

upon the attention of those who may devote themselves to the study of the mysterious and infinitely varied laws which preside over the movements of the human body, as well in health as in disease. No one can be more sensible than myself of the great difficulty which attends every attempt to group and to arrange in a lucid manner, the intricate, and often, apparently, contradictory phenomena, which present themselves to us from day to day, in the exercise of the medical profession. Of the success which has attended my pursuit of that object, on the present occasion, I am no judge; but it may, perhaps, be permitted me to add, that it has been my wish, in the preceding pages, to isolate the facts from all reasoning upon them, that their intrinsic value might not be compromised by any fallacy in those inferences which they appeared to justify.

---

ART. IV.—*Report on the effects of the removal of the 65th, 36th, 69th, 37th, and 8th Regiments, from the West Indies to Nova Scotia, in the years 1838 and 1839. Transmitted to the Director-General of the Army Medical Department. By J. ELLIOTT, Member of the Royal College of Surgeons, London, Staff-Surgeon, and Principal Medical Officer to H. M. Forces in Nova Scotia, &c. &c.*

THE 65th Regiment, consisting of 14 officers and 476 men, arrived at Halifax, Nova Scotia, on the 2d of January 1838, in H. M. S. Cornwallis, from Barbadoes, after a passage of twenty-six days. The corps had served eight years in the West Indies, but had not suffered more from disease than regiments generally do on that station. At the time of embarkation, the men were comparatively healthier, and on landing at Halifax, the acute diseases were but few. Many, however, laboured under chronic affections of the thoracic and abdominal viscera, consequent upon long residence in a tropical climate and habits of intemperance.

On approaching Nova Scotia, and also after landing at Halifax, the men, women, and children on board suffered much from the severity of the cold. The embarkation of the regiment was so immediate, that time was not afforded to supply the men with woollen clothing adapted to a North American climate in the winter season; but blue cloth trowsers were issued to them on board by the purser of the Cornwallis. The women and children were supplied with articles of warm clothing, on their arrival, by the charitable donations of the inhabitants of Halifax.

Although the sick on landing were not numerous, consisting principally of chronic diseases of the lungs and bowels, yet, from

the effects of exposure to intense cold and intoxication, the admissions into hospital became very frequent during the first month, and many of the diseases were severe and dangerous. Care was taken to have frequent medical inspections of the men, and directions were given to send even the slightest cases to hospital, by which means the health of the soldiers rapidly improved, and the number of sick diminished.

In the course of three months, the regiment had made considerable advancement in health and efficiency; and although the men were not, perhaps, in a state fit for field-service, yet they were sufficiently recovered for the performance of garrison duty. During this period, more of the men from the West Indies were admitted into hospital than of those in the garrison, who had never served in a tropical climate; and many of the diseases of the former class were not only more severe in character, but more disposed to a fatal termination. Of the draft of 134 men, mostly young soldiers, that joined from England early in the spring, the admissions for a time may have been equal in number to those of men from the West Indies; but this was depending on many of these being young and delicate subjects, easily affected on their first arrival from Europe by the climate, during the season in which cold and wet weather prevailed.

The left wing of the 65th Regiment proceeded from Halifax to New Brunswick, in the second week of January 1838, by sea, when two companies, on landing, went to Fredericton on the ice; and one company was left at St John for garrison duty. The right wing, head-quarters, followed early in April. On the removal of these divisions from Nova Scotia, the sick of the corps were left in hospital at Halifax.

Early in June following, the whole of the regiment was concentrated at Fredericton, and the men had then become greatly improved in health and appearance. The barracks not being sufficiently capacious to contain the whole of the regiment, 100 men were encamped in the barrack enclosure, and were relieved weekly by the same number from the barracks. Notwithstanding the weather on some days in June was very wet, yet those under canvas enjoyed equally good health with the rest; a few catarrhal cases only occasionally occurring among them.

Many of the men that were in bad health on landing in North America, and who had suffered much from disease in the West Indies, greatly improved in health soon after their arrival, under careful hospital treatment and salutary exercise.

