

For Cure of Consumption

Observations of a Portland Physician on the Beneficial Climate of Arizona.

Dr. F. Cuthbert, of Portland, who spent several years in the arid plateau region of the United States, contributed the following paper to the Oregon State Medical Society. It is of value to every one interested in the subject of tuberculosis.

SOME seven years ago, after a short visit to New Mexico, I presented to this society a paper upon "The Arid Region Climatology," which I have been pleased to believe did some good, in that it attracted the attention of the profession of the Northwest to the importance of the subject, with the result that an ever-increasing number of tubercular patients are being sent yearly to the arid Southwest. I, of course, would not have you think that I believe the short and rambling paper I presented at that time was the whole, or even the principal cause of this exodus. Ever since the famous exploring expedition of "Caleb and Joshua," a special interest has been attached to the report of eye-witnesses, and especially when the returned traveler is personally known. Such, perhaps, is the explanation of the request of your committee to again contribute a paper upon this subject. A residence of some three and a half years in Southern Arizona, Sonora, Mexico, and Western Texas, has given me an opportunity to acquaint myself more thoroughly with the peculiarities of that climate, and to observe for myself its effects upon the large number of invalids who go there for various ailments, and particularly tuberculosis.

I cannot bring you as glowing an account of the country as the explorers before mentioned—for it is not a land "flowing with milk and honey"—nor have I brought with me any such sample of the fruit of the country, as the enormous bunch of grapes that used to be depicted in the Sunday school books of our more youthful days, as borne upon a pole resting upon the shoulders of two of the party. On the contrary, the cloudless skies, at times of deepest blue, again almost brassy with intense heat of the sun, the vast expanse of desert sand, with its stunted shrubs, from which rise abruptly the barren mountains, bearing upon their exposed strata, and jutting cliffs the awful record of geologic age, all conspire to form a picture whose general impression upon the mind of one who views it for the first time, is one of utter desolation. I speak of this impression, which is apt to last for some time, in order later to consider its bearing upon the feelings of invalids. It would, however, be very unjust did I leave this rough sketch of Southern Arizona unrelieved by some softer shading. Surely the greater part of the year the sky is cloudless, during the summer months of July and August—the rainy season—the cloud effects are wonderful, and the sunsets attain to a degree of gorgeousness past description. With the setting of the sun there comes on a very appreciable drop in the temperature, which continues gradually through the night, with a range of 15 to 20 degrees. I would like to emphasize this subject of summer nights in Southern Arizona. It is the one feature of this strange and wonderful climate that impressed me above all others. The balmy softness of the air, the brilliancy of the moonlight, or, in its absence, the star-bedecked heavens, all conspire to produce an impression of unreality, and to cause you to think you are surrounded by the "stuff that dreams are made of," so unsubstantial do all things seem. One must be deaf to the softest music, and to the ruminant pleadings of science, should he fail to have awakened within him a desire to know something, at least, of the gorgeous constellations swinging above his head night after night.

Must Be Prepared to Fight.

So, after a time, the climate is seen to possess many attractive features that make amends for its first unfavorable impressions, and the sense of loneliness and isolation caused by the vast expanse of desert at length gives way to one of restful quiet and interest very comparable to that experienced when looking out over the rolling waves of the ocean from some commanding position on the beach. Such in a general way are the impressions made upon me after a residence of a number of years, and such, according to my observation, were its effects upon others. The whole country is geographically and climatically so different from all other sections of the United States, except the plateau region further north, that a stranger is surrounded at once with a totally new environment, and it requires some time and some degree of philosophy to accustom himself to it. To the invalid, depressed in body and mind, too often alone and suffering from homesickness, the first unfavorable impression is simply overpowering, and many of them prefer to return home and die rather than live under such conditions. Many of them who compel themselves to stay die nevertheless because of their inability to accustom themselves to their new environment, and fret and worry to a degree that would sap the vitality of a robust constitution. I am thoroughly impressed with the fact that the temperamental and the patient should be taken into consideration as much as his pathological condition when prescribing a change of climate. It is simply cruelty to send a female patient who has always been dependent upon the loving care of friends and the comforts of home, and who has never learned to rely on herself, alone into such an environment. The same may be said of a man who has reached the stage of sickness where he is not fairly independent in his movements. The average person but little realizes what it means to make a successful fight against tuberculosis. The average conception is about this: The disease recognized and some point recognized as his destination, the patient takes a cheerful good-bye to his friends and, boarding a Pullman car, in three or four days finds himself under the bright skies and in the brilliant sunshine of his chosen Mexico. He immediately begins to feel his lungs expand, his fever in a few days or weeks disappears, and the cough that had annoyed him for months leaves him; his weight begins to increase, and he feels as well as he ever in his life. He stays a few months, just to be sure he is well, and returns to his home and friends and takes up his usual vocation. This is an ideal conception of the effect of climate and, in rare instances, is realized, but so rarely as hardly to be worth consideration. The tubercular patient should be impressed with the fact that he has a fight on his hands that will last for months, but probably for years, and that will require all the patience and fortitude of which he is possessed; that he must be prepared for discouragements in every shape; but that, with care and courage, and an inflexible determination to win, he may with confidence look forward to success.

