level as a floor, with a gradual slope to the south and west. This valley was apparently the seat of Aztec civilization, and it has been estimated, from the immense ruins found in various parts of it, that this region at one time had a population of 300,000. Even now, ancient canals may be distinctly traced, demonstrating that at one time a most extensive and elaborate system of irrigation existed.

Near Phoenix, Casa Grande and Tempe are the ruins of pre-historic cities that were, beyond question, more populous than any now in existence between

*The Grand Canon may now be reached by rail.

Denver and the Pacific coast. Extensive researches have been made in these ruins by representatives of the Smithsonian Institute and by various ethnologists, and many very fine collections of pottery, stone hatchets, onyx and turquoise ornaments have been made here.

Phoenix, the largest city and the capital of the Territory, is located in this valley and is a thoroughly modern town of about 15,000 inhabitants. The Salt River valley is largely given up to citrus-fruit growing, and the orange groves within five or six miles of Phoenix, are one of its most attractive features. A belt stretching for miles along the foothills produces the finest oranges grown in the United States, and a ride along some of the driveways skirting the canals which supply the water for irrigating these fruit orchards is of more value than any tonic known to the medical profession. Killing frosts are practically unknown and even during January and February, the coldest season here, the apricot and almond trees are in bloom, and alfalfa fields are as green as an Illinois lawn in June. Charles Dudley Warner describes Arizona as the Persia of America as follows:

"It is the home of the rose and the mocking bird. In the valley the fig grows wild and the almond and olive are cultivated in large plantations. The



PALM DRIVE, PHOENIX, ARIZONA.

vineyards yield highly flavored wines. Apples, pears, apricots, peaches, lemons and pomegranates of unsurpassed quality are raised in the orchards, and the gardens teem with roses and chrysanthemums."

Articles emanating from the pen of a famous humorist and purporting to be taken from the columns of the *Arizona Kicker*, a purely imaginative publication supposed to be located in Tombstone, Arizona, have created an exceedingly wide-spread, false impression of Arizona in the minds of large numbers of eastern people. Many people come here with the idea that they will be compelled to forego most of the advantages and comforts of civilization to find that, contrary to their expectations, the best of hotels are at their disposal and that there are as many churches, and perhaps more schoolhouses, than are to be found in towns of equal population in Illinois or Ohio. The leading winter hotel, which has accommodations for about 500 people, compares very favorably with the best hotels of the resorts of Florida and California. In addition to this good accommodations are to be had in private boarding places at extremely moderate rates.

A good climate alone will not cure pulmonary tuberculosis, but must be supplemented by good food and sufficient occupation and amusement to prevent the patient from falling into a melancholia which can but prove disastrous. Phœnix can probably offer more inducements in the way of amusement than any other town in the Territory. A good theater offers some of the best attractions on the road, Phœnix being on one of the transcontinental lines of railway and an easy stopping place for companies going from the east to the Pacific coast. In mid-winter a week is devoted to the carnival or "La Fiesta," a thoroughly curious and interesting event, modeled somewhat after the holiday amusements of Old Mexico. Good horses are numerous and cheap and there are plenty of vaqueros (cowboys—the genuine article) to show what horses can be made to do.

The roads for fifteen or twenty miles on either side of Phœnix are good. The desert itself is as easy to drive over as the average eastern roadway, and the whole valley is a paradise for bicyclists and horsemen.

While acknowledging the existence of many good climates we can but set forth the fact that there are none presenting exactly the conditions found in the vicinity of Phœnix, viz: Highest annual temperature and maximum amount



VIEW IN PHOENIX, ARIZONA.

of sunshine, combined with lowest humidity and least wind movement. No other region even approximates these advantages.

Other conditions being equal, there is no question that tubercular cases improve much more rapidly, and a greater percentage of recoveries is found where the relative humidity is lowest. In this respect Phœnix clearly leads, as the United States weather bureau reports show that at Phœnix the average annual rainfall is about 6 inches, as compared with 35 inches at Asheville, N.C., 18 inches at Los Angeles, Cal., and 15 inches at Denver. The official weather reports demonstrate that Phœnix has the lowest percentage of humidity and the maximum amount of sunshine recorded for any city in the arid belt.

