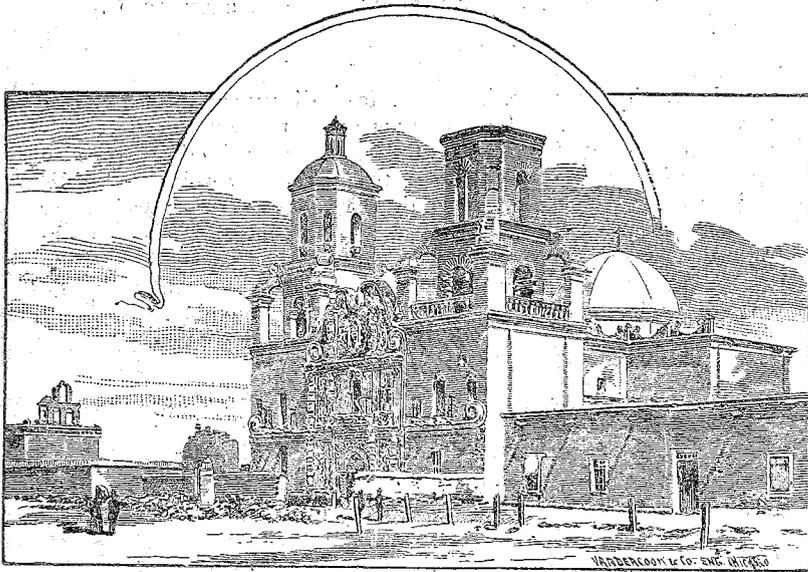


Sup.

Treasures of Health.



The Special
Climatic Advantages of
Tucson, Arizona.

Location of Tucson.

IMMEDIATELY on the line of the Southern Pacific R. R. in the Southern part of the Territory of Arizona, and on the edge of the Santa Cruz Valley, lies the City of Tucson. That it was first settled several centuries ago has little to do with what we have to say here, but yet its story full of adventure and romance lends an indescribable charm to the old town.

Evidences of Thrift.

Its antiquities are, however, fast disappearing before the march of progress. The adobe walls that formed the battlements of the old Mexican Pueblo have crumbled away and the mission ruins are falling to pieces. Prominent public buildings, churches, stores and handsome modern residences have been erected with beautiful gardens, flowers and shrubbery surrounding many of the latter. Old streets have been graded, new ones laid out, and other improvements made which give a thrifty modern appearance to the city.

Foreign Element.

Of its population, however, consisting of about ten thousand people, a large Mexican element remains, and its presence gives a foreign air to the community and so do the adobe buildings in which they mainly dwell.

Topography.

The location of the city in a vast amphitheatre as it were, surrounded by beautiful mountains, and resting under the canopy of the loveliest of blue skies, is beautiful. The splendid roads in the vicinity make driving and bicycling an especial pleasure. In every direction charming mountain views greet the eye, and at the sunset hour gorgeous and resplendent colors cover the western sky, the departing rays of the sun casting shadows upon the tops of the mountains which fairly enchant one.

Public Library.

Tucson has a well selected public library.

Hotel Accommodations.

The hotel accommodations are ample, and for those preferring them there are cottages and rooms for rent at reasonable rates.

Tucson as a Health Resort.

It is however of Tucson as a health resort of which we wish to speak especially here, and first of all let us say that it is situated almost in the centre of the climatic belt recommended by the United States Medical Commission, as the most favorable region in the United States for those afflicted with pulmonary ailments.

Altitude Above the Sea.

The altitude of Tucson is about 2,400 feet above the sea, and this by the way seems a medium altitude particularly suited to those suffering from such diseases.

The Rainy Season.

July, August and September constitute the so-called "rainy season," but the rains during these months, when there are any, while they are often violent are nothing more than showers. It soon clears off and the sun comes out as bright as ever. In July of this year there was scarcely any rain. In no country are there so many days of sunshine as in Arizona.

Exceedingly Small Rainfall.

At Tucson the rainfall for the whole year is only about eleven inches. Some years it is not even as much as that. During the nine months, October to June inclusive, 1894-5 there were but twenty-five cloudy days, and nine of those were in one month.

Temperature.

During the months of June, July and August the average temperature is about 90 degrees, but there is so little humidity in the atmosphere that no inconvenience is experienced. There being but limited irrigation in the neighborhood of Tucson there is no humidity produced in that way, as is notably the case in the neighborhood of Phoenix, where agricultural development has through the aid of irrigation reached a great stage. The fall, winter and spring months can be compared with the Italian clime. Flowers bloom during the entire winter months.