As to Early Cases.

Certainly a very large proportion of the early cases will recover, if actuated by determination, combined with proper regard for hygiene and a mode of life that enables them to derive the full benefit of the climate. The proportion of cures stands in direct ratio to early diagnosis and change of climate. Therefore, if you are to do your part in the fight against climate, send them away at the earliest possible moment. No more serious question can present itself to the physi-

cian than that of what shall be done with the late cases; patients who have neglected the golden opportunity, and in whom advanced destructive changes have taken place. I feel that no one can appreciate to its full extent the seriousness of this question who has not seen the troops of human shadows and heard their sepulchral cough about the various health resorts of the Southwest. Still, it must be borne in mind that even some of these cases can recover. My own opinion in regard to these late cases is that only those patients should be sent away who have plenty of means to procure the comforts necessary, and who are able, so to speak, to afford this expense, not so much with the idea that they will recover as by this means to keep alive the spark of hope, and thus relieve them of the gloom of utter despair that would otherwise settle over them. I wish to particularly call attention to some of the features of the climate of Arizona, which, I fear, is greatly misunderstood. The general impression in regard to Arizona is that, because of the continuous sunshine, it must be, even in winter, a warm place, and in the summer a very hot one. This is a great mistake. In talking a few days since with an army surgeon, whose service has taken him to all parts of the United States, he said that Arizona was the only place where an soldier of his command had been frozen to death. Couple to this the fact that sunstroke is almost unknown and you see that the prevalent idea of an excessively warm climate must be greatly discounted. This is not to be wondered at when one considers that Arizona represents an area of 114,000 square miles—considerably greater than Oregon—and extends over about five degrees of latitude, embracing altitudes running all the way from sea level to 12,000 feet. The one thing common to it all is sunshine; temperature is determined by the altitude and the amount of wind—the most disagreeable feature of the climate—depends to a great extent upon the local situation—as to whether the place is sheltered by protecting mountains or not. Altitudes of from sea level (Yuma) to 1000 feet (Phoenix), 2000 feet (Tucson), give a delightful winter climate, with too great a degree of heat in summer, at the lower levels especially. The climate of Tucson, though quite warm, is under favorable conditions tolerable, as I know from experience, and it was here that I experienced the summer nights before mentioned. At an elevation of 4000 feet and upwards (Naco, Douglas, in the south and pretty much the whole of the northern and central part of the territory) gives a rather rigorous climate in the winter, with furies of snow, etc., but a corresponding low temperature in the summer, necessitating the use of blankets practically every night.

Qualified Recommendations.

With this general description of the climate of Arizona, and of Southern Arizona in particular, in mind, and with this section as a center, the balance of this arid region country can be easily described. Going north into Utah and Colorado it becomes markedly colder; south into Mexico warmer; east into New Mexico somewhat colder, with more winds; west into Southern California, and until affected by the ocean, warmer and even more arid. With this great diversity of climate we can see how important it is that a recommendation to "go to Arizona" should be qualified somewhat. Both the season of the year and the patient's condition must be taken into consideration. It is rather discouraging, to say the least, to a patient, weak and anemic and easily chilled, perhaps suffering from an intercurrent attack of broncho-pneumonia, to find himself cabined into snow storms, or, on the other hand, to find himself suddenly dropped down where the thermometer registers 110 degrees or more. It may be that I am presumptuous when I say that I believe the outside of these things, as they are upon the part of the lady, and even of the profession, of the climate of this southern plateau region; but it has been for this reason that I dwell to such an extent upon the peculiar rather than the general features of this country. It seems to me particularly important that this should be better understood, when we consider how valuable is the element of time in promptly locating the tubercular patient in a locality suitable for his condition.