The diseases to which the men from the West Indies were most liable in Nova Scotia and New Brunswick, during the cold season, more especially, were those of an inflammatory character, affecting mostly the lungs and bowels. In cases of chronic visce-

ral disease of long standing, inflammation of the affected organs was often superinduced; and in such circumstances, the cases became somewhat intractable, and difficult to be relieved by the best remedial measures. Relapses of intermittent fever, — a disease scarcely known to originate in Nova Scotia, occurred in some of the men who had suffered from that disease in the West Indies, and these were generally of the tertian form. Common fevers, under which head many cases admitted with mere ephemeral vascular excitement are included, often the result of intoxication, were frequent. Ophthalmia, principally of the catarrhal character, prevailed among those who had suffered from the disease in the West Indies, apparently excited by the vicissitudes of the weather, and aggravated by excessive spirit-drinking. Many of the cases that occurred in those who had severely suffered from the complaint in the West Indies were obstinate, and in some few vision became more or less defective.

In the third quarter of the year, from 1st July to 30th September, the weather was fine and favourable to health; and the regiment had become so healthy and efficient as to excite, by the appearance of the men on parade, a degree of surprise in the minds of some of the oldest officers on the station.

The 65th Regiment was ordered on service to Canada early in November 1838, and embarked at Chediac, New Brunswick, for Quebec, in the highest state of efficiency.

Return of the number of sick of the 65th Regiment during the first nine months after their arrival in North America from the West Indies.

From 2d January to 31st March 1838.

Admitted,	177	} Of the 5 deaths, two were from chronic dysentery, one from chronic catarrh, one from diarrhoea, and one from common fever.
Discharged,	161	
Died,	5	
Remained,	11	

From 1st April to 30th June 1838.

Admitted,	224	} Of the 9 deaths, two were from pulmonary con- sumption, one from chronic catarrh, one from dropsy, two from fever, one from disease of the liver, one from colic, and one from vomiting of blood.
Discharged,	203	
Died,	9	
Remained,	23	

From 1st July to 30th September 1838.

Admitted,	153	} Of the 2 deaths, one was from dysentery, and one from diarrhoea.
Discharged,	159	
Died,	2	
Remained,	15	

The 36th Regiment, consisting of 13 officers and 430 men, embarked at Barbadoes, in H. M. S. Hercules, on the 10th of November 1838, and arrived at Halifax, Nova Scotia, on the 8th of December following, after a service of eight years in the West Indies. The corps had suffered much from remittent fever when stationed at Antigua, and subsequently from dysentery at St Lucia, Demerara, and Barbadoes.

At the time of embarkation, the regiment was comparatively healthy, with the exception of some cases of chronic dysentery, which promised but little chance of ultimate recovery.

During the early part of the voyage to Nova Scotia, the corps did not suffer from any particular prevailing disease or privation ; but on approaching the colder latitudes of North America, the men, women, and children felt the severity of the cold weather ; the chronic dysenteric affections became aggravated, and of these two died on board, after entering the harbour of Halifax. Major Crosse of the 36th Regiment died of fever on the third day after embarking at Barbadoes, and before the *Hercules* sailed.

The men were provided with warm clothing at the time of embarkation.

On the landing of the regiment at Halifax, the men appeared much affected by long service in the West Indies. They looked sallow ; and the constitutions of many were evidently much broken, from climatorial causes, and, perhaps, habitual intemperance. No particular disease prevailed at the time, excepting some chronic pulmonary and dysenteric affections, originally contracted in the West Indies, and which became more or less aggravated by the almost sudden transition from extreme heat to intense cold.

After landing, the admissions into hospital became numerous, particularly during the first fortnight, and exceeded, in a great proportion, those of the other corps then in garrison, and those last from England, who had never served in the West Indies. The most frequent diseases were inflammatory affections of the lungs and bowels, consequent upon exposure to cold, intemperance, and subsequently the early movements of the regiment to the frontier of New Brunswick, when the quarters, from necessity, were both indifferent and comfortless.

