

Progress of Medical Science.

MEDICINE AND NEUROLOGY.

IN CHARGE OF

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CHOICE BETWEEN SEA VOYAGES FROM THE STANDPOINT OF THERAPY.

Weber (*Zeitschr. f. diätet. und physikal. Therapie*, 1899, Bd. III., No. 1) divides voyages for restoration of health into seven classes, viz.: Across the Atlantic; to Madeira and the Canaries; to the West Indies; to the temperate or sub-tropical part of South America; to the Cape of Good Hope; to the East Indies and Far East; and to Australia and New Zealand. He naturally excludes from consideration all localities which are either too cold or too pestilential. Journeys across the Atlantic are too brief, except as a mere change for a hard-working business or professional man.

Trips to the Canaries, etc., while brief, have produced wonderful results in cases of profound mental depression, neurasthenia, and in convalescence from severe affections. The great Humboldt praised Teneriffe as the finest spot in the world for recuperation.

Journeys to the West Indies must be made in the winter, and the Bahamas and Jamaica are the best localities to visit. Weber warns against St. Thomas as unhealthy. The West Indies are adapted only to those invalids who thrive best in a warm, moist climate.

With regard to South America, it is best to go straight to Buenos Ayres or Montevideo, not only because the voyage is longer, but the locality is both cooler and healthier, and it is better from the social standpoint. This trip, including a sojourn after arrival, is especially adapted for phthisis in the second stage.

Personally, Weber likes the trip to Cape Colony better than any other. It takes only six weeks (from London) to make the round trip on the regular packets;