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MEDIC IN 1885 BOOMED TAMPA BAY
AS SITE FOR ‘HEALTH CITY’

By W. C. VAN BIBBER, M.D.

EDITOR'S NOTE: When present day Pinellas County was a part of Hillsborough County, in 1885, a prominent doctor Dr. W. C. Van Bibber of Baltimore, reported to the American Medical Association that a proposed "Health City" should be developed here. Here is Dr. Van Bibber's original article; "Peninsular and Sub-Peninsular Air and Climates," first presented at the A.M.A. 36th Annual Meeting in April, 1885, and published in the Journal of the American Medical Association, May 16, 1885. Our thanks to Ed Hagen, editor of the Journal of the Florida Medical Association for his assistance in obtaining this significant document).

Peninsulas have always been sought by mankind as favorite residences, and have been visited in winter by those living in cold, inland countries, as resorts for health. Excluding the peninsulas of the Indian Ocean and those of the far north, the six great peninsulas of the earth are Greece, Italy, Spain with Portugal, Florida, Central America, and Lower California. There are many well-known smaller peninsulas on the Mediterranean, in France and Italy, which have climates peculiar to themselves.

The distinction to be observed between the words "air" and "climate" is this: When speaking of air, only the qualities of the atmosphere are considered. The word 'climate' embraces an assemblage of many facts, of which the atmosphere is only one of the factors. From its Greek derivation, climate literally means, the slope of the earth from the equator toward the pole. It has been defined as the condition of a place, in relation to the various phenomena of the atmosphere, as temperature, moisture, etc., especially as these affect animal life or man. Mr. Hume says: "I mean those qualities of the air and climate which are supposed to work insensibly on the tone and habit of the body." Evidently he drew a proper distinction between the meaning of the two words.

FLORIDA AKIN TO ITALY

The climate of a peninsula derives one of its peculiarities from the fact that the heat of the land dries the air as it comes from the sea. The peculiarity of a sub-peninsular climate is the re-drying, or super-drying, of the sea air. An illustration to explain this peculiar action upon air may be found in the expansive forces of steam and superheated steam: the change caused by the re-drying of the air, on the sub-peninsula, corresponding to the augmented force of the superheated steam. On account of this, and also for other causes, the air and climate of a smaller peninsula, attached to a larger one or jutting off from it, often differs from that of its parent very materially; this difference corresponding, in a great measure, to the extent of the water surface separating it from the mainland, and also to the quality and area of the land forming the lesser peninsula. Such a fact as this is important, and has not heretofore been observed or utilized to the extent it deserves. This is one of the reasons why, in peninsular study, two or more places in the same latitude may be found having quite different climates.
With these definitions and facts before us, we can now compare the climate of Florida with those of Italy, Spain with Portugal, and other places upon the Mediterranean Sea.

**A RIVER OF LAKES**

We have all heard of Pau, Pisa, Mentone, Monaco, Cannes, and other European resorts; and may be familiar with what has been said concerning the banks of the Nile, or Mexico, and Southern and Lower California, but none of these, it may be said without fear of contradiction, can compare with Florida as a peninsular climate, or as a land having peculiar attractions as a winter residence. Indeed, it may with truth be said, that Florida now stands confessedly preeminent in this respect, before all other lands or peninsulas. It has a different latitude from most of them, a different topography, and a different slope to the winter sun. The Apennine Mountains, with their summits, snow-capped in winter, extend through the centre of Italy, and cool the air blowing between the Adriatic and Mediterranean seas. Contrary to this, the face of the land in Florida is almost level, having only a gentle rise between ocean and gulf. There is no obstruction to the pressure of the winds in summer or winter, and no sudden chilling of the air in winter by mountain heights or snows.

A further study of the topography of the state shows that the St. John’s River, which in reality is a succession of lakes, divides the northern and middle part of it into two imperfect sub-peninsulas. The settlements and improvements already made on either bank of this river are now highly esteemed for their climates, but the most desirable region, and the one destined to become the most celebrated for its winter climate, will be found on a large sub-peninsula on its southwestern or gulf coast.