In consequence of the invasion of disputed territories by the Americans, the 36th Regiment, composed entirely of men from the West Indies, was sent, in two divisions, from Halifax to St John's, New Brunswick, by sea, to replace the 11th Regiment, that had gone on to Canada by the land-route. The first division proceeded on the 15th of December, a week after landing in Nova Scotia, and the second in the course of the week following, in H. M. steamer *Medea*. All the actual sick were left in hospital at Halifax, by which arrangement much inconvenience and bodily suffering were prevented on the landing of the corps in New Brunswick, at such an inclement season of the year.

From St John, the regiment proceeded to Fredericton, and the greater part went thence to Woodstock, and other stations on the frontier of New Brunswick, along the course of the river St John. The men in those expeditions suffered from continued exposure to cold and indifferent quarters ; but the cases of disease were by no means numerous, probably from the active mental and bodily exertion attendant upon these movements. Catar-

rhial affections were the most frequent; but they admitted of early relief. Several were frost-bitten,—an accident which mostly occurred to men while in a state of intoxication. The only serious case of this kind happened to a deserter, who had lost himself in the woods.

In May a draft of 134 men arrived from England. In June, the whole of the regiment was concentrated at Fredericton, having been relieved at Woodstock and other advanced posts on the frontier, by the 69th Regiment from the West Indies, via Halifax and St John. The corps had now so much improved in health that, at the half yearly inspection, the major-general commanding was much pleased with its appearance and efficiency. Another draft of sixty-two men arrived from England in September.

From the arrival of these drafts in New Brunswick, the proportion of admissions into hospital of men from the West Indies, compared with those direct from Europe, did not greatly differ. The ratio of mortality of men from the West Indies was four to one of those last arrived from England. It may be observed, that the latter arrived at a favourable time of the year, in May and September, both healthy months. The greater number of deaths occurred previous to the arrival of the drafts from the depôt.

The men whose health had been impaired in the West Indies, and were not labouring under serious organic disease, improved in every respect, and apparently became equally healthy with those who had never served in a tropical climate.

The diseases to which the men from the West Indies were most prone after their arrival in North America may be stated to have been catarrhal and bowel affections, in which the inflammatory symptoms became easily excited by incautious exposure to the severity of the weather in the winter months, and perhaps habitual intemperance. Abscesses and ulcers were also frequent; many of the former extensive, and for a time intractable. The admissions of men from the West Indies have been far more numerous than of seasoned soldiers of other corps on the station, who had never served within the tropics.

Several cases of erysipelas, of a very severe type, occurred in the summer and autumnal months of 1839, affecting mostly those whose constitutions had been impaired by a West India climate and intemperance, and of which some terminated fatally. The disease was prevalent at this time among the inhabitants of Nova Scotia and New Brunswick, apparently of an epidemic character, and not depending upon the change from the West Indies to North America. Ophthalmia prevailed in the corps in the West Indies, and after its arrival in New Brunswick. Many cases came under treatment at Fredericton, but the proportion of admissions into hospital from this disease of men from the West Indies has not been greater than of men who arrived direct from Europe.

Return of the number of sick of the 36th Regiment in the first seven months after its arrival in North America.

From 8th to 31st December 1838.

Admitted, . . .	86	} Of the 6 deaths, one from disease of the lungs, and five from chronic dysentery.
Discharged, . . .	57	
Died, . . .	6	
Remained, . . .	23	

From 1st January to 31st March 1839.

Admitted, . . .	125	} Of the 7 deaths, three from disease of the lungs, three from chronic dysentery, and one from delirium tremens.
Discharged, . . .	103	
Died, . . .	7	
Remained, . . .	15	

From 1st April to 30th June 1839.

Admitted, . . .	179	} Of the 8 deaths, five from disease of the lungs, one from apoplexy, and two from delirium tremens.
Discharged, . . .	152	
Died, . . .	8	
Remained, . . .	34	

The 69th Regiment, consisting of 13 officers, and 446 men, embarked at Barbadoes in the *Crocodile* frigate, *Numa*, and *Elizabeth* Transports, in January 1839, and arrived at Halifax, Nova Scotia, in the course of February following. The first division in the *Crocodile* was 25 days, the second in the *Numa*, 44 days, and the third in the *Elizabeth*, 29 days, on the voyage.

