

Tucholsky Wagner Zola Scott  
Turgenev Wallace Fonatne Sydon Freud Schlegel  
Twain Walther von der Vogelweide Fouqué Friedrich II. von Preußen  
Weber Freiligrath Frey  
Fechner Fichte Weiße Rose von Fallersleben Kant Ernst Richthofen Frommel  
Engels Fielding Hölderlin Eichendorff Tacitus Dumas  
Fehrs Faber Flaubert Eliasberg Eliot Zweig Ebner Eschenbach  
Feuerbach Maximilian I. von Habsburg Fock Ewald Vergil  
Goethe Elisabeth von Österreich London  
Mendelssohn Balzac Shakespeare Rathenau Dostojewski Ganghofer  
Trackl Stevenson Lichtenberg Doyle Gjellerup  
Mommsen Thoma Tolstoi Lenz Hambruch Droste-Hülshoff  
Dach Thoma von Arnim Hägele Hanrieder Hauptmann Humboldt  
Karrillon Reuter Verne Rousseau Hagen Hauff Baudelaire Gautier  
Garschin Defoe Hebbel Hegel Kussmaul Herder  
Damaschke Descartes Schopenhauer George  
Wolfram von Eschenbach Darwin Dickens Grimm Jerome Rilke Bebel Proust  
Bronner Campe Horváth Aristoteles Voltaire Federer Herodot  
Bismarck Vigny Gengenbach Barlach Heine Grillparzer Georgy  
Storm Casanova Lessing Langbein Gilm Gryphius  
Chamberlain Tersteegen Gilm Grillparzer Georgy  
Brentano Claudius Schiller Lafontaine Kralik Iffland Sokrates  
Strachwitz Bellamy Schilling Raabe Gibbon Tschchow  
Katharina II. von Rußland Gerstäcker Raabe Gibbon Tschchow  
Löns Hesse Hoffmann Gogol Wilde Gleim Vulpius  
Luther Heym Hofmannsthal Klee Hölty Morgenstern Goedicke  
Roth Heyse Klopstock Puschkin Homer Kleist Mörike Musil  
Luxemburg La Roche Horaz Kraus  
Machiavelli Kierkegaard Kraft Kraus  
Navarra Aurel Musset Lamprecht Kind Kirchhoff Hugo Moltke  
Nestroy Marie de France  
Nietzsche Nansen Laotse Ipsen Liebknecht Ringelnatz  
Marx Lassalle Gorki Klett Leibniz  
von Ossietzky May vom Stein Lawrence Irving  
Petalozzi Platon Pückler Michelangelo Knigge Kock Kafka  
Sachs Poe Liebermann Kock Korolenko  
de Sade Praetorius Mistral Zetkin



---

The publishing house **tredition** has created the series **TREDITION CLASSICS**. It contains classical literature works from over two thousand years. Most of these titles have been out of print and off the bookstore shelves for decades.

The book series is intended to preserve the cultural legacy and to promote the timeless works of classical literature. As a reader of a **TREDITION CLASSICS** book, the reader supports the mission to save many of the amazing works of world literature from oblivion.

The symbol of **TREDITION CLASSICS** is Johannes Gutenberg (1400 – 1468), the inventor of movable type printing.

With the series, **tredition** intends to make thousands of international literature classics available in printed format again – worldwide.

All books are available at book retailers worldwide in paperback and in hardcover. For more information please visit: [www.tredition.com](http://www.tredition.com)



**tredition** was established in 2006 by Sandra Latusseck and Soenke Schulz. Based in Hamburg, Germany, **tredition** offers publishing solutions to authors and publishing houses, combined with worldwide distribution of printed and digital book content. **tredition** is uniquely positioned to enable authors and publishing houses to create books on their own terms and without conventional manufacturing risks.

For more information please visit: [www.tredition.com](http://www.tredition.com)

**Minnesota; Its Character and  
Climate Likewise Sketches of  
Other Resorts Favorable to  
Invalids; Together With Copious  
Notes on Health; Also Hints to  
Tourists and Emigrants.**

Ledyard Bill

# Imprint

This book is part of the TREDITION CLASSICS series.