‘A TRULY WONDERLAND’

Before alluding to this more particularly, however, a brief description of this truly wonderland, as a whole, may be interesting. As to extent of surface, affording and offering attractions of many kinds on land and water. Florida is the largest of the United States, east of the Mississippi River. It has, in round numbers, about 35,000,000 acres, and, including keys, lakes, rivers, and land-bound waters, it covers an area of nearly 60,000 square miles. It is 400 miles from north to south, an average of nearly 100 miles from ocean to gulf, and its northern boundary line of 375 miles gives it a long arm extending to the west. Beyond this, its own western arm, in the states of Alabama and Mississippi, there is a beautiful coast line on the Gulf of Mexico which should be considered when speaking of Florida as a part of its own climate. Here the surf is warm, and already at Mobile, Pas Christian, Pascagoula, Biloxi, and other places, extending as far as New Orleans, excellent accommodations for strangers and establishments for the relief of disease have been established.

It is not surprising that with these advantages, during the last twenty years, Florida has been visited by a vast number of persons, who have either settled upon its soil, or continue to resort to it annually. Within this period, the entire face of the country has been changed, as it were by magic. From a wilderness of flowers, parts of it may now be called a cultivated garden. Its legislatures have fostered the building of railroads; have invited capital from abroad; and have so managed the affairs of the state that it can now traversed in every direction with ease and pleasure. More than a hundred large hotels, and double this number of smaller ones, have been erected in
well-selected locations, and each one of them has some particular attraction. It is estimated that during the present winter it has been visited by more than eighty thousand strangers.

**FLORIDA FOR COMSUMPTIVES**

Physicians often recommend many of those who seek their advice to spend their winters in mild peninsular climates, simply for the pleasure of the life. But the diseased conditions which they think are manifestly benefited by a resort to them, may be divided into the non-progressive and the progressive diseases. By those which are nonprogressive, I mean diseased conditions which are produced by overwork, luxury, and overexcitement, and by the contaminated air of cities. The progressive diseases are of a different character and are the great outlets of human life.

Foremost among them is consumption. It is this disease which has filled both peninsular and high-altitude hotels beyond all others, and will continue to do so. "Why do you persist in sending your patients, in the third state of consumption, to Florida?" the physicians of that state ask of their northern brethren. They reply: "We do not always send them; they will go." In fact, there is an intuitive and common-sense desire among consumptives and their friends to escape from the winter storms of rigorous climates, and go where it is warm and pleasant; and who can blame them? For myself, as a physician, I have observed the effects of the climates of Colorado, Santa Fe, and other high altitudes of the Northwest, and also of Southern and Lower California and Florida. Two propositions are, thus far, satisfactory and encouraging to me: first, that change of air sometimes permanently arrests the disease in question in its first stage; and secondly, that a temperature between 70 degrees and 80 degrees F., where the invalid can be most of the time comfortable in the open air, is a valuable agent, provided it is good natural air which is obtained. Personally, if I had consumption, cancer, Bright's disease, chronic impoverishment of the blood, some of the heart or skin troubles, or any ailment which prevented me from buffeting my way in the open air against a gale of wind in a cold country, I would go, if possible, to a land that inclined to the winter sun by sloping well to the south, free from mountain snows, and had an even winter temperature, varying for the most part between 70 and 80 degrees F.; and where can such a land be more easily reached than the favored peninsula of Florida?

**ROUTES TO ST. MORITZ**

But in order to judge clearly between the two as winter residences for invalids, the advantages of southern peninsulas should be contrasted with the rigors of northern inland climates. Let us contrast what has already been, and what will be hereafter said about the winter climate of southern peninsulas with this picture taken from the Fortnightly Review-Article: "The Upper Engadine in Winter." St. Mortiz and Davos are places recommended for a winter climate. Imagine the following scene for a consumptive, for whom it is recommended. "St. Mortiz," says the writer, "is reached by six great Alpine routes . . . . English people use the Julier and Maloja, since the others are either higher or more exposed to avalanches . . . . The shortest time is made by the Julier, but this involves a twelve-hours drive in an open sledge. As a rule, only the first and last sledges have drivers. Along the narrow track formed in the snow, the procession walks or trots, according to the degree of the slope. The horses are accustomed to their work and follow their leader without the use of the
reins. But if they chance to be fresh to their duties and leave the track, they will flounder more than knee-deep in the powdery snow, on which the occupants of the sledge will usually find themselves deposited without violence or hurt . . . . As we go on, the sun, shining through the thin air, begins to burn fiercely, and we are glad to discard, one by one, many coverings which were necessary earlier in the day. This peeling process may continue until we feel surprised at the lightness of the covering required; but these rejected wraps will have to be donned again as evening advances.