Again, there is a too prevalent impression, especially in Oregon, that the winter time is especially the time to go south, and it is doubtless due to the prevalent error that Arizona is everywhere and always hot in the summer. Hence, valuable time in many cases is lost. Speaking in general terms, I am thoroughly of the opinion that any part of the southern portion of the great arid plateau, with its sunshine and dry air, is better for the tubercular patient, at any season of the year, than any other place, where there is less sunshine or a humid atmosphere. When you take into consideration the fact that one can find, besides, agreeable summer temperatures, it becomes apparent how senseless it is to delay. Moreover, I am of the opinion that, in many cases, even the extreme heat of summer at the lower altitudes is positively beneficial, especially when compared with the winter, following a winter residence. The patient who is doing well should hesitate about changing to a higher altitude merely for comfort. A friend of mine who has experienced the benefits of this climate, in speaking of this subject a short time since, very tersely expressed his opinion and mine, by saying, "It doesn't hurt me to go south, but it does to go north." We know so little of the therapeutics of climatology, so little of just why a tubercular patient is benefited by an exposure to dry air and sunshine, that, having emigrated to a place where he is improving, we should be very loath to urge him to change except for very special reasons.

Potent Influence of Climate.

How small is our knowledge of the effects of general meteorological conditions upon the human organism! And yet, how potent they must be when we consider that all the influences to which the organism has been exposed throughout its long period of evolution, these have been the most constant and uniform. There is a world of suggestion in the rheumatic pain, whereby the sufferer is able to predict a fall in the barometer and a change in the weather, with as much certainty as the United States Weather Bureau official, surrounded with all his instruments of precision; and still more remarkable, the complete change in the condition of the asthmatic by a removal from the humid air of one level to a dry atmosphere at an altitude of a few hundred or a few thousand feet. Is it difference in atmospheric pressure alone? If so, what was the influence exerted upon the centers of the vagus and vaso-motor nerves, to so completely change the nervous complex controlling the heart and lungs?

We cannot answer; but the fact remains that meteorological conditions are able to effect the profoundest functions of the nervous system. As for the beneficial influence of climate in tuberculosis, we shall, for the present, be compelled to content ourselves with the very general statement that it probably acts both directly and indirectly; directly by stimulating the nervous system and the hematogenic function and thus increasing the resistance of the system to the invading germs and indirectly by an unfavorable influence upon the germs themselves.

Outdoor Life.

The importance of the part played by secondary infection in tubercular processes is too well known to need comment. I think there can be no doubt that both the bacteria of decomposition and

pyogenic microbes are far less numerous in arid regions than humid ones, and hence the lungs have a better chance to resist the invasion of these germs, without the liability to reinfection with every inspiration. This, too, may explain, in part, the well-known fact of the benefit derived from outdoor living in any climate. The mode of life of the tubercular patient should be as simple as possible, consistent with comfort, and practically an out-of-door one. The temptation to close doors and windows, however, they are shut out the air and sunshine, is too great for the average mortal to resist, for we have all our lives been raised to believe that this is exactly what doors and windows were made for. Hence, I would especially urge the avoidance, if possible, of the ordinary house. The best house is, perhaps the one to be seen almost anywhere in the mining camps of the West, and particularly in the Southwest, consisting of a board floor and siding to a height of four or five feet, with a canvas roof, and over the roof an extra canvas "fly." Fitted with a door casing and door, this makes a very comfortable habitation for any season of the year. Such a "tent" can be made for from \$50 to \$75, and if fire, water and provisions can be conveniently procured, makes a place can very easily be found near almost any southwestern town, for there is no place where corporation limits and the wilderness come so close together as in this country. The greatest objection to this mode of living is, that if the patient be alone and attempt to do his own cooking—as many do for economical reasons—he is apt to be homesick and underfed because of a natural disinclination to prepare the necessary food. It goes without saying, of course, that for the most of the so-called late cases, sanatorium treatment, where possible, is best. And, in fact, all cases should have some kind of general medical supervision though I confess that between too much medicine and none I would prefer the latter. We know how insistent many patients are in taking medicine for all kinds of symptoms, and often the greatest possible good is done them by a little advice which substitutes for this drug habit a healthy confidence in hygiene and pure air.

Other Diseases.

In conclusion, it may be of interest to call attention to the prevalence of some of the diseases other than tuberculosis, and the influence of climate upon them. Typhoid fever occurs as it does everywhere else to some extent, and especially where sanitary measures have not kept up with the rapid growth of population, and from a limited experience I would judge it to be a severe type of the disease than we have in the Northwest. Pneumonia occurs, particularly at the higher altitudes, and during the late winter and early spring months, and with its usual mortality at these altitudes. Malaria is practically unknown, and the climate is admirably adapted to cases of malarial cachexia.

The warmer sections of the country, with the associated equable climate, are well adapted to cases of chronic kidney disease, as might be predicted a priori. The transpiration of the skin, although the sensible perspiration is relatively small, is very great. The rheumatic diathesis is also greatly benefited by these same conditions, as I can personally testify. Lastly, the whole region is practically a specific for asthma.