The men of the 69th Regiment were comparatively healthy during the passage from the West Indies to Nova Scotia, and no deaths occurred. They were provided with warm clothing, and did not suffer from any privation on board.

At the time of the arrival of the regiment in Nova Scotia, the weather was exceedingly cold, and the frost more severe than usual; the thermometer at times falling many degrees below zero. The harbour of Halifax became rapidly frozen over; an occurrence that but rarely happens. The men of the corps suffered much from cold during the latter part of the voyage, while detained in harbour at Halifax, and subsequently on the passage from thence to New Brunswick.

The several divisions of the regiment, as they arrived at Halifax, were ordered round to St John, New Brunswick, by sea, in consequence of the invasion of the disputed territory by the Americans of the state of Maine. A strong draft of 185 fine healthy young men arrived from England in February in the *Inconstant* frigate, and after landing, proceeded with the first division in the *Crocodile*. The sick of the regiment, on leaving Nova Scotia for New Brunswick, were few in number, and were left in hospital at Halifax. Four of these died, and those that recovered subsequently joined the corps in the latter province.

The *Elizabeth* transport, with head-quarters and two companies, was unfortunately wrecked off Cape Sable, on her passage

from Halifax to St John, New Brunswick. The troops were landed at Shelburne by a timber vessel that was passing at the time. No lives were lost; but the officers, men, women, and children, suffered greatly from exposure to extreme cold and wet during the occurrence. This detachment was afterwards taken to St John by the Crocodile frigate.

The divisions of the 69th, as they landed at St John, with the exception of one company left for garrison duty there, were advanced to Woodstock, 150 miles distant, and 60 above Fredericton, on sleighs and sleds upon the ice, from whence detachments were sent to Tobique and the grand Falls on the River St John.

No particular disease prevailed in the corps on its arrival in North America. The men from the West Indies suffered more from cold than those recently from England, and those of other corps on the station who had not served in a tropical climate.

The regiment, although greatly exposed to cold during its movements on the frontier of New Brunswick, was during the time much more healthy than could have been anticipated. There were but few cases of sickness reported, and these were in a less proportion to those of other troops in quiet garrisons; which circumstance may, perhaps, be attributed to the precaution taken in leaving all the sick in the hospitals of Halifax, St John, and Fredericton, *en passant*, and to the mental stimulus and bodily exercise attendant on these military movements. The difficulty of obtaining spirituous liquors, unless in moderate quantities, may also have afforded further means of preserving the health of the soldiers at this period.

The proportion of men from the West Indies admitted into hospital to those of the corps who had never served in a tropical climate, the latter mostly young soldiers, was, during the first twelve months from the arrival of the regiment in North America, nearly equal. The ratio of mortality in the same period, in these two classes, was about one in 22 of men from the West Indies, and one in 93 of the drafts from Cork.

The men whose health had been impaired by long service in the West Indies, excepting those in whom organic disease had made serious inroads on the constitution, improved greatly in health and appearance after the arrival of the corps in New Brunswick, and in most of them recovery was effected.

The diseases to which the men from the West Indies were most prone after their arrival in North America, have been relapses of ague, common fevers, and catarrhal affections. Cases of rheumatism and bowel complaints have also occurred.

Ophthalmia prevailed in the corps in the West Indies, also previously in Ireland in 1829, and after its arrival in New Brunswick; but not at the latter station in greater proportion

among the men from the West Indies, than among the young soldiers that came direct from Ireland.

The health and efficiency of the 69th Regiment may be considered to have been established in six months from its arrival in North America. That the corps should have experienced such an immunity from disease during its movements on the frontier of New Brunswick, immediately after landing in the cold and boisterous month of March, has been a matter of surprise to every one, and can only be attributed to the circumstances stated in another part of this report.

Return of the number of sick of the 69th Regiment in the first eight months after arriving in North America.