"When lowering clouds discharge their burden of snow which, flung about in huge wreaths by a furious wind, blinds traveller, driver, and horses, and so covers up the track that the animals can scarcely make headway against the raging storm, then the worst that can happen is that accumulation of drifts and the force of the storm may render it impossible to proceed, and sledge and horses will be rapidly snowed up . . . . Thus by slow and painful stages, the travellers (consumptives) may reach their haven of safety, to suffer for days in eyes and skin, if not more severely, from the terrible exposure. Sunshine lasts from 10:45 to 3 p.m. on the shortest day, and these hours mark the limits within which most invalids find it desirable to remain out of doors. There is often a difference of more than 50 degrees F. between the temperature in sun and shade. The sudden chill which accompanies sundown is remarkable. Except when moonlight tobogganing is indulged in, it is not usual for people to go out walking in the evening." From this example it is plain that the course marked out and followed by the fashionable "fads" of the present day is not to be accounted for; but it is common sense to suppose that this sort of thing for consumptives cannot last.

ATTRACTING EUROPEAN PHYSICIANS

Compare this picture, which tempted quotation from its vividness, with the climate of southern peninsulas, where the air in winter is generally mild. In Florida, especially upon its southwestern coast, the average winter temperature is about 68 degrees F., and during few winters are the extremes of the thermometer lower than 45 degrees F., or higher than 80 degress. These extremes, however, are very rare upon this coast, and of short duration. Again, upon peninsulas, the scene of open water is a pleasant and refreshing change from that of ice-bound streams, bare trees and frozen ground. The amusements of walking in the open air, hunting, riding, driving and boating, in no small degree contribute to health and pleasure; and the abundance of fruits, fresh vegetables, and fish are not found in northern inland countries. It is not wonderful, therefore, that such advantages as these are sought after. They indeed offer a haven of hope for invalids and a desirable winter home for all.

On account of these facts, which have been repeatedly observed and extensively published by able writers, Florida is now attracting the attention of the European physicians and sanitarians. The Russian, the German, the English, the French and Spanish physicians, as well as those in South America and the islands, are all becoming more and better acquainted with the peculiar attractions of Florida: and, tired of those inferior climates which have been mentioned and which they have tried so long, and looking for something new and better, they are freely recommending this state as a health and pleasure resort. If this is the drift of their inclinations, as it would appear to be from their writings and
conversation, what is needed to attract invalids from these distant lands to Florida is that more and greater preparation be made for their accommodation. This is a point of importance at this time, and the subject will amply repay a careful consideration.

'HEALTH CITY' PROPOSED

The scheme which will not be proposed is to project a "Health City" upon an enlarged scale, and to invite through the medical, the social, and scientific press, the nations of Europe and America to unite in its erection and improvement. It would seem particularly fit that some such proposition should be made for Florida, since its history shows that at different periods it belonged successively to four of the present leading governments of the world, the last of whom expelled a nation of brave and strong warriors from its soil. Then it was all war and dreadful massacre; now, in the 19th century, there is an opportunity offered for all these nations to join hands on the peaceful paths of sanitary science, and in cultivating the art of prolonging life.

None of the places as they are at present improved in Florida can now fill this requirement. There are many of them quite good, but all lack completeness for such a purpose as the one proposed. The situations upon which most of them are built are more the result of circumstances than study. A place ought now to be found, where such improvements may be erected, concerning which it could be said with pride, that pleasant climate and pure air and water are not all which the medical profession with its collateral studies, can offer to the world on this unique peninsula.

A distinguished Physician in another country, as it were anticipating such a want here, has given the general outline for the building of a health city, which is particularly adapted to a warm climate. Without such a city, as a sanitary and pleasure resort, Florida will never be complete.

Upon one of the large sub-peninsulas on the southwest coast of the state, a city may be built after the ideal model drawn by the master hand of Dr. B. W. Richardson, of London, whose paper upon this subject was read before the Brighton meeting of the Social Science Association, in 1874.

LOOK TO POINT PINELLAS

All the fire-proof materials to construct such a city are near at hand on this peninsula. It can be erected with comparatively small cost. Nothing is wanting but the determination to do it, and the mind of such an architect as Mr. Chadwick, to whom Dr. Richardson largely refers in his paper.