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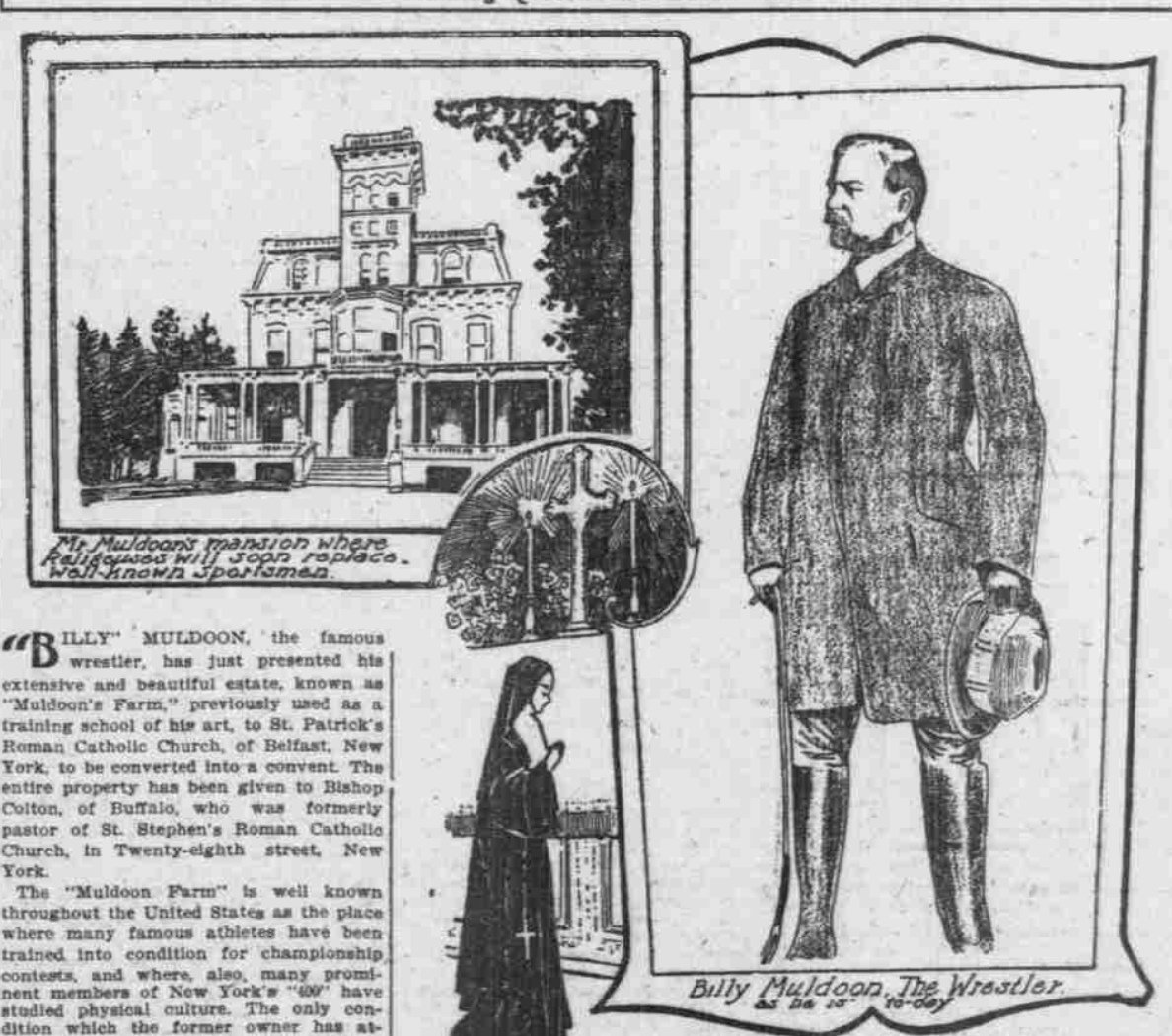
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MULDOON GIVES FARM TO THE CHURCH

Famous Wrestler's Training Quarters Will Be Converted Into a Convent.



Mr. Muldoon's mansion where religious will soon replace well-known sportsman.

"BILLY" MULDOON, the famous wrestler, has just presented his extensive and beautiful estate, known as "Muldoon's Farm," previously used as a training school of his art, to St. Patrick's Roman Catholic Church, of Belfast, New York, to be converted into a convent. The entire property has been given to Bishop Colton, of Buffalo, who was formerly pastor of St. Stephen's Roman Catholic Church, in Twenty-eighth street, New York.

