

# Tucson as a Sanitarium

## The Healthfulness of Tucson and the Invalid's Paradise.

Tucson is the second oldest city in the United States. It was founded and settled by the early Christian fathers about the same time that St. Augustine, Florida, was settled. All of the surroundings, the pure dry atmosphere, the altitude, the dry and salubrious and mineral resources, no doubt led the fathers to believe that this location was a typical sanitarium as well as a good table for its climate.

Tucson is situated in southern Arizona on the line of the North Pacific railroad about five hundred miles east of Los Angeles, about three hundred miles west of El Paso, and about one hundred and seventy miles south of Denver, all in the corner of the climate belt recommended by the U. S. Medical Commission as the most favorable region in the United States for those afflicted with pulmonary ailments, catarrhs and such like chronic diseases.

Altitude above sea level 2,500 feet. The climate is dry and pure at during the entire year. During the months of June, July and August the average temperature is about 90 degrees, but there is no little humidity in the atmosphere there is no inconvenience or discomfort. The heat is not oppressive and during those months it is such that it is beneficial to weak and ailing. This pleasing combination of circumstances is probably owing to the peculiar combination of elements. The North Pacific, the Atlantic, Pacific and the Colorado mountains have a circle of high mountains carrying three quarters around the globe, to the west of which stands another range, all which prove a complete barrier to winds. While those of the mountain ranges are more during the day, they give us always cool. This is an advantage of the method, combination of the atmosphere, which becomes instantly cooling in the evening of the day, there being no heating currents in the land.

In the winter, and spring months can be compared with the Indian climate. There is little or no frost. Flowers bloom during the winter months, grass is green and much of the structure remains in foliage. An experiment with wheat in the mountains, Tucson and its surroundings is for a year in every respect such as the result of similar wheat here found to be healthy.

It is a fact of note that many hundreds of people who come here in the last stages of pulmonary disease recover in such time as that they are enabled to engage in business. Many of the most prominent business men of Arizona left their for northwestern and northern sea coasts and upon having concluded business are now in good state of health.

### What Physicians Say.

Dr. S. B. Moran, a physician of high merit and excellent whose practice is this city, among other things says:

"Large consumptions must depend on the existing system of nature for the cure of their disease. It is evident that an early selection of a good winter climate is the most important factor for their cure and future welfare."

"They need a warm, dry climate in winter, free from fogs, heavy frosts, storms, chilling winds and sudden atmospheric changes, a climate where there is a constant and steady and plenty of pure air, and where they can have regular exercise daily. Treatment as well as climate must be judiciously early to be good, which there is not a good foundation upon which to build the system. We must remember that nature alone cures, and where there is no nature there is no cure. Physicians and climate can only help nature, and they can do no good when nature is destroyed. It is our advice, therefore to those who can see far gone, to stop at home, rather than to die far away among strangers seeking vainly a change of climate. We know of no climate which cures in winter better conditions than can be obtained by consumption."

The official weather reports and surveys of the United States, as well as the scientific observations, which show Tucson is the corner of the most favorable zone in the continent for the improvement and maintenance of life of consumptive live in the United States, if not in the world. From our long experience in this place, we can assure that our winter climate is equally beneficial to those who suffer from asthma, chronic pulmonary catarrh, or bronchitis, rheumatism, general weakness or debility from over exertion or physical work. It is particularly beneficial to those who have suffered a severe attack of influenza and are victims of its sequelae, such as pain in the chest, short or painful breathing, hoarseness, loss of appetite and sleep, general debility and exhaustion. We know of one typical case who contracted the disease at San Louis Potosi, Mexico, and who could not find relief from his dreadful sufferings for months in the capital of Mexico, or in any of the states of that republic where he traveled, until he reached Tucson, when all the evils disappeared and he was restored under only the influence of climate."

Dr. W. B. Fennell, senior physician observes: "It is an undoubted fact that proper climate conditions give the greatest relief to those affected with or having a tendency to phthisis."

"Education and diversion are the essential factors and are as valuable and beneficial as the appropriate climate and natural resources. Stability of climate, health and natural surroundings are essential to a more direct cure."

"When a phthisical tendency exists great care should be exercised to prevent its development, and history is rich in instances where in the course of consumption, those affected with or having a tendency to phthisis are cured by a good position in the mountains, especially such the proper climate as favorable to their condition."

A direct relief has been ascribed to us for because the nature of consumption is a very lengthy, and the dampness of the air, as a cause of the eastern states and New England. The climate of Colorado has been recommended for its beneficial effects for consumption, very long residence there gives an ample and sufficient opportunity of judging from the numerous there residing during the winter months. The mountainous portions of Colorado undoubtedly have a beneficial effect on tuberculous subjects, but I cannot recommend Colorado during the fall and winter, as the changes are often severe, becoming raw and cold within a few hours, and as there is some probability to be avoided, it would not be advisable to spend those seasons there."