That such a city will be built here in the near future, no one who has watched the progress of affairs of this kind in and out of the state, during the last few years, can doubt. It should be done at once, and when finished, invalids and pleasure seekers, from all lands, will come to enjoy the delights of a winter climate, which, all things considered can probably have no equal elsewhere.

Where should such a city be built? Overlooking the deep Gulf of Mexico, with the broad waters of a beautiful bay nearly surrounding it, with but little now upon its sterile soil but the primal forest, there is a large sub-peninsula, Point Pinellas, waiting the hand of improvement, as the larger peninsula from which it juts did but a few years ago. It lies in latitude 27 degrees and 42 minutes, and contains, with its adjoining keys, about 160,000 acres of land. No marsh surrounds its shores or rests upon its surface;
the sweep of its beach is broad and graceful, stretching many miles, and may be improved to an imposing extent. Its average winter temperature is 72 degrees; that its climate is peculiar, its natural products show; that its air is healthy, the ruddy appearance of its few inhabitants attests. Those who have carefully surveyed the entire state, and have personally investigated this sub-peninsula and its surroundings, think that it offers the finest climate in Florida.

"HERE SHOULD BE BUILT…"

Here should be built such a city as Dr. Richardson has outlined, or an improvement upon the Pullman city near Chicago, adapting such improvements to the purposes intended. To give an idea of Dr. Richardson’s model, a quotation will be given from his paper, taking the liberty, however, to change the sequence, and alter the meaning of a few words of the original text.

Dr. Richardson says: "Mr. Chadwick has many times told us that he could build a city which would reduce any stated mortality, from fifty, or any number more, to five, or perhaps some number less, in the thousand annually. I believe Mr. Chadwick to be correct to the letter in this statement, and for that reason I have projected a city that shall show the lowest mortality.

“Whatever disadvantage might spring in other places from a retention of water on the soil, is here met by the plan that is universally followed, of building every house on arches. So, where in other towns there are arena, kitchens, and servants’ offices, there are here subways through which the air flows freely, and down the inclines of which all currents of water are carried away.

“The roofs of the houses are but slightly arches, and indeed, are all but flat. They are covered with asphalt or tiling. These roofs are barricaded around with palisades, are tastefully painted, and make excellent outdoor grounds for every house. Flowers may be cultivated on them.

A CITY OF 100,000

"The floors are of heavy, hard wood, over which no carpet is ever laid. They are kept bright and clean by the old-fashioned beeswax and turpentine, and the air is thus made fresh and ozonic by the process.

"All pipes are conveyed along the subways, and enter each house from beneath. Each house is complete within itself in all its arrangements, so that all those disfigurements called back premises are not required. At a distance from the town, and connected with it by a telephone, are stables, the slaughter houses, and the public laundries and laboratories. Each night, or early in the morning, all sewage and refuse matter is removed from the town in closed vans, and conveyed to a distance, where it is utilized by Mr. Hope's plan."

Dr. Richardson, in his paper, projected a city for 100,000 inhabitants, living in 20,000 houses, and built upon 4,000 acres of land. On this subject he says: "In an artistic sense, it might have been better to have chosen a smaller town, or larger village, for my description, but, as the great mortality of states is resident in cities, it is practically better to take the larger and less favored community."

This style of building, that is, upon arches, is not proposed for Florida without due deliberation. It may not appear the best upon first presentation, but it will bear study. The houses will be high and dry, with a free flow of air beneath them. The floors should be from four to six inches thick. The cost of
arches, build with artificial stone, will be less than the cost of digging and laying pipes and sewers for drainage under ground. There is no frost here, hence no fear of water freezing. If once tried, its advantages will make it universal.

'THE MOST PERFECT PARADISE'

If the situation which has been pointed out has all the advantages which are claimed for it, and some of which will now be given, then it is the proper place for an improvement which should have no equal, as its climate is matchless. Dr. Charles J. Kenworthy, of Jacksonville, a well-known authority upon the climatology of Florida, says: "I have spent twenty-one winters in Florida, and being familiar with a large portion of the state, I have reason to believe the I am warranted in expressing an opinion. From my knowledge of the state, I am convinced that Point Pinellas is eminently adapted as a location for a sanitarium. The locality is strictly healthy, and it is accessible. The west and northwest winds are robbed of their piercing and refrigerant effects by passing over the warm waters of the Gulf of Mexico. The east and northeast winds are deprived of their harshness in passing over the peninsula of Florida. Having made the climatology of Florida a special study, I am of the opinion that Point Pinellas is the situation par excellence for a sanitarium and a winter resort for tourists. In addition to the sanitarium, I would recommend the erection of a hotel to accommodate tourists and sportsmen. The harshness of the east and northeast winds on the Atlantic coast, the frequent rains and sudden atmospheric changes, so common in the northern portion of the state, and the liability to malarial diseases at certain points in the interior, would induce visitors to seek the equable, healthy and balmy climate of the Gulf coast, if suitable accommodations could be secured."