The "Muldoon Farm" is well known throughout the United States as the place where many famous athletes have been trained into condition for championship contests, and where, also, many prominent members of New York's "OW" have studied physical culture. The only contention which the former owner has attached to the transfer of the buildings and grounds to Bishop Colton is that it should always remain the property of the church, and that the mansion should be used exclusively as a convent, while the other buildings should be utilized for educational and charitable purposes. Bishop Colton will set about at once to convert the buildings into the uses for which they were given by the generous donor.

"I desired to give my property," said Muldoon, "to some church or organization where it could be converted into worthy charitable purposes, and in looking over the field in New York, I have finally decided to present it as a free gift to the Roman Catholic Church, which I feel confident will carry out the uses for which they were given by the generous donor."

It was at Muldoon Farm that John L. Sullivan, the famous pugilist of his day, was rehabilitated. Hundreds of influential and prominent men of New York, including leading representatives of the financial and social world of the Empire State, have been visitors and temporary resi-

As the car started down there were three rings from the ground floor, and again the car failed to stop at the destination of the President-elect. Fortunately for Mr. Barnes, this Senator wanted to get off at the Senate floor, and the Congress, after long delay, received the message from the President.

FIRST FORT IN NEW ENGLAND.

England's First Foothold on the Yankee Coast.

The fair breeze blew, the white foam flew, the furrow followed free; They were the first that ever burst into that silent sea. —S. T. Coleridge.

THREE hundred and two years ago March 25, 1602, Captain Bartholomew Gosnold, John Breton, Gabriel Archer with 21 other Englishmen and eight sailors sailed from Falmouth in the small bark Concord, and discovered—May 13, 1602—the Massachusetts headland, which they named Cape Cod. There Gosnold, Breton and two others went ashore; and there and then was the first time that the "white sands" of the New England coast were trodden by the feet of Englishmen. From thence they coasted south, off the Nauset Beach, through Nantucket Sound, to an island, which they named "Martha's Vineyard Island." Thence they sailed under Dover Cliff into Buzzard's Bay, which they named "Gosnold's Hope." There they landed on Cuttyhunk Island, which they named, after their Queen, Elizabeth Island. Here, on an inlet in the center of a lake of three miles compass, they built the first English fort and storehouse of their race on the New England coast, and sowed the seed of English wheat, barley and oats. Then they sailed back to the old country, and arrived at Exmouth on the coast of Devon—July 26, 1602—after a passage of five weeks.

John Breton wrote a book on this first English exploration voyage to the New England coast of North America; this book is in the library of the British Museum, entitled "A Brief Relation of the Description of Elizabeth Isle Towards the North of Virginia." London, 1602, 8vo. About this same period, John Breton's kinsman, Sir William Breton, Kt., a brave warrior, and commander-in-chief of the Parliament forces under Cromwell, had grants of land along the northeast coast of Massachusetts made to him by Sir Ferdinando Gorges, a noted colonial proprietor. Sir William Breton was, also, interested with Sir Walter Raleigh in the colonization of Virginia, and the same Captain Gosnold, John Breton and other gentlemen joined Captain Christopher Newport in the establishment of the first settlement of Jamestown, in 1607.

Following them, in 1620, came the Pilgrim fathers to Plymouth, Massachusetts. From these old explorers and early settlers has sprung, during the past 300 years, the most virile and progressive nation, with a population of over 50,000,000, under a republican form of government, that the world has ever seen.

R. M. BRETON.

Woodstock, Jan. 7, 1904.

The Russian imperial family enjoys the distinction of being the wealthiest family in Europe. The civil list of the Czar amounts to \$12,500,000 a year. In addition to this enormous revenue, he draws an income of an additional \$5,000,000 a year from his exclusive estates and mines.

PREROGATIVE OF A SENATOR.

Elevators in the Capitol Take Him at Once to Floor He Designates.

Washington Post.

One of the prerogatives of a United States Senator is that when he steps aboard an elevator in the Senate wing of the Capitol he is carried immediately to his destination, no matter in which direction the elevator may be bound or who may be aboard. Three rings on the bell indicate that a Senator wants to ride, and the conductor loses no time in responding to the call.

One day last week Mr. Barnes, the assistant secretary to the President, stepped aboard a Senate elevator from the ground floor. In a portfolio under his arm he carried a message from the President of the United States to the Congress.

Just then there were three rings of the bell, and the indicator showed that the elevator was bound for the Senate floor. The elevator went down instead of up, and Mr. Barnes went along. The senator in the terrace only wanted to go to the ground floor. As he stepped off, however, there was another Senatorial ring from the terrace. This Senator wanted to go to the gallery floor, and the elevator went there without stopping.