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A MEDICAL ITINERARY: BEING AN ACCOUNT OF A SAIL THROUGH THE SACRED ISLANDS.

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FROM very ancient times it has, I believe, been the custom for eminent doctors of physic to advise the waters of various natural springs for those of their patients who were sufficiently affluent to indulge in such luxuries. The results were often very satisfactory, it is said, and the benefit experienced was usually attributed to the peculiar properties of the waters.

More recently the climate of a few favored regions has for a number of empirical reasons been advised in a similar manner: and the results of a pilgrimage to one or other of these climates has been said to be beneficial in much the same way as a sojourn at the mineral springs. It has possibly been noticed that the benefit derived is often proportionate to the remoteness of the locality selected or the expense attending the undertaking. The ability to drink profusely of alkaline or ferruginous waters a long way off, and to bathe lavishly in the same, came in time to be regarded as a reasonable sign of wealth: and the very word "Springs" eventually grew to be a synonym for all, or at least for a good deal, that was very respectable.

In the choice of a climate, popular practice reached a similar culmination, and in Europe, Italy and the Riviera were considered excellent resorts for wealthy (and feeble) English people; while in America, Florida, the Bermudas and California enjoyed a like preference.