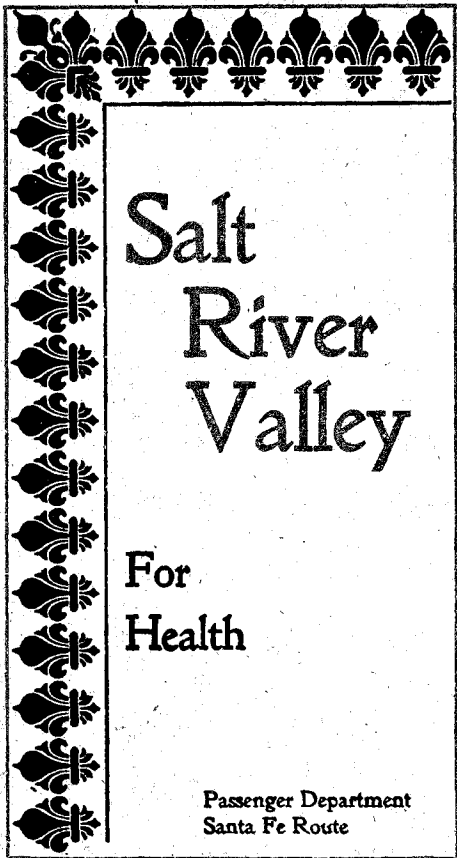


Arizona



**Salt
River
Valley**

**For
Health**

Passenger Department
Santa Fe Route

UC9791
S17
A8

Announcement.



Herein is given recent and authentic testimony regarding the merits of Salt River Valley, Arizona, as a health resort.

The region named is most directly reached by the Santa Fe Route, through Albuquerque, Ash Fork and Prescott.

One-way or round-trip tickets to Phoenix are on sale every day in the year, at low rates. For particulars inquire of nearest representative of Santa Fe Route.

Univ. of Arizona Library

Like all the mountainous states of the arid region, Arizona has a variety of climates; but the portion of the Territory that is now being developed, and that will forever remain the principal field of irrigation operations, lies along its southern third, and it is this section that is referred to in this description.

The climate is semi-tropical. The summer heat sets in earlier, is more intense and lasts longer than in localities of the same latitude nearer the seaboard. This fact has a most important bearing on the future of Arizona, as will presently be explained. The winter weather is most delightful. It is never uncomfortably cold in the daytime, and the thermometer rarely goes below twenty-five degrees above zero in the coldest nights; it does not often fall below the freezing point during most of the winter season. The hottest weather of the summer sends the thermometer above 100° in the shade frequently; but the writer took especial pains to investigate the matter and satisfied himself that the Arizona summer is neither intolerable nor unhealthy. Business men work at their counters and laborers in the field, and the oldest inhabitant recalls no case of sunstroke. A farmer told me that he found the Arizona summer far more comfortable

The
Climate
of
Arizona

than the humid heat of Eastern Kansas, and that his wife—a delicate woman—felt much better in her new home than in the old. The explanation is that the air is pure and dry, and the great heat is thereby rendered harmless to animal life, while it confers tremendous energy and thrift upon all vegetable existence. Nobody disputes the unequalled charm and healthfulness of the Arizona winter; of its summer, which popular tradition has construed into a horrid bugbear, it can be safely said that it has no features which should deter a single settler from making his home under its cloudless sky. The complete immunity from summer tornadoes and winter blizzards would make amends for much more discomfort than even its idle and superficial critics have charged against it.—Irrigation Age.



Charles Dudley Warner gave a new distinction to Southern California when he called it "Our Italy." This phrase suggests another which may be aptly applied to Arizona. If Southern California is our Italy, Arizona is our Persia, in soil, in climate, in productions and in the character of its landscape. It is much more like Persia than it

is like any other locality in the United States, and in the next ten years it may well show the world what Persia might have been about the dawn of the twentieth century if it had fallen into the hands of the Anglo-Saxon. A good way to describe Arizona briefly is to put before the reader the following sketch of Persia from a popular cyclopaedia :

The Persia of America

“The climate is very dry everywhere in the country except in the Caspian coastlands. In the valleys it is hot, with mild winters. On account of the dryness, both of the climate and the soil, the country bears in many places a naked and barren aspect, but wherever sufficient water can be procured, and irrigation is carried on, the life of nature develops immediately into a fairy tale.

