

and women who were found to be infected with any of these diseases, or with leprosy, were kept far away from any association with men; but if one of these be found to have conceived, she was buried alive with her unborn child; and, to prevent disgrace to their country, gluttons, unnatural feeders and gourmandisers, and habitual drunkards were punished in a mild way (*miti supplicio exterminarunt*), being first allowed to eat and drink as much as they liked, and then drowned in the river."

I cannot fairly suggest that a far-fetched heredity induced my friend to make his remark on the treatment of habitual criminals any more than I can ask credit for all that is told us of the barbarous habits of his remote ancestors.

Health-Resorts in the West of England and South Wales.

VIII.

TORQUAY.

BY

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THERE are very few places in England where such a delightful view is obtained immediately on leaving the railway station as in Torquay. In but too many instances, the entrance to a town is through some unpleasant-looking slum or third-class suburb. Here, on the contrary, the view on approaching the town is one of the finest possible. Numerous villas, situated on the slopes of hills or on the edge almost of steep cliffs, interspersed with thick clumps of evergreen foliage, look down on the waters of Torbay, which seem to approach as if to kiss the feet of Torquay in all her beauty. The *tout ensemble* makes a most attractive

picture, and produces an excellent and inspiriting effect on the traveller reaching the town, wearied perhaps by a long journey.

And yet a hundred years ago barely a germ of the Torquay of to-day was to be seen. A miserable little pier or breakwater to shelter the fishing boats, a small boat-building yard, a mill, and a few—very few—cottages scattered about was all that then existed. It was called Tor Quay to distinguish it from Tor, or Old Tor, or Torre, where was the parish church, and which was the best part of a mile away. In those days the people at Tor spoke of the sea-board portion of the parish as “Down at the Quay,” and doubtless, like other old inhabitants, looked down with no small contempt on the Quay folk.

The story of Tenterden steeple being the cause of the Goodwin Sands is well known; but almost as curious is the origin of the growth of Torquay, inasmuch as without exaggeration it may be distinctly ascribed to the French Revolution. During the wars which preceded and accompanied this volcanic irruption of the human race, fleet after fleet assembled in Torbay, and sometimes a ship would be waiting here for months until the tale of her consorts was complete, and they could be sent away together on their mission of destruction. When an officer was ordered to take his ship to Torbay and wait for further orders, what more natural than that he should communicate with his family, and that his wife and children should come down into Devonshire and stay somewhere near the ship until she sailed? This was constantly going on, more or less, from about 1780 until 1815, and to suit the requirements of these visitors a few cottages were built, and then a few rows of houses; but all of a small and inexpensive character. During these visitations, it was sometimes observed that one or other member of these families who seemed in a bad way from lung diseases when brought down here, managed somehow to outlive or outgrow this delicacy in an unwonted manner. Consumption and its allies influence the destinies of only too many families, and consequently it did not take long to establish a reputation for Torquay, a place which has since grown from the little fishing village to the beautiful town which we now see. In the year 1801 the population was 838, living in 143 houses; when

Napoleon, a prisoner on board the *Bellerophon*, looked on the spot there were less than 300 houses, with about 1,500 inhabitants. From this time the increase every ten years was by leaps and bounds. In 1821 the number was 1,925; in 1831, 3,580; in 1841, 5,980; in 1851, 11,470; in 1861, 16,400; and when, in 1871, the nephew of the first Napoleon, the so-called Man of Sedan, came here an exile in his turn, the population had grown to 21,657, and the number of inhabited houses increased to 3,071. At the last census, in 1891, it was found that the population was 25,500, and the number of inhabited houses 4,470. Very little of Torquay proper remains on which to build, but her sister parishes, St. Marychurch and Cockington, prospering on her renown, have not been idle; indeed, the sum total of population of the Torquay postal district is not far short of 35,000.

There is not in all Torquay a level piece of ground large enough for a cricket-field; it consists entirely of hills and their valleys, and some of these hills rise to a height of 450 feet above sea level. There is really but one street, although it bears different names in its course of over a mile. Starting as Torwood Street, it soon becomes The Strand, and then Fleet Street; then Lower Union Street, and lastly Higher Union Street. There are some fine terraces, but the style of residence most affected is the villa; and this can be seen here in every possible shape and size, from the cottage to the mansion. Each villa is surrounded by a garden, and the boundaries of each seem lost in plantations of evergreen shrubs, which grow here with great luxuriance. For the most part, the foundations are on solid limestone rock, which assures a dry subsoil; and for the same reason, the roads soon dry, thus enabling the delicate to go out of doors directly after it has ceased raining. The total rainfall in 1892 was 24.13 inches, falling on 145 days, but on 23 there was a fall of only 0.01: it is, however, sometimes higher than this.