		From 3d February to 31st March 1839.
Admitted,	. 148	} The one death was from disease of the lungs.
Discharged,	. 121	
Died,	. 1	
Remained,	. 26	
		From 1st April to 30th June 1839.
Admitted,	. 184	} Of the 11 deaths, two from fever, six from disease of the lungs, one from chronic dysentery, one from inflammation of the stomach, and one from delirium tremens.
Discharged,	. 180	
Died,	. 11	
Remained,	. 19	
		From 1st July to 30th September 1839.
Admitted,	. 217	} Of the 3 deaths, one from fever, one from disease of the lungs, and one from chronic dysentery.
Discharged,	. 210	
Died,	. 3	
Remained,	. 23	

The 37th Regiment, consisting of 15 officers, and 424 men, embarked at Jamaica in H. M. S. Hercules on the 21st of March 1839, after a service of six and a-half years in the West Indies, and two years previous service in Bermuda, and arrived at Halifax, Nova Scotia, in April following, after a passage of 27 days.

The mortality at Bermuda, exclusive of accidental deaths, amounted to 32, and at Jamaica to 223, during the before-mentioned periods; but although the regiment frequently suffered from visitations of sickness, yet it may be considered to have been healthy in comparison with other corps on the Jamaica station.

At the time of embarkation, the regiment was particularly healthy, and no sick were left behind. The latter consisted chiefly of chronic cases, and they were enabled to embark with the corps for Nova Scotia.

On approaching the coast of North America in the month of April, the weather was extremely cold and wet, and which was much felt by the men on board. Diarrhoea and dysenteries were the principal complaints treated on the passage, and three of the latter had a fatal termination. The dysenteric cases were much aggravated by the cold and wet weather towards the latter part of the voyage. Each soldier was provided with two flannel shirts, and they wore trowsers of blue serge.



When the regiment disembarked at Halifax, the weather was still cold and wet, and which soon caused a considerable number of admissions into hospital; and for some time after the arrival of the corps, the men from the West Indies suffered more from the effects of cold and disease than those recently from England, and those of the other regiment then in the garrison (23d,) who had never served in a tropical climate.

A draft of 98 men had arrived at Halifax from England in the Inconstant frigate in February, previous to the arrival of the regiment from Jamaica, and another of 123 men arrived in the month of August following. These drafts consisted mostly of very young soldiers.

The diseases from which the men of the 37th Regiment mostly suffered after their arrival in Nova Scotia, were relapses of intermittent fever, pulmonic and bowel affections, extensive abscesses, many seated in the axilla, and erysipelas of a severe kind, and of which latter, one died in June and another in August. This disease, however, was not the consequence of removing from the West Indies to North America. It was prevalent at the time among the natives of the province, and was apparently of an epidemic character.

Although, after the arrival of the regiment in Nova Scotia, the admissions into hospital were comparatively numerous, yet, with the exception of the first three months, the mortality was small, the deaths having been five in the first quarter, and four only in the following six months, and these were mostly cases of pulmonary consumption.

The proportion of men from the West Indies admitted into hospital in the first year after the arrival of the corps in Nova Scotia, was  $792\frac{1}{2}$  per 1000, and of those who had never served in a tropical climate,  $879\frac{1}{2}$  per 1000. It may be stated that the numerous admissions of the latter class resulted from the drafts from home having consisted of very young men, of whom many had tender constitutions, and also became easily affected by the vicissitudes of the weather and intemperance. The ratio of mortality in these two classes was 1 in 60 of those who had served in the West Indies, and 1 in 112 of those who had never been in a tropical climate.

The health and strength of the men greatly improved after their arrival in North America, including even those who had suffered from bad health in the West Indies.

The particular diseases to which the men from the West Indies were most prone in the first year after their arrival in Nova Scotia were, 1. relapses of intermittent fever, the number of which amounted to 50, whereas, not one case occurred in those direct from Europe; 2. catarrhal affections, in the ratio of one in ele-

ven, of men who had served in Jamaica, and one in eight of those who had not been in that island; 3. bowel complaints as one in eleven who were in the West Indies, and one in thirteen of those who were never in a tropical climate.