Knopf, in his excellent work, speaks of the great amount of sunshine enjoyed by invalids at the Davosplatz, Switzerland, mentioning that the average daily sunshine during November is four hours and sixteen minutes, which is truly a relatively large percentage, but, when compared with the nine hours and twelve minutes reported by the United States Weather Office at Phœnix,

is decidedly small. This is a matter of the utmost importance, as the entire trend of modern ideas on the subject is toward the outdoor treatment. Knopf further says: "Were I to be asked to express an opinion on the subject, I would say the best climate for the consumptive is the one where the ærotherapeutic treatment, as understood to-day, can be carried out most easily and persistently, or, in other words, the best climate for the consumptive is the one which permits him to remain out doors more and longer than anywhere else." The place having the most sunshine, least moisture and most even temperature is the ideal spot.

In discussing the various forms of tubercular lesions, particularly those involving the pulmonary tract, it must be borne in mind that in many cases there is a spontaneous healing which has been demonstrated by post-mortem and pathologic investigations. The very fact that these spontaneous cures do occur, frequently in cases where a tuberculosis has never been even suspected, is sufficient evidence that conditions may arise or be induced within the patient suffering from tuberculosis which will check the course of, and, in many cases, entirely eliminate, the disease.

In all tubercles two processes go on—the one, caseation, destructive and dangerous, the other sclerosis, conservative and healing, the ultimate result depending; in the given case, upon the capabilities of the body to restrict and limit the growth of the bacilli. To produce and strengthen these capabilities must be the aim of all curative treatment. The chief factors in securing this result and the lines of rational treatment indicated are, to my mind, clearly and definitely set forth in the classification given in Alfred Hillyer's recent essay upon pulmonary tuberculosis, as follows: First, open-air treatment, by far the most important of all; second, treatment of special symptoms, and, third, specific treatment, which, at present, is of no particular use and will not be taken up in this article.

