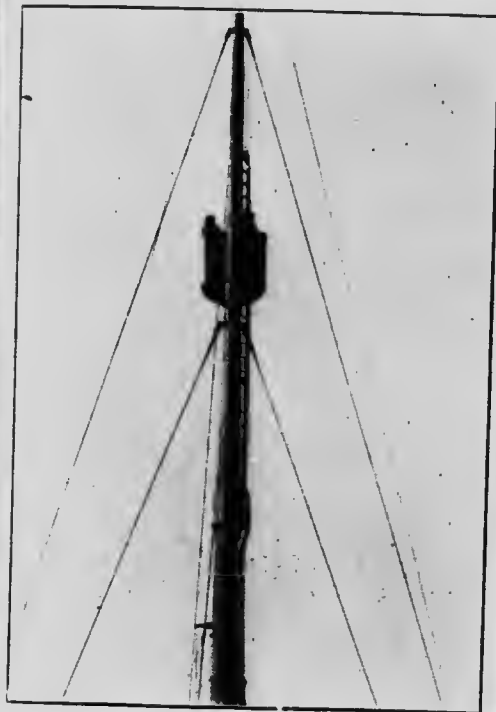


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the dangers of ocean trips in former times, the primitive and unhealthy accommodations, and insufficient catering on board of ships of earlier periods are very disquieting to intending travelers. This has now, however, all been done away with, so that the modern steamers of to-day have so many safety devices, and the perfection of the instruments for the navigation of the ship, and the reliability of the charts, the number of light-houses, have been brought to so perfect a standard that a voyage on a modern steamer entails less danger

atic, exerts a beneficial influence on the metabolic assimilation and the formation of the blood. Taking it all in all, sea trips are very strongly recommended as important hygienic factors, and the development of all that contributes to their facilitation should be greatly appreciated, especially by the medical profession. It should be remembered that the air of the high seas is the purest of all, and that there is an entire absence of dust and germs. It has been proved that at a distance of seven and a half miles from land there was only one germ for 40 litres



THE NEW

The lookouts in their eyrie sweep the horizon for signs of danger.

than a journey by train. The old foul-smelling state-rooms of thirty years ago have given place to clean, spacious, splendidly ventilated rooms where there is not a suspicion of an odor of any description, even in inside rooms on the lower decks. Superior methods of keeping food have resulted in catering which is equal to that of the very finest hotels. The sea air is most invigorating, especially for those suffering from insomnia and nervous troubles. The abundance of sunshine, especially on the Southern seas, in the Mediterranean and Adri-



THE OLD

The old-time sailor spent much time aloft setting sails

of sea air, and at a distance of thirty miles, only one germ for 1522 litres of sea air, and beyond that limit the air was practically germless. It also follows from these investigations that a complete absence of dust and germs by no means prevails on the coast, as is generally assumed. The invigorating effect of the ocean climate is based upon a good many qualities which vary not only according to the locality of the particular sea and the season of the year, but also have a different effect upon people according to their particular constitution. There is