Ophthalmia did not prevail to any extent in the 37th Regiment when in the West Indies; nor has it been prevalent since the arrival of the corps in Nova Scotia; and it may be remarked that the disease has not occurred in men on the latter station who had suffered from the complaint while resident in Jamaica.

The head-quarters of the 37th Regiment have remained at Halifax. Two months after the corps arrived in Nova Scotia, one company was detached to Prince Edward's Island, and another to Cape Breton, on the usual annual tour of duty. In the course of six months from its arrival in North America, the regiment regained such a state of health and efficiency, as to render it fit for any kind of military service.

Return of the number of sick of the 37th Regiment in the first nine months after their arrival in Nova Scotia.

		From 1st April to 30th June 1839.
Admitted, .	199	} Of the 5 deaths, two from disease of the lungs, one from chronic dysentery, one from erysipelas, and one from disease of the liver.
Discharged, .	164	
Died, .	5	
Remained, .	30	
		From 1st June to 30th September 1839.
Admitted, .	192	} Of the two deaths, one from disease of the lungs, and one from erysipelas.
Discharged, .	195	
Died, .	2	
Remained, .	25	
		From 1st October to 31st December 1839.
Admitted, .	173	} The two deaths were from disease of the lungs.
Discharged, .	168	
Died, .	2	
Remained, .	28	

The 8th or King's Regiment, consisting of 25 officers and 547 men, after serving five years and ten months in Jamaica, embarked at Montego Bay in that island, on the 17th of April 1839, for North America, and arrived at Halifax, Nova Scotia, on the 5th of May following. The regiment had suffered much from tropical disease, and the mortality had been great. At the time of embarkation, the regiment was comparatively healthy. Seven sick were left in Jamaica, not so much from being unfit for removal, as from want of accommodation in the vessels of war that conveyed the corps to Nova Scotia.

The regiment was healthy during the voyage, and did not suffer from any particular privation; but when within three days' sail of Halifax, the cold experienced was comparatively great; the thermometer having fallen to 40° of Fahr. No deaths occurred during the passage from the West Indies.

The men were not provided with warm clothing until they arrived at Halifax, when they received flannel shirts and drawers. They wore blue serge trowsers on the voyage.

After landing in Nova Scotia, the admissions into hospital were for a time more numerous than those of other men then in the garrison, who had not served in the West Indies. 183 were admitted from the 10th of May to the 30th of June. The prevailing complaints were catarrh and diarrhoea. Of the 183 admitted, 77 were of the former, and many of the latter disease. Several relapses of ague also occurred. The diseases admitted were mostly of a mild character, and none terminated fatally. Some chronic diseases of the thoracic and abdominal viscera existed among the older soldiers, induced by climate and intemperance, of whom the majority were sent to England for invaliding and recovery in September following.

The regiment may be considered to have been healthy since its arrival in Nova Scotia; the health of the men rapidly advanced during the summer and autumnal months; and no deaths occurred until November, when a man died from carditis, and another from erysipelas; a disease then prevailing in Nova Scotia. These two deaths could not be referred to the effects of change of climate.

The whole of the men of the 8th Regiment came from the West Indies. A draft of 149 men arrived in Jamaica from Europe a month previous to the departure of the corps for North America, and who could scarcely be considered as having served in a tropical climate.

In regard to the ratio of mortality in these two classes of men, of the two fatal cases, one in each took place.

Of the 22 men sent to England in September, whose health had much suffered from long service in the West Indies, it is not known how far recovery has been effected among them. Several of these were old worn-out soldiers, recommended for discharge.

The men, whose health had been impaired by a West India climate, and who did not labour under intractable chronic visceral disease, greatly improved in health, strength, and appearance, after the arrival of the corps in Nova Scotia.

The diseases to which the men were most prone after their arrival were catarrhal and bowel-affections. These, however, were for the most part of a mild character, and yielded to prompt medical treatment. Relapses of intermittent fever were frequent in those who had suffered from the disease in Jamaica. The paroxysms were speedily removed by the use of quinine and a few days confinement in hospital.

