

According to Becquerel, an excellent authority, "mild climates produce the vine, the almond and the peach in the open air with full success, as also all kinds of fruit trees and culinary vegetables. Acorns and beech nuts grow in great abundance every two or three years. In temperate climates fruit trees and garden vegetables generally thrive well. In the forest we see all forest trees growing except such as are limited to warm climates. Acorns and beech nuts abound once in six or eight years."

The abruptness of the ascent to this extended, elevated region places it at once in the upper strata of air, in an atmosphere of purity, high above any malarial, or other malign influence, that might threaten it, and while its altitude gives it superiority over all lowlands, its plateau character renders it more desirable than any valleys, however elevated, since these latter tend more than open areas to the production of consumption and fevers. The summers of this region are delightful, as the writer can testify to from personal experience, and the winters are mild as compared with the more northern States. The summer mean is between seventy and seventy-one degrees, Fahr.; the winter mean between thirty-five and thirty-six degrees, and the mean for the year fifty-four degrees. It exhibits a favorable medium between the enervating influence of the warm or uniformly mild regions, and the overpowering cold of high northern latitudes, or very great altitudes. From the dryness of the air the heat is not oppressive in summer, comparing favorably in this respect with the sea-board States of the North. The fall of snow in winter is light, infrequent, and seldom remains on the ground more than a few days; out-door work, ploughing in the garden or field, may be done throughout the winter, with the exception of a brief period in December and January. The great number of clear, bright, sunshiny days, the transparency of the atmosphere, as indicated by the absence of clouds by day, and the remarkable clearness of the heavens by night, the brilliancy of the stars, and the intensity and brightness of the moon at its full, all attest to the notable dryness and purity of the air. Rainfall, clouds and storms come and go, but their duration is brief, although the annual amount of rain measures forty-five to fifty inches.

Being upon the southern border of the line of progress of the great winter storms (from October to April) that form so prominent a feature of the meteorology of the United States, there are but few days or weeks of prolonged rain, or "wet weather," such as mark less favored regions both North and South.

The general surface is undulating or rolling, with frequent shallow ravines, the sources of numerous springs, brooks and rivulets, and deeper gorge-like cañons, from two hundred to three hundred feet below the average level, through which the larger streams and rivers flow.

The soil is pervious and absorbent, affording excellent and complete drainage, a great local advantage on the score of health. In this connection reference must be made to the very valuable researches of Dr. Bowditch, of Boston, on the influence of sub-soil drainage in producing pulmonary affections. It has been satisfactorily proved that dampness of the soil, from which constant aerial humidity must result, is an important cause of consumption to the population living on such soil.

Forests of pine, oak, chestnut, beech, etc., abound, and cover the entire surface, not dense nor impenetrable, but with many thousands of acres free from undergrowth, with open space here and there, verdant with wild grasses in the autumn and summer, presenting a very attractive appearance to the eye.

Here, also, great forests of pine are found, and invalids can enjoy, to the fullest extent possible, the beneficial and healing influence, attributed by many physicians to the balsamic odors exhaled from these evergreen trees.

"Observations were made recently in Bavaria to determine the effect of forests upon the amount of ozone in the air, the result of which showed that

"there was more in the country than in the cities, more in the fields, near the borders of woodlands than within their shade, and more at the level of the tree tops than near the ground. It was most perceptible in winter, next in spring, less in autumn, least in summer. It was more perceptible at higher than at lower elevations, and was least apparent in the open country at a distance from forests. Individuals are sent to the pine forests of Prussia, and other countries, in order that they may breathe the highly ozonized exhalations of the coniferæ."—(Report on Forestry. Washington, 1877, pp. 251, et seq.)

The importance of such climatic data to a proper understanding and estimation of the adaptation of a country or region to human industries, comfort, health and longevity, is only beginning to be appreciated, and it has come to be recognized as a sanitary fact of great moment that there is a most intimate relation between the death rate in the human family and the range of the thermometer—the more extreme the climate becomes the more the death rate is increased. "All forms of disease of the respiratory organs increase as the temperature decreases with like conditions of humidity, and increase still more directly with the greater variability of the climate."—(Blodget. Climatology of the United States).

So close is the relation between climate and the physical well-being of men that certain classes of disease are distinctly climatographical affections, and are eliminated by proper climatic conditions, and it is worthy of note, here, that one of the two tracts in the whole territory of the United States, east of the Rocky Mountains, which are absolutely or almost free from that scourge of rigorous or extreme climates, pulmonary consumption, is located by the census map of 1870 on the Cumberland Mountains.

The advantage, therefore, of the Cumberland table-land, from the point of view of climate, may be briefly presented as follows:

First: It is a highly elevated plateau, which rises in massive grandeur nearly 2,000 feet above the level of the sea, with an area of 5,000 square miles, capped with sandstone, crowned with forests, with a rolling surface, with here and there, on its eastern border, subordinate mountains rising 1,000 to 1,500 feet above the general level, thus affording diversified scenery, and numerous springs, brooks and waterfalls, with pure, sparkling water—soft, freestone water—the best in the world.