Persia is the home of the rose and the nightingale. In the valleys, the cypress and myrtle abound, the fig grows wild, the mulberry and olive are cultivated in large plantations, the vineyards yield strong and highly flavored wines; apples, pears, apricots, peaches, cherries, oranges and pomegranates of unsurpassed quality are raised in the orchards, and the gardens teem with roses and geraniums. The date-palm grows in the oases of the desert, and dates are a common article of food. The cereals are wheat of excellent quality, rice, maize and barley. It is characteristic of Persia, for its climate and soil, not for its method or energy of cultivation, that many of the fruits which it produces are unequalled in nourishing

The
Persia
of
America

power, in savoriness, in richness of flavor, and in beauty of appearance, by any of the same kind produced elsewhere on the earth."

This is Persia. This is also Arizona. In soil and climate, in the range of production and in physical aspect the one is the counterpart of the other. But Persia is sleeping peacefully in a neglected corner of Asia Minor, while Arizona is on the broad highway of American civilization and wide-awake to her opportunities. There is but one reason why it is worth while to call Southern California "our Italy," or Arizona "our Persia." This is because the average American citizen knows much more about foreign lands than about the new empires that are being developed in his own country, so that the shortest route to his understanding is to tell him that California has the soft climate and semi-tropical luxury of Italy, and that Arizona has the dry air, even temperature and marvelous productiveness of Persia when her deserts are overcome by irrigation.—Irrigation Age.



Dr. Harrison E. Straud, of Phoenix, writes of the Salt River Valley from the standpoint of a physician :

It is a lamentable truth that a large per cent. of the population of this world are not free to live where they choose, and where business and social interest demand; but are compelled to choose a climate in which they may enjoy health, or, in many cases, where they can live at all; and especially is this true in the line of diseases of the respiratory organs.

Periodically the world is startled with the discovery of some great antidote for that fearful scourge of humanity, consumption; but in every case at present these have been found worse than useless, and too often but unscrupulous, money-making schemes. The highest authorities in the world agree that at present we have no remedy or antidote that will destroy the bacillus of consumption without also destroying the patient—and in this dilemma attention is directed to the true and only remedy, which is dry air, combined with mildness and the least possible change of temperature between day and night and from day to day.

Arizona is a large Territory. Within its borders every possible altitude exists, from but 12 feet above sea-level, as at Yuma, to eternal snow in the mountains. It is difficult to appreciate that one condition exists in all these regions, regardless of altitude,

A Physician's
Prescription

namely, dryness. This fact is proved not only by Government observations, but by the testimony of the entire population.

The dryness is perpetual; dead animals desiccate, so also does refuse matter. It is this dryness, with entire absence of dew and fog, that makes it desirable to sleep out of doors from May until October; and many sleep out the year round.

The winter climate is delightful. It seldom frosts and never freezes. One bright sunshiny day follows another. Rains often occur between December and February; but entirely insufficient for agriculture. The days are warm and pleasant, the nights cool and exhilarating, the country green and pretty. Flowers bloom, and oranges as fine as any in the world ripen. Such a winter climate is pleasant and beneficial; but it is the heat of summer that is especially curative. This heat is peculiar; it is never oppressive except after one of the infrequent rains; at other times the great dryness makes the heat tolerable, or even comfortable. So little illness of any kind occurs in summer that "physicians alone are sick."

It is strange, but perfectly true, that there has never been, to my knowledge, a case of infantile diarrhoea during the hot period. That terrible disease, cholera infantum, is

positively unknown to us. Again, the longer one lives here the more he prefers the summers; and as a matter of health they are incomparable.

We have no tornadoes, cyclones, or sun-strokes.

A very important point is the food supply, not only for invalids but for others, especially regarding meats. The pale clerk who eats meat twice daily will outwear and outlast the burly laborer whose size is grown on potatoes, corn and other starches. I can truthfully say I have never seen better meats, in Europe or America, than are daily sold in Phoenix. The gardeners supply green vegetables every day of the year, and fruits are plentiful and good.