Wonderful Dryness of Climate.

There is nothing more remarkable about the climate of Tucson than its dryness. It is phenomenal. There is no such thing as what is called sultry weather as in the east. A recent visitor to Tucson jokingly remarked that "not even the rains seemed damp." It is a fact that the effect of a heavy shower is observable for but a few hours. In this dry climate sunstrokes are unknown. The dry air induces exceedingly rapid evaporation of the abundant perspiration. As a matter of course the supply of fluid must be maintained, hence one drinks a great deal of water here.

Good Water at Tucson.

Everyone is aware of the importance of good water, and this Tucson certainly has. Moreover, there are two ice factories which supply any quantity of beautiful ice.

Effect of Dry Climate on Temperature.

Another effect of the extremely dry climate is that the sensible temperature is far less than that recorded of the thermometer would indicate. Some claim that there is a difference of as much as fifteen degrees between the sensible temperature and that recorded by the thermometer.

Climate the only Cure for Pulmonary Disease.

It is admitted that no medical treatment has yet been discovered that will cure pulmonary consumption. The only cure is that of climate, and in Tucson the warm dry atmosphere seems to be especially efficacious. As to the special advantage which its climate offers for the relief and restoration of those suffering from pulmonary complaints, note what different prominent physicians of the city say:

Dr. H. W. Fenner, of Tucson, Surgeon of the Southern Pacific R. R., says:

Tucson is a city of 10,000 inhabitants, on the main line of the Southern Pacific Railway; altitude, 2,400 feet above the sea level. Tucson is one of the oldest settlements made by the Spanish conquerors. It is now the commercial and railroad center of Southern Arizona. The climate is exceedingly dry and bracing, the humidity being exceedingly low; the yearly minimum and maximum being 26° and 56° respectively. The rainfall is small and but little irrigation is carried on. The water supply is excellent. The summers are long, the thermometer ranges high, but the low degree of humidity makes the clear warmth tolerable, and the most healthful part of the year. Sunstrokes and heat prostrations are unknown. The climate of Tucson has been found by experience to be particularly beneficial to most cases of pulmonary phthisis, especially those of the earlier or pre-tubercular periods.

Dr. Mark A. Rodgers, of Tucson, says:

"My experience has impressed upon me the necessity for out-door life in the treatment of pulmonary tuberculosis. In order that the patient may live continuously in the open air for a period of several months, or, for that matter, for a year, or several years, a climate is required which is continuously warm and dry. Such a climate the United States does not possess, but the nearest approach to it is Arizona.

"Physicians rarely send their patients to the arid regions

during summer, and this I consider a great mistake. The patients should be sent to the arid regions so soon as there is evidence of infection from the tubercle bacillus, and should be made to remain there until they are well, or until it is apparent that the case is hopeless.

“Many physicians in the East order patients to California for the winter, apparently with a view of sending them to a dry climate. The relative humidity in Southern California is as great, and in some instances greater, than that of the Atlantic coast, and many of the best physicians in California regularly send their tubercular and asthmatic patients to Tucson. California is a beautiful country, but the fogs which come in from the sea, and the emanations from the vast irrigated regions, make it far inferior to the inland desert regions for phthical patients. I think it may be assumed as a general rule that wherever there is irrigation there is a high degree of relative humidity, and patients suffering from pulmonary phthisis should never be sent to an irrigated district. Indeed, some of the California physicians have declared that ‘irrigation and malaria go together.’”

“The city of Tucson has, in my opinion, advantages as a health resort which can not be equalled anywhere in North America. I know of no locality where such a moderate winter climate and such a low degree of relative humidity are combined with the same latitude and altitude. It is no longer considered imperative to send tubercular patients to an altitude of 5,000 feet, or over. In fact, clinical experience has proven that more frequently patients require to be sent to an altitude of less, rather than more than 3,000 feet. The altitude of Tucson is 2,400 feet, and that seems to be amply high for all but the most exceptional cases. The city is situated in a basin near the underground Santa Cruz river. It is completely walled in by massive mountain ranges. To the north is the Santa Catalina range; to the east, the Rincon; to the south, the Santa Rita, and on the west, the Tucson. Each of these ranges has an altitude of 5,000 feet at least. Mount Lemon, the highest peak of the Santa Catalinas, has an eleva-

tion of 10,000 feet, and Mount Wrightson, in the Santa Ritas, reaches an altitude of nearly 11,000 feet.

