WINTER RESORTS.

IV.—ST. RAPHAËL.

As a Winter Station.—The Ozone Cure.

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ST. RAPHAËL is situated on the bay called after the old Roman town of Fréjus, and at a distance of about two miles from that town; it is the first station reached on the way to the Riviera. It is strange that St. Raphaël is not more known, as, in conjunction with its two suburbs—Valescure and Boulerie—it is an excellent health station at all seasons. In summer sea-bathing is easy, and the shady environs provide a delightful shelter from the summer suns and from the stormy sea breezes in autumn.

The Bay of Fréjus is a semi-ellipse; the north-east side is bounded by a hill from 250 to 300 feet high, by which St. Raphaël is sheltered from the north-east, whilst it is protected from the north by a range of hills formed by the one just described and the Esterel heights, running parallel with and two and a-half to five miles from the coast. Behind the Esterels, which average between 800 and 1,000 feet in height, the snowclad Maritime Alps arise. On the west side begin the Montagnes des Maures, which intercept the west winds at about the same distance from the coast as the Esterels. A depression on the north-west side of the hills encircling St. Raphaël is the one black spot which mars its perfection, as it is from this point that the mistral blows. The wind reaches St. Raphaël coming from the valley of the Argens, which is higher than that of Béal at Hyères, and not so directly in the line followed by the mistral. It must also be borne in mind that, excepting in two or three narrow valleys peculiarly situated, the mistral is felt from Avignon to Genoa. At St. Raphaël it only blows on the average thrice a month, and does not raise clouds of white dust, the soil of St. Raphaël, formed of the detritus of the primary rocks of the Esterels, being dense and compact. When this icy wind blows the sky is generally exceptionally clear and pure, and the sun shines brilliantly, but those who dress warmly have nothing to fear from it.

The average temperature at St. Raphaël during the months of December, January, February, and March, is 46.6° F.; and April, 55.3° F. The sudden coolness occurring in the Riviera towards four o'clock in the afternoon is due to the fact that when the sun sets, the air of the valleys and hills with a south aspect, no longer warmed by the sun, suddenly cools and a cold draught is therefore set up from the Alpine snow plains. After an interval of two or three hours, an equilibrium is established and the general temperature becomes mild again. As St. Raphaël is separated from the Alps by the Esterel chain of mountains, the highest peak of which is 2,000 feet high, and therefore not snowclad, the wind from the high Alpine summits reaches it much softened. Besides thermometrical indication, the abundance of certain flowers is often cited as showing the mildness of the climate in certain localities; but this cannot be accepted as a proof of it, for at Marseilles, which no one could recommend as a winter station, may be seen all the flowers and shrubs that are so much admired at Cannes, Nice, and Hyères, and they are likewise found on some parts of the coast of Brittany, where palm trees, eucalyptus, myrtle, magnolia, etc., thrive in the open air. The more common kinds of roses and daisies are in full bloom in the neighbourhood of St. Raphaël in January. The mimosas and hawthorns are beginning to bear flowers, the hawthorns are in bud. The hotels and villas stretch out towards the east of the old town, and are built on a hill skirting the sea, easily ascended and descended. The charming villas and their still more charming gardens spreading over this hill constitute one of the most lovely features of St. Raphaël.

According to information received from reliable and competent sources, and which I have partially verified, the sewage of the houses situated on the top of this hill flows into a sewer which conducts it to the sea, whilst that of the houses nearer the sea flows directly into it. There is a current flowing outwards from the coast towards the open sea, and I did not observe any stagnation.

The Mayor, M. Martin, informed me that he intends to effect the needed improvements in the sewerage system so as to render it thoroughly in accordance with modern hygiene and

with the requirements of the increasing growth of St. Raphaël. The potable water supply is drawn from a deep well, which does not appear to be liable to contamination. A scheme for bringing water direct from a mountain stream in the Esterel chain has been adopted, and next autumn this water will be obtainable.

Beyond the pretty villas, still following the sea coast, is the road to Boulerie, which is about a mile and a-half eastwards from St. Raphaël; a charming little health resort amidst pine forests. Boulerie is somewhat more protected from the mistral than St. Raphaël by a small hill covered with pine trees rising up at the north-west.

A mile and a-half to the north-west of St. Raphaël is Valescure, where Mr. Gladstone stayed. The hotels and villas of Valescure are built on the first height of the Esterels and stand among large gardens and open space covered with pine trees. At the foot of the hill stretches to the sea a plain covered with olive trees.

St. Raphaël, with Valescure and Boulerie situated partly on the Esterel and partly below, constitutes an excellent health station; the valleys of the well-wooded Esterel hills afford shelter from every wind, and the lovely valleys are only a few steps from the villas and hotels.

The climate of St. Raphaël is specially suitable for anæmic patients; for people suffering from over-fatigue and exhaustion; for cases of faulty physiological nutrition; for convalescent patients after severe illness, operations, etc.; also where there is persistent faulty nutrition, as in early scrofula and chronic tuberculosis. An establishment for treating conditions resulting from these diseases by ozone and hydropathy has recently been opened at St. Raphaël. Dr. Lagrange is entrusted with its scientific direction. Ozone as a therapeutic agent has been recently studied by Drs. Donatien, Labbé, and Oudin; also by Dr. Desnos, physician at the Charité Hospital in Paris; and, lastly, by Dr. Bontems at the St. Raphaël hospital. Wishing to know the result of the ozone treatment, Dr. Lagrange most kindly gave me every opportunity of so doing, and introduced me to Drs. Bontems, Mireur, Niepce, and Roquemore, who have courteously allowed me to examine and study their patients.

In a future note, when my period of observation has been sufficiently long to be trustworthy, I will state the result.

MUNICIPALITIES AND CREMATION.

DEPUTATION TO THE HOME SECRETARY.

SIR ALBERT ROLLIT, M.P., introduced to Mr. Matthews, the Home Secretary, on February 18th, a deputation from the Council of the Association of Municipal Corporations of the United Kingdom. Mr. Roe, M.P., accompanied the deputation, which included civic representatives of Hull, Derby, Macclesfield, Cheltenham, Crewe, Harrogate, Ilkeston, Blackburn, and Southampton, as well as other towns.

In introducing the deputation, Sir ALBERT ROLLIT said the object was to ask that local authorities might be empowered to use public funds for the provision of crematoria. Such a reform, he maintained, would be of both a salutary and sanitary description. There was a growing difficulty on account of the progress of opinion in favour of cremation. The general feeling of the Association in favour of the powers asked was undoubted, and many large boroughs had expressed the feeling of their inhabitants by passing unanimous resolutions.

Mr. R. HILL DAWK, Town Clerk of Hull, said the question had been much before them since 1874, when the Cremation Society was formed under the presidency of Sir Henry Thompson. He (Mr. Dawk) would assume that the Home Secretary was acquainted with the history of the movement and with the arguments by which it was sought to be advanced. The Association did not ask for powers to compel any local authority to provide the means of cremation, but only that they might be enabled to provide a crematorium where the ratepayers desired it, leaving still to everyone a free choice as to the disposal of the dead. What they really wanted was local option, and they ventured to think that, having regard to the varying conditions and nature of the soils surrounding the big towns, the urban sanitary authorities might properly be entrusted, and indeed ought to be entrusted, with the question of determining how their dead