

their physiological action, there can be no doubt that the presence of large tracts of pine forests add materially to the therapeutic value of a health-resort. In common with all forests, they afford protection against the wind, but in addition to this, for some hitherto unexplained reason, the air of the pine woods is apparently warmer than that of forests of oak and other trees. This is so marked that, on driving through the country on a cold winter day, the entrance into even a comparatively small thicket of pines gives rise to a sensation of warmth similar to that which is experienced on going from the cold outside air into a comfortably heated apartment. Hermann Weber states that he has often found tender exotics growing in a forest of firs to remain uninjured by the severe cold of winter when those in more open situations in the same neighborhood were destroyed.

A wooded country is much more equable than an open plain, a fact which applies to humidity as well as to temperature. Absence of dust, with its injurious effects upon the mucous membrane of the respiratory tract, is another advantage which the presence of pine forests confers upon a health-resort. Eliot and Storer remark in their work on organic chemistry that "the disinfecting power of ozone produced by the action of the atmosphere on turpentine is interesting in connection with the observed facts, that ozone is abundant in the air of pine forests where turpentine abounds, and that pine forests are remarkably free from malaria." This protection against malaria afforded by pine forests has long been known to the rice planters of the coast of Georgia and South Carolina, who, during the summer, as night approaches, retire to their pine-land settlements, and find there a safe refuge from the deadly poison which pollutes the air of the surrounding country and makes it extremely dangerous for a white man to remain there after nightfall.

As regards the meteorology of Aiken the following table gives the mean temperature during the six colder months, and the mean temperature of the months and seasons :—

*Mean temperature of Aiken. Period of observation eleven years.*

	Deg.
November.....	54
December.....	47
January.....	48
February.....	50

March.....	56
April.....	66
Six colder months.....	53
Winter.....	50
Spring.....	75

The observations at 7 a.m., 2 p.m. and 9 p.m., although not as accurate as the readings of the maximum and minimum thermometers, afford a fair idea of the highest and lowest temperature of the different months, and are of more importance in forming an estimate of the extremes of temperature to which the invalid is subjected. It would be obviously unfair to estimate the average winter at Aiken by the lower temperature which prevailed during the early days of January of the present year, which, judging from its effects upon vegetation, is considered the coldest ever experienced during the last two hundred years. The average range of temperature, as given in the third column, is very moderate for a dry climate like that of Aiken.

*The mean temperature of Aiken at 7 a.m., 2 p.m., and 9 p.m., with the average daily range from 1873 to 1884.*

	7 a.m.	2 p.m.	9 p.m.	Range
	Deg.	Deg.	Deg.	Deg.
November.....	49	61	53	12
December.....	42	54	47	12
January.....	42	54	48	12
February.....	43	57	50	14
March.....	49	64	56	15
April.....	57	71	63	14
Six colder months.....	47	60	53	13
Winter.....	44	56	49	12
Spring.....	49	64	56	15

\* The difference between the lowest and highest tri-daily means.

On the subject of humidity Dr. Giddings remarks. In forming an estimate of the climate of a health-resort, the humidity of the atmosphere ranks next in importance to its temperature. Judged by popular signs—such as the rare occurrence of heavy dews, infrequency of fogs, absence of condensation of moisture on the walls of houses, the rarity of rust on guns and steel instruments, and of mould on boots and shoes—Aiken would be regarded as exceptionally dry. This is further proved by the absence of the gray tree-moss (*Tilandsia*), which abounds in the Atlantic States wherever there is sufficient moisture to promote its growth. The presence of this moss is not only a sign of moisture, but is popularly regarded as a test