Speaking of Phoenix, it is located in a large valley; the altitude is 1,100 feet. If the question were asked: What is such a climate and environment especially recommended for? I should say, first, the commencement of consumption, chronic bronchitis, asthma and rheumatism. These especially in my experience find relief and cure. If the question were asked: What disease is the climate of Arizona not adapted for? I should be obliged to say, I don't know. The altitude is not high enough to cause nervousness or hemorrhage in those of a hemorrhagic ten-

A Physician's Prescription

**A Physician's
Prescription**

dency, neither is it too high for most cases of heart disease.

We of Phoenix are happily located. In the event of our desiring to escape the heat of summer, a short ride takes us into the higher and cooler altitudes, and tent-life in the mountains is better than medicine.

There are certain facts proved by experience, worthy of recognition. A person with asthma, rheumatism, and many other diseases may delay until compelled by suffering to act. It is unfortunately not so with consumption. There is but one time to act, and that is at the very commencement.—
Phoenix Gazette.



The following communication from Dr. D. M. Purman, written from Phoenix under date of December 28, 1895, adds to the evidence already presented:

The conditions which obtain in Phoenix and the Salt River Valley, are such as to place this narrow range of country almost alone in its marvelous adaptability to those who need a mild, warm, yet strongly invigorating climate.

Situated in the southwestern part of the Territory, and surrounded by ranges of

mountains which form a thorough protection against the cold winds, the entire valley at once becomes a vast natural sanatorium. The coldest days in the year are as mild as those of September in the Eastern States, and but rarely is it sufficiently cold to keep the most delicate invalid from enjoying the benefits of a ride or the invigorating effects of the bright and cheerful sunshine which is present for at least 350 days in the year.

The climate is exceedingly soothing to the nervous system, and those who suffer from sleeplessness and kindred maladies are almost invariably and speedily relieved. The atmosphere is very dry and exhilarating, and one feels a restfulness and ease that it is impossible to experience in almost any other country.

As a matter of course, the climate offers the greatest inducements to those who are suffering from any pulmonary difficulties. The rainfall does not exceed seven inches. This is confined largely to the winter months, and usually to two or three weeks of one month. An occasional shower may occur at any time during the year; but this is always light and produces but little humidity, and of very short duration. The freezing point is sometimes reached. This only occurs but a very few times during the coldest winter

weather. The summer months are, of course, warm, the thermometer occasionally going to 110°. The atmosphere being so very dry, the heat affects one much less injuriously than in the Northern and Eastern States.

Sunstroke never occurs here. Malaria is unknown. The death rate is lower than that of any other region in the United States. In a word, as a health resort and for delightful climate it is not surpassed anywhere.



On February 9th the steamer Germanic came into New York harbor in a temperature of 9 degrees below zero, a blizzard blowing that had delayed the good ship many days. The harbor was full of floating ice, the ferry-boats were stopped, not a train was running into the great city, and business at a standstill.

Down the coast the temperature rose somewhat, but in Florida the atmosphere still was cold enough to freeze the oranges on the trees, and the trees themselves, damaging the industry in the alligator State to the extent of fully ten million dollars. In one week, citrus fruit growing in the south-east was practically wiped out. About the

same condition of affairs prevailed along the Gulf States, working damage to the extent of millions to agriculture, as well as immense loss to the shipping and mercantile interests.

Working westward along the southern boundary line of the United States, not till Arizona is reached did the average temperature on that day rise to above 32 degrees, the freezing point of water. The line that marked the freezing temperature coursed up through the eastern and then through the northern part of Arizona, included a portion of the southern division of California, was lost in the waves of the Pacific, again touching the land only at a point on the northern coast of Washington, where the land most appreciably feels the warming effect of the wash of the mighty Japan current.

On that day the temperature in Phoenix was but little below the normal for the season, and the palms and vegetables were untouched by frost. The citrus groves were unhurt, and only an occasional cloud marred the blue expanse of the heavens.

Little wonder it is that from the stormy East there should turn so many toward the land where man is not, as is the squirrel, compelled to earn his livelihood with an eye ever to the stormy days of winter; where

Nature is ever helpful and never unkind.—
From an editorial in Phoenix Gazette.



Granville Malcom, of Denver, an experienced traveler and a winter visitor of several seasons to the Salt River Valley, expresses his favorable opinion of this region as a winter resort in the following letter :

Much has been said about the climate and healthfulness of the Salt River Valley. But I have seen no opinion as to the advantages of this as compared with other favored resorts.