Author: Ledyard Bill

Cover design: toepferschumann, Berlin (Germany)

Publisher: tredition GmbH, Hamburg (Germany)

ISBN: 978-3-8491-7004-2

[www.tredition.com](http://www.tredition.com)

[www.tredition.de](http://www.tredition.de)

Copyright:

The content of this book is sourced from the public domain.

The intention of the TREDITION CLASSICS series is to make world literature in the public domain available in printed format. Literary enthusiasts and organizations worldwide have scanned and digitally edited the original texts. tredition has subsequently formatted and redesigned the content into a modern reading layout. Therefore, we cannot guarantee the exact reproduction of the original format of a particular historic edition. Please also note that no modifications have been made to the spelling, therefore it may differ from the orthography used today.

TO  
MY NIECES  
THIS VOLUME OF SKETCHES  
*IS AFFECTIONATELY DEDICATED*  
BY  
THE AUTHOR



## **PREFACE.**

By general consent Minnesota has enjoyed a superior reputation for climate, soil, and scenery beyond that of any other State in the Union, with, perhaps, a single exception.

The real ground of this pre-eminence, especially in climate, has not been well understood, owing, probably, in part, to the slight acquaintance with the general features and characteristics of the State itself, and, in part, to that want of attention which the subject of climatology and its effects on the health of mankind has deserved.

Lying to the north of the heretofore customary lines of travel, the State has been visited by few comparatively, except those whose immediate interests necessitated it, and even they have gleaned but an imperfect knowledge of either the climate or of the unusual beauty and interest which so distinguish Minnesota from all other Western States.

Instead of the low, level, treeless plain usually associated with one's ideas of the West, there is the high, rolling country, extending many miles back from the eastern frontier, while the general elevation of the State is upward of one thousand feet above the sea—abounding in pleasant and fertile valleys, large and valuable forests, together with many beautiful lakes, nearly all of which are filled with the purest of water and with great numbers of the finest fish.

While the attractions of Minnesota for the tourist and emigrant have been duly considered in these pages, those of the climate for the invalid have received especial consideration, and we have added such hints and suggestions as circumstances seemed to demand; together with observations on other localities and climates favorable to pulmonic complaints.

**BROOKLYN, N.Y., 1871.**



# CONTENTS.

## INTRODUCTORY CHAPTER.

### LEADING CHARACTERISTICS OF THE STATE.

The water system of the State.—Its pure atmosphere.—Violations of hygienic laws.—A mixed population.—General features of the country.—Intelligence of the population.—The bountiful harvests.—Geographical advantages.

## CHAPTER II.

### THE UPPER MISSISSIPPI.

The source of the river.—The importance of rivers to governments as well as commerce.—Their binding force among peoples.—The rapids at Keokuk.—Railroad and steamboat travelling contrasted.—Points at which travellers may take steamers.—Characteristics of Western steamboats.—Pleasuring on the Upper Mississippi.—The scenery and its attractions.

## CHAPTER III.

### RIVER TOWNS.

Brownsville, the first town.—The city of La Crosse.—Victoria and Albert Bluffs.—Trempeleau and Mountain Island.—The city of Winona.—Its name and origin.—The Winona and St. Peters Railroad—The Air-Line Railroad.—Her educational interests.—Advancement of the West.—The towns of Wabasha and Reed's Landing.—Lake Pepin and Maiden's Rock.—Romantic story.—An old fort.—Lake City and Frontenac.—Red Wing and Hastings.—Red Rock.

## CHAPTER IV.

### ST. PAUL.

As seen from the deck of the steamer.—The pleasant surprise it gives the visitor.—Impressions regarding new places.—The beauties of the city.—The limestone caves.—Père Louis Hennepin.—The population of St. Paul.—Its public buildings and works.—A park wanted.—The geological structure of the country.—St. Paul, the Capital city.—Its railroad connections.—The head of navigation.—Impressions.