"The scenery at Tucson is as impressive as anywhere in the Rocky mountains, and the gorgeous sunrise and sunset beggar description.

"During the nine months, October to June, inclusive, 1894-5, there were but twenty-five cloudy days, and nine of these were in one month. Some idea of the transparency of the atmosphere may be had when I state that, at midday, and with the unaided eye, I have seen Venus when it was but ten degrees east of the sun."

Dr. N. H. Matas, a Physician of 17 Years Practice in this City, says:

"Since consumptives must depend on the resisting forces 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 sunshine and plenty of pure air, and where they can have outdoor exercise daily. Treatment as well as climate must be undertaken early to do good when there is yet 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 hope. Physicians and climate can only help nature, and they can do no good when nature is destroyed.

"The official weather reports and surveyors of the United States, as well as the scientific climatologists, admit that Tucson is the centre of the most favorable zone in the southwest for the improvement and maintenance of life of consumptives in the United States, if not in the world."

Dr. W. B. Purcell, County Physician, Observes:

"It is an undisputed fact that proper climatic conditions

give the greatest relief to those affected with or having a tendency to phthisis.

“When a phthisical tendency exists great care should be exercised to prevent its development, as humidity is such an important factor in the cause of consumption, those affected with or having a predisposition to lung disease should immediately seek the proper climate favorable to their condition.

“The climate of Colorado has been recommended for its beneficial effects for consumption; my long residence there gave me ample and sufficient opportunity of judging climatic conditions there existing during the summer months. The mountainous portions of Colorado undoubtedly have a beneficial effect on tuberculosis 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 are atmospheric conditions to be avoided, it would not be advisable to spend these seasons there. Those having a peculiar type of constitution with a hereditary tendency to consumption would do well to avail themselves of an opportunity and come here and remain exempt from disease.

“It is a fact that those born here of tuberculosis parents seldom ever have the disease develop; so long as they remain in this climate. It is my opinion that there is no other section of the United States which will compare favorably with that in and about Tucson for the relief of pulmonary affections.”

Dr. J. V. Gaff, ex-Surgeon of the S. P. Railroad, says:

“Men like Sampson, David and Methuselah owed much of their strength, vigor and longevity to the climate which permitted them to sleep in tents and lead an out-of-door life. The question of environment is of first importance in the treatment of tuberculosis and all chronic diseases. It is illustrated by experiments performed upon rabbits which were inoculated with tuberculosis. Those confined in a dark damp place quickly succumbed, while others allowed to run wild either recovered or showed only slight lesions. It is the same in human tuberculosis. A patient confined to the house is in a

position analogous to the rabbit confined to a hutch in the cellar; whereas the patient living in the fresh air and warm sunshine has chances comparable to the rabbit running wild.

In pulmonary tuberculosis neither the cough, the night-sweats nor the haemoptysis contradicts this rule. Only when the weather is cold, blustery or rainy should the patient remain in the house.

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

The climate of Tucson has all these, and more. It is possible to sleep out of doors 270 nights of the year and spend 365 days in perpetual sunshine. It is a progressive and prosperous city in which a man may not only find health but a means of livelihood and live in comfort.

Dr. Harrison E. Stroud Says of the Climate of Arizona.

"The summers are hot. There are some warm days in May, gradually increasing into June; and from then on until the end of August the thermometer ranges high, but with September come cooler days and nights.

"The heat is peculiar; it is never close and oppressive; there is never a sense of suffocation. The summers are the most healthful period of the year. The dry heat oxidizes and desiccates refuse matter and prevents fermentation that is the great cause of disease, especially among children, in most countries during the summer. To my knowledge there has never been a case of cholera infantum in the Territory, nor has there been a case of sunstroke, except drunkards inebriated at the time. It is the common custom to sleep out of doors from the middle of May until September, and many (as the writer) sleep out during the whole year. There are not five days in the whole year but that the most delicate invalid can spend part of the day, at least, out of doors. In this climate injuries and wounds heal very rapidly; contagious diseases are usually very mild. There has been no epidemic, except in whooping cough, for years.

"The winter months, from the middle of September to the first of May, are in this locality the finest in the world. One bright sunshiny day succeeds another; the nights are cool and exhilarating; the whole country green with the richest verdure and the brightest flowers. Truly it is a joy to live.