Certain portions of California offer advantages to consumptives, but as a rule the climate is unsatisfactory, as the dampness with fog is abundant."

Tucson is situated in southern Arizona, on the southern Pacific railroad, in a healthfully mountainous and is a healthful corner of the Rocky mountains, and is therefore sheltered from storms and inclement weather; the mountains retain their temperature during the night, and prevent those sudden changes from heat to cold during the winter; the atmosphere is dry and warm, pure and healthy; there is little or no variation in wind about Tucson, and we have had little rain, therefore there is no humidity. Those who come here from cold, damp climates seem to have new life instilled into them immediately; not only are consumptives benefited and cured here, but they are afflicted with other chronic diseases derive benefit in the same way."

"Certainly it would not be advisable for those on their death bed to come to Tucson, or go to any other place seeking relief, which it would be impossible to obtain, but those having a general tendency to consumption would do well to avail themselves of an opportunity, and come here and benefit escape from disease."

It is a fact that those here have of tuberculous patients seldom ever leave the climate desiring, so long as they reside in this climate. It is my opinion that there is no other corner of the United States which will compare favorably with that in and about Tucson for the relief of pulmonary affections."

Edw. WHEELER BART, in his journal The New York Tribune on "Arizona in winter," among other things says:

"Weather.—During a few months residence in southern Arizona in winter there existed one day when the weather made it entirely unpleasant for me to take exercise in the open air, or to walk in the open air."

more than with a good many days when a member observed would describe as "cloudy." Now come that was "showery." But during this few months from November, 1886 to May, 1887 there was only four days when we did not have brilliant sunshine at some time during the day. From more than fifty, everywhere north of Tucson, Arizona is the climate."

The nights throughout the winter are apt to be cool and frosty, and for invalids the best time for exercise is not needed during the day, but it is a great problem for a stranger to be without one at least."

"The atmosphere is unusually clear and dry. I have no memory of clouds anywhere in the world. It seems to have no dust or smoke bearing and exhilaration such as we get in the great valleys of North America or of the mountains about Denver, or in Arizona. It is much drier than any part of the valley of the Nile or the Nile valley. It seems to me about the same in quality as the air in the Nile between Assuan and Wady Halfa, but somewhat cooler."

"The two principal towns in the southern portion, which might be made climate are: Tucson and Phoenix. Both of these are the healthful substitutes of more. They have the electric light, telephones, fully equipped, plenty of hotels, banks, book stores, good schools, churches, and consequently excellent performances, sometimes a feature of a circus, when a horse race, and in the evening a thoroughly curious and interesting "show." For the rest, people must take their amusements with them."

"Which town is the best?—Primarily that is a question for the physician, if there is a physician in the city—if not by himself. If a mountain region, considerable altitude and a comparatively low temperature are desired, Phoenix is a picturesque region, has a great mining district, and has the usual advantages of an army post, Whipple's barracks. Phoenix is still higher in a rugged desert plain country, and is within a day's ride, journey of one of the wonders of the world, the Colorado Canyon. There is a pretty mountain road, and a good road to Phoenix, the town of Cave Creek, and also near an important mining district. If lower altitude and a drier atmosphere are desired, the two places most likely to be considered are Tucson and Phoenix. The first is near the sea level in the mountain and probably the center of the town, but the high population, and the excellent provision for visitors. Tucson is the oldest town in the territory, and, after Santa Fe, perhaps the oldest in the Southwest. Its schools compare with a Mexican town, and are thoroughly respectable. Its water supply are of a good quality. Its houses are of a handsome building stone, found in the vicinity. The Northern University is here, and it was formerly the capital. Its climate was being more than double that of Phoenix it is somewhat cooler, and as there is need for irrigation water, the air is a little drier."

Dr. J. V. Hall,

Dr. J. V. Hall, of the S. F. H. H. Co., says: "Mexico, Phoenix, Santa and Maricopa, and other parts of their strength, vigor and longevity in the climate which provided them to sleep in beds and lead an out-of-door life."

"The question of environment is of great importance in the treatment of tuberculosis and all chronic diseases. This illustrated by experiments performed upon rabbits which were inoculated with tubercle. Those confined in a cold damp place quickly succumbed, while others allowed to run with their freedom or allowed only slight lesions. It is the same in human tuberculosis. A patient confined to the house in a positive prognosis to the tubercle confined to a hotel in the valley, whereas the patient living in the fresh air and warm weather the disease disappears in the fall of the year."

In pulmonary tuberculosis neither the cough, the phthisical tendency, nor the tubercle bacillus, give the true rule. Only when the weather is cold the coughing or sneezing or cold the patient remains in the house."

The requirements of a suitable climate are a pure warm and dry atmosphere, an equable temperature, not subject to cold variations, and a moderate amount of sunshine."

The climate of Tucson has all of these, and more. It is possible to sleep out of doors. The climate is pure and good. It is in perfect condition. It is a progressive and progressive in which you may not only find health but a means of livelihood and live in comfort."