Mr. William C. Chase, who has traveled extensively over the state, with a view of studying its climatology, says: "Were I sent abroad to search for a haven of rest for tired man, where new life would come with every sun, and slumber full of sleep with every moon, I would select Point Pinellas, Florida. It is the kindest spot, the most perfect paradise; more beautiful it could not be made. Still, calm, and eloquent in every feature, it must be intended for some wise purpose in the economy of man's life. Its Indian mounds show that it was selected by the original inhabitants for a populous settlement. These mounds are not very common in Florida, and where found there are always excellent attractions. Some of the mounds of Point Pinellas will measure from one hundred to three hundred feet in circumference, and thirty to ninety feet high—quite a hill, some of them. A skeleton dug from one of them had a thigh bone five inches longer than that of a man living on the Point who was six feet tall. The present inhabitants have none of the sallow, unhealthy complexions so common in the South, but are ruddy and clear, and as fine specimens of manhood as can be found anywhere. Nowhere in Florida can be found such lakes and such good water. It is a fact worthy of consideration, that the sapodillo, the mango, and many other positively tropical fruits and plants, grow and yield here, and living men gather and ship their yield, and depend upon their crops with as much certainty as the balance of Florida does upon the orange, cotton, and sugar cane. One cannot too carefully note this fact."

TAMPA DOCTOR SPEAKS
Mr. Theodore G. Maltby, than whom there is no one more able to give an opinion upon this subject, says, in a letter dated from Point Pinellas: "I will state my experience at Pinellas, and elsewhere in Florida. Before coming here I paid an extended visit to the east coast, and visited most points of interest between St. Augustine and Key West. I was much pleased with the Indian River country as being the most desirable location for fruit growing I had then seen, but the insect annoyances that must always be endured deterred me from settling there. The mosquitoes and sandflies were terrible. We were compelled to wear head nets and gauntlet gloves at night in order to sleep; and from the sandflies there was no escape except by continual warfare. When I returned to Florida three years ago, I did not look at the east coast. I had determined to go to Jamaica, but meeting Dr. Branch in Tampa, who had lived many years in Florida, he told me that Pinellas was the most healthy place, and had the most desirable climate of any portion of Florida. And I here state that if I should leave Pinellas, it would not be with the idea of finding a better location in the state. Its nearly insular position, being almost surrounded by sea water, which ebbs and flows twice a day, filling every bay and bayou with warm water from the Gulf, and in summer with cool water, serve to keep an even temperature, and prevent great extremes of heat and cold, and giving us a climate where the mango, avocado pear, and other tropical fruits thrive and flourish; while a few miles north, and many miles south, these are almost yearly injured by frost. Among the tropical fruits growing here is the cerica pay-payo, a fruit said to be exceedingly rich in pepsin. I can speak from actual knowledge, that it is an excellent remedy for indigestion. The mango fera (the mango), is also in bearing here. It is one of the most magnificent trees of the tropics—there are trees growing on Pinellas having a circumference of branches of ninety-six feet, and not eight years old. The persea gratissima (the avocado pear) is also a beautiful tree, some specimens here having attained a height of thirty-six feet. Both fruits are highly esteemed. Many other choice tropical fruits are to be found growing, among them the anona cherimolia, or cherimoya, pronounced by Wallace to be a spiritualized strawberry. Abundance of oranges, limes, lemons, guavas, and bananas, and a few varieties of grapes." He also says the supply of game, fish, oysters, clams, scallops, etc., is abundant, and that excellent beaches for salt-water bathing are accessible from either bay or Gulf side:~so that at Pinellas, it is 'impossible to locate far from good bathing, fishing or hunting.'