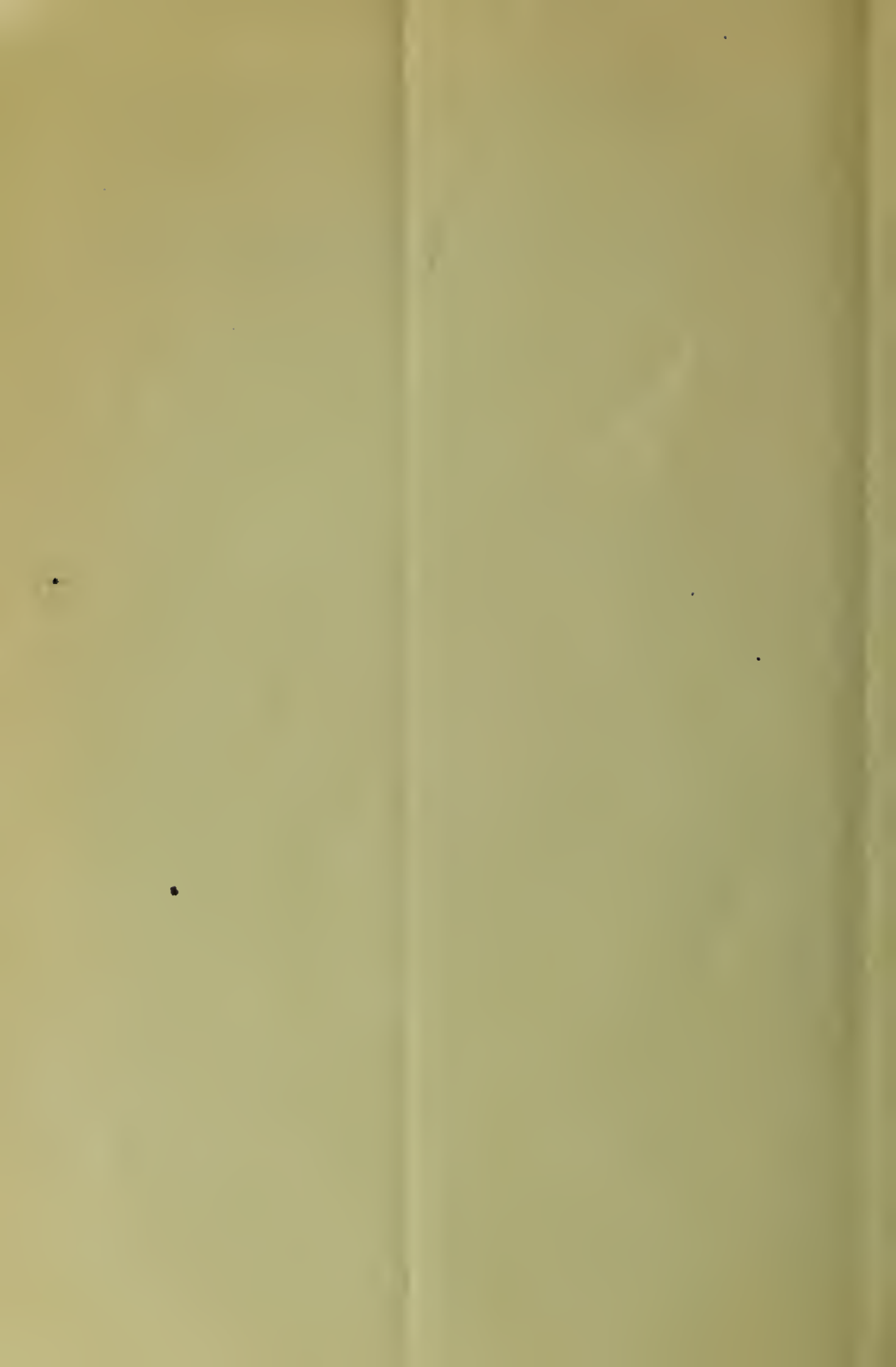
The principle which this plan of treatment recognizes as of vital importance, without which all else is naught, is comprised in the three essentials to perfect animal life, viz.: Pure air in unlimited quantities both day and night, good food and plenty of it, and, as near as possible, complete repose. The benefits to be derived from this mode of treatment are coming to be widely recognized, and statistics of such open-air institutions as Nordrach in the Black Forest, Kimberley, South Africa, and Falkenstein, near Frankfort, all testify to its efficacy. The method pursued by the more modern sanitariums, particularly those above mentioned, is to give the tubercular patient, as nearly as possible, an absolutely out-door existence, and, undoubtedly, the best results attained here have been by a tent life on the desert at the foothills, which extend within six miles of Phœnix. Indeed, many people sleep practically in the open air all winter, although it is not so commonly practiced as it should be when carried out under intelligent direction. In brief, we may summarize as follows: Pure and abundant air both day and night, indoors and out; such good and plentiful food as a simple, open-air life may enable a patient to digest; rest, frequent and complete; a long night of sleep; an hour's rest, after walking, spent quietly lying down before meals; even more rest when the individual may require it; and, in all cases, absolute avoidance of fatigue. Add to this rest from anxiety, which improving health confers, and you have practically the latest sanitarium treatment, and a rational and scientific treatment it is, beneficial alike for phthisis and half the other chronic maladies that human flesh may be heir to or acquire.

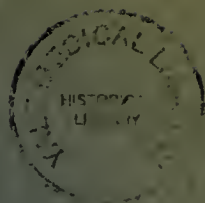
While the Salt River valley has the climate par excellence for the relief of pulmonary tuberculosis, there are many other diseased conditions that do well here. Asthmatic patients usually receive prompt relief and many are permanently cured. Bronchitis and laryngitis disappear as if by magic, the dry, warm air acting as a most effective stimulant to the mucous membrane of the respiratory tract. Kidney cases seem to do remarkably well in summer, as the per-

spiration is copious and the skin performs the largest part of elimination. Rheumatic affections generally improve much during the winter, but it is in the summer that the best results are attained, as the constant perspiration maintained for months has a greater eliminative effect than a sojourn at the most famous springs.

This Territory might well be included with Mexico as the "Land of Manana" (to-morrow), and the perfect rest and relaxation that tired nerves experience in this balmy air act almost as a specific for neurasthenics, as well as affording a new lease of life to the consumptive, a veritable rest-cure out of doors.







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