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## HEALTH RESORTS IN ARIZONA.

BY

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Howsoever physicians may differ with respect to other factors in the treatment of tuberculosis, they appear to be unanimous in regarding pure air as of the first importance. No part of the North American continent offers so great advantages for the open air treatment as the arid region in the southwest of the United States. Of the vast area embraced in this region the territory of Arizona, by reason of its wider diversity of climate, its range of altitude from sea level at Yuma to 6,800 feet at Flagstaff, and the greater number of suitable resorts for invalids, deserves the most attention. I remember Dr. Trudeau saying to one of his patients in the Adirondacks, "How many hours a day do you spend out-of-doors? As many as eight? Do you know that it is quite difficult to spend eight hours out-of-doors daily?" But in Arizona sufferers from tuberculosis can and do spend as many as twenty-two hours, or even more, out of every twenty-four in the open air, with comfort and pleasure, all the year round. Everywhere throughout the territory, the air is singularly clear, tonic, and dry. During a year's residence, there was not one day on which the sun did not shine brightly for several hours.

But the sufferer from tuberculosis needs more than climate. He requires suitable accommodation and good food, and he may require the attendance of a physician. These are not everywhere obtainable, and the physician in the east, who has no personal knowledge of Arizona, is generally unable to direct or advise his patient where to settle. As a result, the patient arrives in the Territory in a condition, more or less, of bewilderment as to his destination, with his temperature increased by a fruitless effort to discriminate between the merits of Phoenix, Tucson, and Prescott, as presented in the highly coloured advertisements of two rival railway companies. Some observations, therefore, on the principal health resorts in Arizona may be of use to Montreal physicians.