NATION'S EYE TURNED

In a paper on "The Climatic Conditions of Florida," Judge J. G. Knapp, State Agent of Agriculture, divides the state into eight belts. He says: "The boundaries are not as sharp as latitudinal lines. His divisions are the north-western, the northern, north central, central, south central, southern, semi-tropical, and eighth, the tropical belts. Of the central belt he says: "The year possesses so equable a climate that, in the estimation of the inhabitants, the present season is always better than the past. Summer and winter vary from each other rather by the months in the almanac, than by the markings of the thermometer." Of the south central belt he says: "If we were charmed in the central, in the south central we will be enchanted. Here frosts never freeze the orange, and it may remain on the parent tree until fully ripe. In this belt lies the frostless Pinellas, and the lands between the waters of Tampa and Manatee Bays and the Gulf. The nation's eye is turned thither, and the tread of the pioneer is heard. He who will predict for this region
a high rank among the incomparable belts of Florida, will not err."

After this evidence, it might be deemed unnecessary to say anything more about Florida as a winter resort, or concerning the excellence of the climate of Point Pinellas. But the descriptions which have been written may bring disappointment to some persons, when they face the reality. It is the intention that in this paper, at least, there shall be no misrepresentation, if it can be avoided.

A gentleman of this city, now over sixty years of age, has spent much of his adult life in searching for a perfect climate. His standard has been formed from reading. Although his means and industry have permitted him to travel wherever literature invited, he is still in search of his ideal climate. His case is not an uncommon one.

**TAMPA ENJOYS FIRES**

Everyone who has traveled much in Florida knows that there are cold days there in every winter. Fires have been seen and enjoyed from Fernandina to Tampa. The new San Marco hotel in St. Augustine is warmed by a steam apparatus. The rulings of the thermometer are found to be variable everywhere: sinking with the north, and rising with the south winds. It is difficult to find the exact frost line. Concerning this, which would not appear to be a very material point, there is a contention. There are old inhabitants who say that at long periods, and at rare intervals, frosts appear in every part of the state, Pinellas included, and there are others who assert the contrary. However, as a general truth, it is well known that there are elsewhere more equable climates than Florida can offer. But with equal truth it can be said that these climates are either too hot or too dry to be pleasant, or that they are comparatively inaccessible. Rain and alternations of temperature according to meteorological laws go together. It is by comparison only, and by taking all with all, that the winter climate of Florida has become celebrated, esteemed, and so much sought after.

On the 20th of last February there was a stiff northeast breeze blowing on Point Pinellas, and overcoats were not uncomfortable to some persons who were there on that day. At 6 a.m. the thermometer had been 46˚ F., the coldest day this year. Yet the climate on this point is anomalous. It is asserted by its inhabitants, admitted by its neighbors, proved by its flora, and published unchallenged by writers, that frost does not occur there. It has been long and generally known as the "frostless Pinellas." If this is absolutely correct, or if a close approximation to it be assured, there must be some cause, or combination of causes to account for this effect. Frost occurs on the mainland in the same latitude. And it even occurs one hundred miles further south.

**"SIGSLEY’S DEEP"**

With all due diffidence, and subject hereafter to correction, the following reasons are suggested as a possible explanation for this remarkable fact. Pinellas is a sub-peninsula having a large land surface, which is for the most part, poor, high, dry, and hard, with here and there fertile spots scattered over its surface. The north and east winds blowing to it are first warmed by passing over the main or larger peninsula, then again warmed by the Bay of Tampa, and yet again further warmed and re-dried by the land surface of Pinellas. The south, the west, and northwest winds are warmed by the Gulf of Mexico first, and pass over a chain of keys before reaching the "Point."
In the Gulf of Mexico, and beginning at a distance less than 100 miles to the west from these keys, is a basin 13,000 feet deep, and larger in extent that the entire state of Georgia. It is called Sigsley’s deep. Prof. Hilgard, Chief of the Coast and Geodetic Survey Bureau, has a model of it in his office at Washington.