Having spent several winters in Colorado, three in California, one in Florida and Cuba, one in Texas, parts of three winters in Phoenix, part of one winter in Thomasville, Ga., and New Orleans, and one winter on the Riviera in the south of France, and Italy my judgment without bias is strongly in favor of this valley as a winter resort, having a climate surpassing each of those named.

The reasons for my conclusion regarding the Salt River Valley might, if given in full, take too much space. But the main reasons shortly stated, and which appeal to even a casual observer as well founded, are the favorable conditions of temperature and hu-

midity existing here as in none of the other localities named. For instance, on the Riviera there are not half so many sunny days; there is more humidity, and consequently the air has more "chill" in it than there is here. It rains a great deal on the Mediterranean coast, and the dampness is sometimes very trying. If this valley was supplied as the Riviera is with delightful hotels and pensions for sojourners, the tide of seekers for a winter climate par excellence would very soon turn this way. The mildness of the temperature (evidenced by the tender semi-tropical products of this valley that thrive the winter through); the dryness of the atmosphere, that precludes the feeling of chill one feels near the coast; the almost unintermitting sunny days, the favorable altitude — all these conditions conduce to the verdict in favor of this as a resort superior to all the others. And when these advantages are appreciated, the valley will be filled with those seeking homes here, or seeking immunity from the severity of northern winters.

Each time I return to Phoenix but raises my estimate of this charming valley as a winter resort, and I shall do what I may to sound its praises.

From
Personal
Experience

The following opinions about the climate of this section are taken from a pamphlet issued by the Arizona Improvement Co.:

HERBERT R. PATRICK, Civil Engineer, Phoenix.—During an active life as civil engineer for sixteen years on the deserts of this Territory, I have enjoyed perfect health, and have never suffered from the effects of heat nearly so much as I did formerly in the States of Illinois, Iowa and Minnesota. I have further noted that laboring men engaged upon the farms, threshing machines, canal and railroad construction have endured the extreme summer heat with less suffering and inconvenience than in any other country that has come under my notice.

WM. H. JANUARY, Chicago.—It was my good fortune to spend the greater portion of last year in Arizona, actively engaged in the examination of land surveys for the United States Government. Constantly exposed to the sun during the entire summer, sleeping in the open air from June until December, I found the climate of Arizona the most delightful anyone could well imagine. While the temperature is high in July and August, it is never oppressive, for I found constant gentle breezes prevailing over the entire Salt River Valley country, producing an exhilarating effect that must be exper-

ienced to be appreciated. In a semi-tropical country one must expect hot summers, but with proper attention to the construction and arrangement of one's home in Arizona I know of no reason why a summer there should not be just as delightful as anywhere else. The winter climate of Arizona as compared with Southern France and Italy is far superior. There are no cold winds, no moisture in the atmosphere, and the sunshine gives strength and vigor to those who cannot brave the terrors of a northern and western winter. I spent many days walking and riding over the deserts and mountains of Arizona in the hottest weather, but never did I experience the slightest discomfort. On the contrary, I found exposure to the sun conducive to robust health. When I went to Arizona I was suffering all the horrors of indigestion, and I frankly confess that life was a misery. Since then I have not had the slightest stomach trouble, and I know of many people entirely relieved of dyspepsia and all its ills after living in the glorious climate of Arizona. To those who contemplate going to Arizona—let them spend one year in the Salt River Valley—they will find its charms enduring.

C. C. MERRIAM, Chicago.—I made my first visit to Salt River Valley in June, 1886,

**From
Personal
Experience**

at which time I rode perhaps a thousand miles over the mountains and valleys of the Territory. A good deal of the time the thermometer was over 100 degrees — sometimes as high as 112 degrees in the shade. Yet I never suffered from the heat. Mr. Fulwiler, of the Canal Co., and I were riding behind a little pair of mules forty or fifty miles a day over the desert, and stopping every little while to take a photograph of a giant cactus, or of the falls and the lovely views on the Arizona canal, and I must say I never enjoyed excursions more in my life. The air was so dry and clear, and the nights so cool, that really one would not have suspected he was in a hot country if he did not occasionally look at the glass. I have been to Phoenix and through the valley many times since then, and have been each time the more and more convinced that the climate of this remarkable valley is the most healthful and, taking the year round, the least uncomfortable of any that I have ever had experience of.