Second: The soil dry, absorbent, well drained; no stagnant pools, no marshy flats to breed malaria, nothing to encourage endemic, nothing to spread epidemic disease.

Third: The air of that pure and invigorating character that is called *par excellence* mountain, with the slight aromatic odor of the forests, stimulating, exhilarating, bracing.

Fourth: The temperature in summer remarkably agreeable and equable; the days rarely hot; the nights invariably cool; the summer season long, the winter short. During the unusual "heated term" of July, 1879, that afflicted the whole country from Galveston to Montreal, with the thermometer fixed at 90° Fahr., day and night, in city and village, inland and by the sea, the Tennessee table-land enjoyed complete immunity almost from the discomforts of that sultry time. True, it was hot even there, but the dryness and elasticity of the air, and the gentle winds, made it endurable, while the nights were ways comfortable, and indeed blankets were indispensable. A better exhibit of its summer climate is not needed than the history of that hot, and, as it proved elsewhere, terrible and fatal period.

Fifth: But the winter climate, also, is no less remarkable for its gentleness and mildness, as we of the North regard "cold weather." While ice forms and snow falls, both are small in quantity; come at long intervals, and last but a short time; for instance, the mean of twenty years for Tennessee generally, shows an average fall of snow of eight inches.

The winter of 1879-80 was very mild, and the snow-fall at Rugby, in the northern half of the plateau, was only two inches for the entire season. This winter, thus far, however, has proved more severe, as elsewhere in the whole country, and seven inches of snow have already fallen, as reported by the meteorological observer at Rugby. Though occasional ice-houses are found in the northern half of the table-land, there are none seen in the southern half. The air in the winter, also, is pure, bracing, and stimulating, calling forth from man his best efforts and energies, physical and mental.

Indeed, many things conspire to make this table-land the abode of health and strength that are not and cannot be found elsewhere in our country, save on the Pacific coast.

We have places in the United States that are good summer climates and bad winter climates, and vice versa, but few, very few, that present such inducements and advantages for a permanent residence as this table-land of Tennessee.

Here consumption and sunstroke are comparatively unknown; malaria finds no foothold, no abiding place; diarrhoea, dysentery, bilious and intestinal troubles are reduced to their lowest terms, while all the regions east, west, north and south, yearly suffer from the ravages of these agents of the Destroyer. For proof of this, see the census charts for 1870, edited by General Walker, where, in a series of graphic illustrations, these points are set clearly forth.

HEALTH ON THE TABLE-LAND.

We give below extracts from an essay delivered before the Medical Society of the State of Tennessee, at its regular meeting in Nashville, in 1875:

"A People Without Consumption, and Some Account of their Country, the Cumberland Table-land. By E. M. Wight, M. D., Chattanooga, Tenn.

"During the ten years that I have practiced medicine in the neighborhood of the Cumberland table-lands, I have often heard it said that the people on the mountains never had consumption. Occasionally a traveling newspaper correspondent from the North found his way down through the Cumberlands, and wrote back filled with admiration for their grandeur, their climate, their healthfulness, and almost invariably stated that consumption was never known upon these mountains, except brought there by some person foreign to the soil, who, if he came soon enough, usually recovered. Similar information came to me in such a variety of ways and number of instances, that I determined some years ago, when the attempt to get a State Board of Health organized was first discussed by a few medical men of our State, that I would make an investigation of this matter. These observations have extended over that whole time, and have been made with great care and as much accuracy as possible, and, to my own astonishment and delight, I have become convinced that pulmonary consumption does not exist among the people native and resident to the table-lands of the Cumberland Mountains. In the performance of the work which has enabled me to arrive at this conclusion, I have had the generous assistance of more than twenty physicians, who have been many years in practice in the vicinity of these mountains. Their knowledge of the diseases which had occurred there had extended over a period of more than forty years. Some of these physicians have reported the knowledge of the occurrence of deaths from consumption on the table lands, but when carefully inquired into, they have invariably found that the person dying was not a native of the mountains, but a sojourner in search of health."

A FRENCH colony is to be established next to Rugby, in Tennessee. A continental co-operative company has been formed at New York, to buy 3,000 acres of land, Mrs. Elizabeth Thompson, a wealthy lady of Washington, being back of it. Each subscriber is to pay \$100 and be allowed thirty acres, though twenty-five in each share is to be cultivated in common for some years, and the profits divided. Manufactures are also to be introduced on the co-operative plan.—*The Congregationalist*.

We have made inquiries at the office of "the Board," and find that they have no knowledge of the above, yet we shall be most happy to welcome them with all new comers.

"Come along, boys, don't be alarmed, Uncle Sam is rich enough to give us all a farm."

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