Has this immensely deep basin an effect upon the temperature of the surface water of the Gulf, which is 9 degrees F. warmer than that in the Atlantic in the same latitude? The temperatures, in round numbers, are as follows: The average temperature of the water flowing into the Gulf is 54°F. The temperature at the bottom of the basin is 37°F. The deep basin in the Gulf is drained by a channel through the straits of Florida into a deeper basin off the north coast of Puerto Rico, which is 37,000 feet deep, with a bottom temperature of 35°F. The surface temperature of the Gulf water is 87°F. Is it that the Gulf is landlocked, and its waters heated by the sun, or does the dynamic force of the water at these great depths expel its latent heat? Whoever wishes to theorize concerning this subject may do so. The two facts, in order to show them more prominently, are here placed side by side, as they exist in nature - the frostless peninsula, and the basin; one is as true as the other; the latter has been proved by the soundings of the United States officers, the former is herewith given, with its proofs, for the future observation of the world. If the health city, like to the one which Dr. Richardson has imagined, or the one which the Pullman Company has made, is built here, no better or more accessible place can be found for the united enjoyment, mingling, and conference, of many nations. That it was considered a choice and favored spot by the Indians, has already been said, of which there is no doubt. The archaeology of the United States shows, that as a rule, the best food-producing, and the healthiest situations, contain abundant evidences of the long residence of the early inhabitants. The Indian mounds on Point Pinellas are by far the largest in the state, and the other evidences of an ancient populous settlement are equally plain.

**TAMPA BAY SHELL FISH**

Mr. Chase has told us that the food supply from the waters of Tampa Bay, from what he has heard, may not be excelled even by that of the Chesapeake. Beds of oysters, clams, and other shell fish are as large, and as good in quality, as those found in Maryland and Virginia. These oyster beds are now vast in extent, not having been much worked or drawn upon since the disturbance and expulsion of the Seminoles. The variety of edible fish is large, and they are considered by many to be superior to those found in the Baltimore and Norfolk markets. The pompano, the tarpon, blue fish, and red fish, the mackerel, mullet, and many others, are in great abundance. The keys are lined with marine curiosities, and upon some of them are rookeries and wild game. So that the feature of amusement and pleasure, so often wanting at health resorts, is here fully and happily supplied by nature.

Upon the land, according to Mr. Maltby, the oranges and other fruits are only excelled by those of Indian River, and again there are others who esteem the fruits of Pinellas above those of any other region of Florida. The vegetables grown upon the Gulf coast are of a superior quality, fully equal to those found anywhere.

The land of the sub-peninsula has an average height of about sixty feet, and commands a fine water prospect. In the distance the famous Egmont Key and the smiling landscapes of the Manatee River country are to be seen.
COMPASS TO PINELLAS

All these things, as well as its remarkable climate, point to it as a place for health and happy existence. Who will undertake its improvement? or, as it may be more aptly put, who will not work for its success? In the past there are at least two instances of city building which are encouraging. The great hero of antiquity sought a peninsula, upon which he brought his household gods and founded the city from whence sprung the Latin race and the walls of lofty Rome. The historic William Penn ran his plow through miles of wilderness, anticipating the wants of Philadelphia.

Guided by such illustrious precedents, if a health city is now, or ever will be, projected at Pinellas, the compass of it ought to be large, ample, and complete. If commenced now, prudence indeed may dictate that the first beginning would better be only on a scale commensurate with what present need demands. There may yet be difficulties in the way to baffle and check the work, that cannot be foreseen; therefore much will depend upon those in whose hands it may first fall.

Wise words, yet suggestive of success, are necessary here. The improvements which have been made in Florida already are evidently those of the age of hasty production.

At the present time, when living is so luxurious, and luxury so contagious, the latest and best ideas in sanitary building must be attended to in order to give satisfaction. Opinions may differ as to the mode of building, but to arch building in a level country, none can deny a high order of advantages.

HEALTH CITY SHOULD BE BUILT

It has been the endeavor of the writer to call attention to the state of Florida as a winter resort for the restoration of the health of invalids, and for the pleasure of those who enjoy a warm winter climate and the sports and pasttimes that it offers.

It has also endeavored to show how its accommodations may be improved for the benefit of other nations than the citizens of the United States. As to the situation where its "health city" should be built, I have tried to point out the place, and show its advantages.

During a recent visit to Florida, my attention was called to Point Pinellas, and I examined it as well and carefully as time and circumstances permitted. At its southern extremity, the land is shaped like a pyramid, and at its apex now stands a high palmetto tree which, viewed from a distance in any direction, as it rises out of the sand, presents a singular spectacle. Poetry might suggest that it was a beacon to this genial climate, but actually, around its roots on the point the sea sweeps over a broad and graceful beach, trending in beauty for miles on either side. From here, extending far up into the land toward the base of the pyramid, Health City should be erected.

As a result of that visit and examination, this paper is now offered to you, gentlemen, as a contribution to sanitary science.