

## APPENDIX.

### *Advice to Persons Visiting the Tropics.*

It is not my intention, in this place to discuss the question, whether climate exercises a permanent influence over the moral and physical organization of man; whether it is the cause of the varieties of the human species, and of the different intellectual capacities observable in different nations. Whatever decision this question may ultimately receive from the labours of physiologists, it cannot affect the well-established position, that the *health* of all men is very much operated on by a removal from a very cold, or temperate, to a very warm latitude, and vice versa. Of this, the histories of all colonizations afford such abundant testimony, that it were idle, at the present day, to dispute it. Exceptions do indeed occur. Many individuals have, under the influence of strong emotions, such as ambition, avarice, the love of conquest or plunder, been exempt, for a while, from the evils attendant on migration, and seemed to secure themselves by intellectual activity, against the inroads of disease and death. The excitement, however, must necessarily be limited to the few, and it cannot attend beyond the attainment of the object of its desire. The many are then blended with the few; and the effects of climate soon become perceptible. Look at the records of expeditions sent to South America, to the West Indies, and even to our own more favoured country. Do they not tell of mortality every where inflicted by insalubrious atmospheres, and more insalubrious grounds? What matters it, then, that we pride ourselves on our prerogative of not deteriorating under the influence of a change of climate? Who have not deteriorated? The remnant of those multitudes who have paid with their lives, the penalty of expatriation. And although since the cultivation of the soil—and the improvement of the many advantages which nature has interposed as barriers against the injuries of her own original imposition, emigrants no longer suffer as before, still, there are many precautions necessary—many restrictions to be imposed on luxuriant indulgencies—many rules with respect to choice of residence and regimen, both mental and corporeal, before immunity can be promised to him that enters the tropics. Even then—even after the most strict adherence to the rules of an enlightened Hygiene, or code of health, even then no man is always secure against the shock of those Herculean blows, which nature loves to deal from her ardent arm in the south.

To warn those of our countrymen, whom interest or curiosity may prompt to visit warm climates, against some of the dangers which await them there, and to inform them of the most effectual means of prevention and cure, is the object of the following remarks. Such an object is more desirable, as there are many situations in which no physician can be procured; and a moment's neglect or ignorance is sure to bring down the fatal catastrophe. But let it be observed that whenever a stranger on his first arrival in the West Indies feels the least approach of disease, he should not hesitate to solicit experienced medical advice. Disease in those climates is insidious in its invasion, and proportionably fatal. Procrastination is death.

Before proceeding to the immediate consideration of the effects of a warm climate, it may not be improper to notice, in a few words, those of the sea voyage which precedes it, and, during which, the foundation for future health or disease is frequently laid in the system.

Sea voyages have in all ages been recommended as salutary; and they undoubtedly are so, in general. Exceptions however there are. These it is not necessary to allude to here. One of the most disagreeable accompaniments of a sea voyage is sea-sickness. In general this affection lasts only a day or two, and is not severe; but occasionally it becomes very harassing, returning on each increased motion of the vessel. It is apt then to induce headache, and fever, and great prostration of strength.