The peculiarity of Torquay is the equability of its climate, which certainly is very marked. During 1892 the *mean* of the maximum temperature was 55.8, and the *mean* of the minimum temperature was 44.4. The *mean* of the maximum

and minimum together was 50.1, and the *mean* range of temperature 11.4, or exactly the same as at Madeira in 1892. It will thus be seen that the tremendous range so distressing to those who frequent the South of France is unknown here. Too great stress cannot be laid on this fact; for although it may be very delightful to be in the hot sunshine all day, it is just as distressing to have intensely cold nights. For those with a feeble circulation, there can be no greater trial of endurance than to keep warm at night under adverse circumstances; and artificial heat, no matter how distributed, is at the best but a poor substitute for the natural supply.

Doctors differ, and so do those learned in climatology; but the fact remains, there is in the climate and the weather that which no instrument has yet been able to record. Call it what one may, there is a something in the air of Torquay which enables a patient with a raw lung to breathe with ease, and another with a winter cough to escape that distressing annuity. Nature goes on her own way, and shows in a manner peculiarly her own what she thinks on such matters; and as I write this, in the month of February, there can be seen in one of the public gardens an orange tree with green and yellow fruit, which has been planted there for two or three years. Close by is a red camellia in full bloom, and a few feet farther on is a magnolia with numerous white flowers fully out. The eucalyptus does well in any sheltered spot, and so do the dracæna, the true palm, hill and swamp flax, and hill bamboo; the yucca and aloe frequently flower here. When it is remembered that nearly all the town has a south and south-west aspect, and that enormous hills act as a wall against the east and north-east, it will be easily understood that it is not difficult to gather in each garden a collection of plants such as it would be almost impossible to keep alive in any other part of England. Some of the residents are fond of making experiments in their gardens, and those of Bemerton, on the Warren Hill, and Duncan House, in Torwood, must be seen to be understood.

There is another curious fact about the climate of Torquay; viz., the coolness of the summer. It is a popular delusion that because a place is mild in winter, that therefore it is very



— TORQUAY FROM PARK HILL —

hot in summer. The spot of land on which Torquay is built is almost an island. Torbay encroaches on one side and Babbacombe Bay on the other, and the proximity of the sea renders the air cool. Now, as there are no white cliffs to reflect the sun's rays, but only dark green foliage in the background, it follows that no matter how hot the sun is elsewhere, in Torquay it is always cool; indeed, it is a rare occurrence for the thermometer in the shade to reach 70° . Here again Nature bears evidence of a very striking character: those who attempt to grow peaches out of doors may perhaps get a crop to ripen about once in five or six years; while at Exmouth, only a few miles away, no difficulty whatever is found.

Without going so far as to say that the climate of Torquay is suitable for every person, or for every kind of ailment, it may be worth while to point out what class of cases generally do well here.

All patients requiring rest and quiet in a mild and soothing climate improve greatly. If brought early enough, delicate children will outgrow their weakness, and the troubles of puberty in girls are for the most part easily overcome. Often enough girls are sent here almost bloodless from excessive menstruation: at first they are not infrequently surprised at a total cessation, which may last a few months; and then, with restored strength, a normal flow is established. The many forms of tubercular mischief in children, especially in the early stages, answer to treatment here. Those curses of old age, the winter cough and chronic bronchitis, are reduced to a minimum; and there can be no doubt that hundreds of elderly people manage to live on for years in Torquay whose days seemed only too plainly numbered when in their own homes in the North. In fact, Torquay is preservative to old age.

This is not the place to discuss the vexed question of the climatic treatment of consumption; opinions have varied from time to time, and will continue to do so until the end of time, supposing there be such a disease in those days; but the following remarks are the result of long observation, and written in all fairness. The class of cases which do best are those sent here in the earliest stages—those with bronchial catarrh and irrita-

bility of the mucous membrane. Next in order as likely to derive benefit are those in the later stages, provided the mischief is not active; the senile forms often do nicely, and cases complicated with asthma frequently obtain considerable alleviation. The rapidly advancing and advanced cases, with large excavations, much suppuration, hectic and rapid wasting, are no more likely to do well here than elsewhere; although most of the Torquay practitioners can tell of extraordinary cases which, apparently hopeless, have yet greatly improved. And here it must be noted that every year patients are sent here who ought never to have left their home comforts and surroundings, nor to have been submitted to the fatigue and exposure incidental to transit.

Cases of irritable nervous affections, with deficient sleeping power, generally do well. Overworked brains derive great benefit from a stay here, provided rest, quiet, and regularity of diet are secured. Acute rheumatism is very rare, and many forms of chronic rheumatism get on well. Bright's disease is not a common ailment, calculous affections are extremely rare, and those who live according to the requirements of the climate are seldom troubled with liver. Those, on the other hand, who eat lots of cream and other rich things, and drink as if they were in some cold and bracing climate, of course soon come to grief; and thus learn by experience that in Rome they should do as the Romans do. Most cases of non-neurotic constipation do well without any treatment whatever; the mild air and the soft drinking-water seem to act on these cases like a charm.