The proportion of admissions into hospital of the men of the draft from England that joined a month before the corps left Ja-

maica, to those of the older soldiers who had long served in a tropical climate, has been one of the former to three of the latter class.

Ophthalmia prevailed in the corps while in the West Indies, but never to any great extent. None have been admitted into hospital with this disease since the arrival of the regiment in North America.

At the termination of the quarter ending 30th September, five months from the arrival of the corps, the men had so improved in health and efficiency, as to be considered fit for any kind of active service.

The rapid improvement of the health of the 8th Regiment, and two deaths only having occurred in the first eight months from its arrival in Nova Scotia, both from accidental causes, may be principally attributed to the corps having arrived at a mild and favourable season of the year.

Return of the number of sick of the 8th Regiment from the 6th of May to the 31st December 1839.

From 6th May to 30th June 1839.

Admitted, .	183
Discharged, .	159
Died, .	0
Remained, .	24

From 1st July to 30th September 1839.

Admitted, .	242
Discharged, .	249
Died, .	0
Remained, .	30

From 1st October to 31st December 1839.

Admitted,	204	} Of the 2 deaths, one from carditis, and one from erysipelas.
Discharged,	189	
Died,	2	
Remained,	30	

From the foregoing observations upon the effects produced by a North American climate on soldiers that have arrived from the West Indies in the winter season, and the advantages experienced by those who arrived in the spring months, it will appear evident that it would be desirable in future that troops from the West Indies should reach Nova Scotia or Canada at a time of the year favourable to their health, and comfortable to their feelings.

As in the early part of the spring the weather is generally cold, wet, and variable, I am of opinion that the troops should arrive in North America towards the latter end of May, or early in June. Regiments from the Mediterranean, intended to relieve those on the West India station that are destined for Nova Scotia or Canada, might leave Gibraltar about the beginning of April, when those relieved would be enabled to leave the West Indies for North America early in May. These troops will then have five suc-

cessive fine months to recruit their health and strength, and will become gradually inured to the cold of the first winter.

It may be remarked, that the most common diseases of soldiers in North America, during the cold winter season, are of an inflammatory character, involving the lungs more especially; and that it is to the frequent repetition of these inflammatory attacks, induced by exposure to the weather and acts of intemperance, that the majority of cases for invaliding and of mortality are to be attributed. Soldiers arriving from a tropical climate in the winter season are more liable to these attacks than others on the station, who have never served in the West Indies. Relapses of intermittent fever in those who have been subject to the disease in the West Indies also frequently occur from the extreme cold; and the various bowel affections, to which men had been previously subject in a tropical climate, become aggravated, and occasionally have a fatal termination. Rheumatic complaints are also, at times, excited by incautious exposure to cold and wet weather.

In addition to the effects produced by extreme cold, the disposition to the drinking of ardent spirits becomes increased, with the idea of inducing temporary corporeal warmth, which cannot fail to afford a further source of disease and suffering; and in those who may be labouring at the time under chronic derangement of the lungs or bowels, high inflammatory symptoms are sometimes superinduced, and from a repetition of attacks, the diseases, in some instances, ultimately become intractable, and the subjects either die in hospital, or are rendered unfit for further military service.

The immunity from serious disease and mortality experienced by the 8th or King's Regiment, during the first six months after their arrival in Nova Scotia in May, affords a convincing proof of the propriety of removing troops from the West Indies to North America at a season favourable to the re-establishment of their health and efficiency. An objection, perhaps, may be made to the sending of troops from the Mediterranean to the West Indies in the spring season of the year; but, from a long residence in the West Indian islands, I am inclined to think, as the rains commence in May and the increase of temperature is so trifling, that the health of the soldiers who have been serving some years in Gibraltar or Malta will suffer much less by removing to the West Indies at the period recommended, than has been generally supposed; besides, the voyages would be effected during fine weather,—a matter of no little importance to the health and comfort of the troops embarked.

*Halifax, Nova Scotia,*

*June 1840.*