The Secretary of the Chamber of Commerce, Phoenix, A.T., furnishes some facts regarding that city which may prove useful

for invalids and tourists who contemplate wintering there. He says:

The present population of Phoenix is over 12,000. The prevailing nationality is American. Nearly all the church societies have buildings. There is a first-class graded school system, composed of a high school and three ward schools; also the Sacred Heart Academy, a business college and several private schools. The social societies are: British-American, A. O. U. W., I. O. G. T., I. O. O. F., Knights Templar Commandery, Foresters, Woodmen, F. & A. M., R. A. M., K. of P., G. A. R., W. R. C., W. C. T. U., and Y. M. C. A. The latter maintain a free reading room and gymnasium in connection with their organization. The Maricopa Club has a large membership and handsome quarters. It is the leading social organization of the city and extends the customary courtesies to visiting strangers.

In the season duck and quail shooting are excellent. Driving and riding form the most popular modes of recreation. The absence of any wind to speak of causes very little dust in the air and renders out-of-door life most enjoyable. (Dust is spoken of in this connection because of the extreme dryness of the atmosphere here—the average humidity being about 20 per cent.—and such a state

City
of
Phoenix

of dryness cannot exist without some dust.)

This valley is about 50 miles long and averages 18 miles wide. It slopes 10 feet to the mile toward the south and west, but to the eye looks perfectly level. The city of Phoenix, situated in its center, has an altitude of 1080 feet. It is surrounded on all sides by low mountain ranges, the nearest to Phoenix being six miles distant. During the entire year there are not to exceed thirty days that are termed wholly cloudy by the weather bureau. It is a fact that there is rarely one of these wholly cloudy days when the sun cannot be seen. The result is that there are about 350 sunshiny days in the year. The average monthly temperature as shown by a record of thirteen years is as follows: January 49°, February 53.9°, March 61°, April 67.2°, May 74.6°, June 82.7°, July 89.5°, August 88°, September 80.8°, October 69.3°, November 57.6°, December 53°.

There are many places for taking care of invalids: a sanatorium, which can care for a large number of patients, a Sisters' hospital, eight hotels, a dozen lodging houses, several restaurants, and furnished rooms with quite a number of private families — while many of the ranchers in the country can accommodate one or more persons. Furnished rooms vary in price from \$10.00 to \$25.00 per month.

Good table board may be had for \$4.50 per week, and from that amount up to as high as one's purse may permit. There are about fifty physicians, and among them quite a number of lung and throat specialists. Competent nurses may be readily obtained.

City
of
Phoenix



Under the title of "Ten Days in Arizona," Mr. Julian I. Williams contributes a readable article to the Southwest Illustrated Magazine, of Albuquerque, N. M. The extracts below are taken from it:

The region around Phoenix has been aptly styled the "Italy of America"; it is certainly the land of sunshine. No one who is a lover of Nature can fail to appreciate the grandeur and wonderful beauty of the Salt River Valley, with its varied mountain forms and the magnificent views from the valleys, which, until a few years ago, had been for centuries as a sealed book. Lately this country has had a wonderful attraction for the outside world, and a visit to the territorial seat of government, Phoenix, will serve to reveal the reasons for this. Phoenix, the metropolis of the Territory, is located about the center of the southern half of Arizona. Its population numbers 12,000,

Ten Days
in
Arizona

and its taxable valuation at a very fair estimate is \$10,000,000. The city lies upon a sloping plain, two miles from Salt River, with the mountains ten miles to the north and about the same distance on the south. My ride around the outskirts of the city revealed no rows of crowded tenement houses, nor clusters of repulsive squalid shanties, such as breed disease and crime. I found that if the laborer is only a renter he is not devoid of both comforts and luxuries. It does not take a close observer to note, in a summer evening's drive about town—and it is always summer at Phoenix—that there are few places so humble that the little grass plat in the front yard is not well kept, or without its flower bed and garden spot; that the windows and doors are not well screened from flies and other insects; that there is not hanging in some cool and shaded spot a hammock, while the baby wagon, bicycle and some comfortable chairs occupy convenient places on a front or back porch. These being conspicuous truths in regard to the localities where houses are small, rents low, and the income of the dwellers uncertain, what do we find in that quarter where abide the more fortunate of her citizens? I had occasion to use a carriage one lovely morning, and asked the driver to take me to see the