"At present I have never known a person coming to this Territory in the early stages of pulmonary disease and locating in the altitude suited to their particular case that did not get well; nor have I known of one in the second stage that did not improve. But I can not refrain from raising my voice against the outrage of sending advanced cases to this or other sections to die among strangers'."

Dr. A. W. Olcott, Health Officer of Tucson, says:

"The climate of Tucson is characterized by pure, dry, invigorating air; a small amount of rainfall, and an ever-shining sun. It is surrounded by mountains which cut off the chilling winds of winter, and the dreaded sand storms of most arid regions. Its southern position gives it a mild winter climate. These conditions render pleasant an out-of-door life the entire year, and permit those suffering from lung and bronchial diseases daily exercise and life in the open air. This treatment, in spite of numberless cures for consumption, exploited monthly, stands first in the confidence of the people and of the medical profession as the best single means known of combatting the dread disease, tuberculosis. This out-of-door life, with proper medical treatment, has afforded relief to numbers of sufferers who are beyond hope of cure, and cured many in the earlier stages of consumption."

Dr. A. C. Jones, of Tucson, says:

"The past seven years have afforded me large opportunities in the observation and study of the climatic treatment of pulmonary tuberculosis. Within that time I have visited the resorts of Florida, Texas, New Mexico, Colorado, California and Arizona. Five years of that time I have devoted to active

practice in two of the most frequent resorts of Colorado and one year in this city.

"Tucson, in my judgment, possesses advantages over all the resorts of my acquaintance, else I should not be here. I came in quest of the best possible climatic advantages for an aggravated case of bronchitis and for pulmonary tuberculosis in the second stage. For six months I had been unable to discharge my professional duties for a single day. The former three months of this time I was presided over by two trained nurses and half-a-dozen doctors. Have I been disappointed? No. I am in better condition than when I came and have had a year's respite from the terrors of a bronchial cough. I have been able to resume practice and have, the past few months, reinvaded the trying field of heavy surgery. Had I given up my professional work entirely on my arrival and engaged in some more active line of business physically I should now be far along the road to recovery of my former weight and strength."

Hon. Whitlaw Reid, in his Journal, the New York Tribune, on "Arizona in Winter," among other things says:

Weather.—During a five months residence in Southern Arizona in winter there was but one day when the weather made it actually unpleasant for me to take exercise in the open air at some time or other during the day. Of course there were a good many days which a weather observer would describe as 'cloudy,' and some that were 'showery,' but during the five months (from November, 1895 to May, 1896) there were only four days when we did not have brilliant sunshine at some time during the day. Even more than Egypt, anywhere north of Luxor, Arizona is the sunshine.

"The nights throughout the winter are apt to be cool enough for wood fires, and for blankets. Half the time an overcoat is not needed during the day, but it is never prudent for a stranger to be without one at hand.

Air.—The atmosphere is singularly clear, tonic and dry. I have never seen it clearer anywhere in the world. It seems to have about the same bracing and exhilarating qualities as

the air of the great Sahara in Northern Africa or of the desert about Mount Sinai, in Arabia Patraea. It is much drier than any part of the valley of the Nile north of Cataract. It seems to me about the same in quality as the air on the Nile between Assouan and Wady Halfa, but somewhat cooler.

“As to food, there is plenty, and it is good. From here the markets of Los Angeles, and even of Denver, are largely supplied. Good beef, mutton and poultry are plenty and cheap. Quail, ducks and venison from the vicinity can also be had. Vegetables and fruits are abundant in their season, and sometimes the season is a long one. It is the one country I have lived in where strawberries ripen in the open air ten months in the year. I have had them on my table, fresh picked from the open gardens, at Christmas.

“The man who goes to any considerable Arizona town with the ideas of the Southwest derived from novels, or from ‘The Arizona Kicker,’ will be greatly mystified. He will find as many churches as in towns of corresponding size in Pennsylvania or Ohio, and probably more school houses. He will find plenty of liquor shops, too, and gambling houses, and yet he will see little disorder unless he hunts late at night for it, and he will find a community of ten thousand people requiring in the daytime only one policeman, and very little occupation for him.”

Correspondence Solicited.

Those contemplating coming to Tucson, to whom cost of transportation would be a serious matter, would do well to correspond with this Bureau. It can give advice of value as to routes, special rates, &c. For further information with respect to Tucson of every description desired, address,

BUREAU OF INFORMATION,

Of the Board of Trade,

TUCSON, ARIZONA.

Tucson, September 1st, 1898.