The water supply of the town is collected from Moorland streams on one of the offshoots of Dartmoor, about seventeen miles away. There are two reservoirs, holding together about three hundred millions of gallons. The constant service is in vogue, and last year, after the longest drought on record, there were still seventy millions of gallons in store, or about three months' supply. The water is very pure and remarkably soft; and cases of lead poisoning are unknown.

The main drainage was completed some years ago at a cost of over £80,000, under the superintendence of the late Sir Joseph Bazalgette, and is a very perfect and satisfactory work

in all respects. For many years efforts have been made to secure the general health of the town by attention to the individual house, and excellent results have resulted therefrom. There is no register of certified houses kept, because it is felt that there is nothing made by man which will keep in order forever; and consequently a house that may be in good condition one year and certified for accordingly, may be very defective the next. Any intending occupant can have a house examined by a borough official free of charge, who will report on the condition of the house in question, and point out defects if any exist. Visitors are strongly advised to ask for "a fresh sanitary certificate from the Town Hall." That this plan has not been worked in vain will be seen from the following table:

CAUSES OF DEATH IN TORQUAY FOR TEN YEARS.

CAUSES.	'83	'84	'85	'86	'87	'88	'89	'90	'91	'92
Small Pox	0	0	0	0	0	0	0	0	0	0
Scarlatina	1	4	1	0	1	0	1	0	0	9
Diphtheria	0	0	0	0	0	0	0	0	2	0
Membranous Croup... ..	0	1	2	2	0	0	1	1	2	1
Typhus	0	0	0	0	0	0	0	0	0	0
Enteric or Typhoid	2	1	0	3	1	1	1	1	2	2
Continued	0	0	1	0	0	0	0	0	0	0
Relapsing	0	0	0	0	0	0	0	0	0	0
Puerperal	0	0	1	1	0	0	1	0	0	0
Cholera	0	0	0	0	0	0	0	0	0	0
Erysipelas	0	0	2	1	3	1	0	0	1	0
Measles	7	3	5	4	0	12	2	1	3	8
Whooping Cough	15	1	5	3	2	1	0	16	0	2
Diarrhœa and Dysentery	8	15	2	3	3	1	3	1	1	3
Rheumatic Fever	3	0	1	5	1	3	1	0	4	1
Ague	0	0	0	0	0	0	0	0	0	0
Phthisis	56	41	60	61	52	64	52	67	67	60
Bronchitis, Pleurisy, and Pneumonia	76	64	55	59	38	52	51	63	53	64
Heart Disease	30	32	35	39	39	39	48	36	44	38
Injuries	5	5	8	3	9	6	10	8	9	13
All other Diseases	211	218	218	228	184	228	199	235	214	228
Total... ..	414	385	396	412	333	408	370	429	402	420

These figures give an average mortality of 15.5 per 1,000; but every year at least fifty deaths are entered as visitors, strangers, sailors, tramps, patients sent to the various hospitals, etc., etc., and if these be deducted the average will be found to be 13.5 per 1,000; surely a very low figure. The zymotic death-rate for the ten years is .6 per 1,000.

Compulsory notification is in force, and there is a well-arranged hospital for isolating infectious diseases, where private rooms can be obtained.

For visitors of a scientific turn of mind the museum of the Natural History Society offers considerable attraction. Here will be found specimens of Devonshire fauna and geology, and the wonderful finds resulting from the exploration of Kent's Cavern. For those inclined to sport, there are fishing, cricket, tennis, boating and yachting, and one of the finest golf links in the kingdom. In addition to the usual attractions of seaside resorts, such as concerts, theatres, and reading-room, lending libraries, and so on, there is a series of walks and drives within easy reach of surpassing beauty. Excursions to the various parts of Dartmoor can easily be arranged, and the coast line for many miles offers at every turn some special beauty and charm.

It is no easy matter to describe in adequate terms a country so beautiful as this, there are so many sides from which to enjoy it: whether it be the naturalist, the artist, or the dreamy poet, each in his own way will express the delight he finds; but probably all will agree with Mr. Ruskin, and call it "The Italy of England."

Progress of the Medical Sciences.

MEDICINE.

Our views on the subject of the treatment of enteric fever appear to be undergoing a considerable change. For many years past it has been assumed that, although the pyrexia might be modified and controlled, the morbid process must run its course, and could not be either arrested or materially modified by any medicinal means. Recent discoveries on the etiology of the disease give grounds for more hopeful expectations with regard to the results of treatment. The bacillus, discovered by Koch and Eberth in 1880, whose appearance and mode of growth are now familiar to all pathologists, is generally admitted to be the actual cause of the chain of phenomena