better class of residence streets. The driver replied that "There wasn't none but what was good." The man, his honest face glowing with pride, touched his hat, mounted his box, adjusted his silver-buttoned livery, and sent his prancing steeds off on their welcome errand. A drive around the city revealed several facts, one of which is, that the city keeps the pavements in better condition than do older and wealthier cities. We whirled rapidly down Washington Street, and as we were nearing the end of the street the impatient horses were pulled into a walk, while the spacious Territorial grounds were pointed out. It is the site for the new capitol, and a most beautiful one at that. A gardener is kept constantly employed, and as a result the grounds are in the best possible condition. The magnificent forest trees shading the half dozen or more acres of ground, the elaborate arrangement of flowers, date palm and fan palm, give an air of repose unknown to many spots in this busy, bustling town. Back from Washington Street we went fully three miles, and the favorable impression first received, the succeeding blocks fully sustain. Washington Street is the main business thoroughfare. It is three miles in length and is lined on either side with business houses which will compare favorably

Ten Days
in
Arizona

with any in the larger cities of the Southwest. Many of the streets are fringed with trees, which to the stranger seems a very pleasant feature. Ditches on either side flow with clear water, occasionally diverted to irrigate the yards and grounds of homes, where flowers and fruits are seen in abundance.



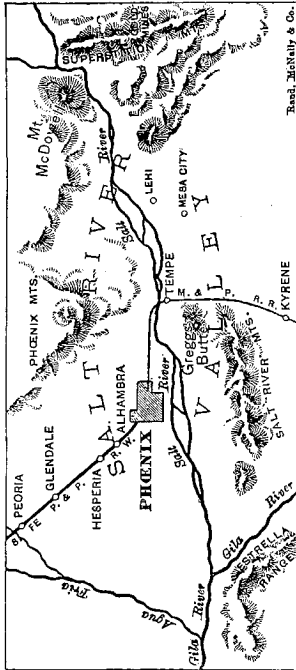
Col. Alexander K. McClure, the well known Pennsylvania politician, editor and chief owner of the Philadelphia Times, says in his paper of December 12, 1895:

"Whitelaw Reid, former United States Minister to France, and editor of the New York Tribune, is spending the winter quietly with his wife at Phoenix, Arizona, where, for the sake of greater comfort, he has rented a house, instead of going to a hotel. In a private letter to the editor of the Times, the other day, speaking of the Arizona region, he says: 'Eastern folks will have to form new ideas of Arizona. I am keeping house here with great comfort, in a well-built two-and-a-half-story brick residence, with hot and cold water, electric light and telephone, and with a trolley car only two blocks away; and the climate is really better than that of Cairo, Egypt. I came here last November for absolute quiet and relief from business, and with the result that I am now quite a well man, practically free from asthma. In fact, I think, cured.'"

STATISTICS OF TEN YEARS.

It may not be amiss here to give a table compiled from the U. S. Signal Service reports, covering ten years, from 1877 to and including 1887.

<i>Place.</i>	<i>Average Spring Temperature.</i>	<i>Average Summer Temperature.</i>	<i>Average Autumn Temperature.</i>	<i>Average Winter Temperature.</i>	<i>Highest Tem- perature ever recorded.</i>	<i>Lowest Tem- perature ever recorded.</i>	<i>Average Annual Temperature.</i>
Tempe, Ariz., (near Phoenix)	70.5	89.3	78.1	56.1	115.5	22.5	72.2
Jacksonville, Fla.	69.0	81.5	69.8	56.6	104.0	19.0	69.3
Pensacola, Fla.	67.9	80.6	69.3	56.3	97.0	15.0	68.5
Los Angeles, Cal.	58.4	67.6	62.7	53.5	108.0	28.0	60.6
Riverside, Cal.	62.7	78.3	65.3	51.7	116.0	28.0	65.2
San Diego, Cal.	58.1	68.7	62.7	54.4	101.0	82.0	60.5
Sacramento, Cal.	59.5	71.7	61.5	48.3	105.0	21.0	60.2
New York.	47.6	71.6	54.5	31.5	105.0	— 6	51.2
Boston.	44.9	69.1	51.1	28.1	101.0	— 13	48.3
Rome, Italy.	57.6	72.2	64.0	28.9	60.7



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