## CHAPTER V.

### CLIMATE.

The climatic divisions of the country.—Periodical rains.—Prevailing winds of the continent.—Changes of temperature.—Consumption in warm climates.—Cold, humid atmospheres.—What climate most desirable for the consumptive.—The dry atmosphere of the interior.—Dry winds of the interior.—Table of rainfall of the whole country.

## CHAPTER VI.

### CLIMATE—*continued.*

The atmosphere of Minnesota.—Its dryness.—Falling snow.—Equability of temperature.—Rain-fall for spring.—The constitutional character of the climate.—The lakes and rivers of the State.—The northeast winds.—Where the northeasters begin.—Their general direction and limit.—The atmospheric basin of Iowa.—Neglect of meteorology.—Its importance to the country.

## CHAPTER VII.

### CONSUMPTION.

Consumption mapped out.—The east winds.—Comparative statistics.—Number of original cases of consumption in Minnesota.—Consumption can be cured.—Rev. Jeremiah Day.—Fresh air the best medicine.—The benefit of a dry atmosphere.—Equability of temperature.—The power of the mind over disease.—Kinds of consumption.—Danger in delays.

## CHAPTER VIII.

### CAUSES OF CONSUMPTION.

Prevention better than cure.—Local causes of disease.—Our school system objectionable.—Dr. Bowditch's opinion.—Location of our homes important.—Damp soils prolific of lung troubles.—Bad ventilation.—Value of sunshine.—City girls and city life.—Fashionable society.—Tight lacing fatal to sound health.—Modern living.—The iron hand of fashion.

## CHAPTER IX.

### HINTS TO INVALIDS AND OTHERS.

Indiscretions.—Care of themselves.—Singular effect of consumption on mind.—How to dress.—Absurdities of dress.—Diet.—Habits of people.—How English people eat.—What consumptives should eat.—Things to be remembered.—The vanity of the race.—Pork an objectionable article of diet.—Characteristics of the South.—Regularity in eating.—The use of ardent spirits by invalids.—The necessity of exercise.—The country the best place to train children.—Examples in high quarters.—Sleep the best physician.—Ventilation.—Damp rooms.—How to bathe.

## CHAPTER X.

### WHERE TO GO AND WHAT TO SEE AND EXPECT.

The best localities for invalids and others.—The city of Minneapolis.—Its drives and objects of interest.—Cascade and Bridal Falls.—Fort Snelling.—Minnehaha Falls.—The city and Falls of St. Anthony.—Anoka and St. Cloud.—Fishing and hunting.—Wilmar and Litchfield.—Lake Minnetonka.—Experience in fishing.—Some "big fish."—White Bear Lake.—The Minnesota Valley.—Le Sueur—St. Peters and Mankato.—Minneopa Falls.—Southwestern Minnesota.—Its agricultural wealth and capabilities.—Northern Pacific Railroad and its branches—The Red River country.—Trade with Manitoba.—Western life and habits.

## CHAPTER XI.

### DULUTH.

Its location and rapid growth.—Who named for.—Enterprise of its people.—Its fine harbor.—Duluth Bay.—The steamship connection with eastern cities.—Pleasure travel up the lakes.—The Lake Superior and Mississippi Railroad.—The shortest route East for grain.—Public improvements.—The fishing, lumber, and mining interests.

## CHAPTER XII.

### THE NORTHERN PACIFIC RAILROAD.

The Northwest.—Its great extent and character.—J. Cooke, Esq.—The Northern Pacific Railroad and its advantages.—The general line of the road.—The shortest route to Asia.—The Red River valley.—Puget Sound.—The future of our country.

## **CHAPTER XIII.**

### **OTHER CLIMATES THAN MINNESOTA.**

Sketches of other climates and localities favorable to invalids.—California.—Mortuary statistics of San Francisco.—The wet and dry seasons.—San Diego the best place.—Florida and its reputation.—Nassau as a resort.—Fayal and its climate.—English and American visitors.—Means of access.



# MINNESOTA.

## INTRODUCTORY CHAPTER.

### LEADING CHARACTERISTICS OF THE STATE.

The water system of the State. — Its pure atmosphere. — Violations of hygienic laws. — A mixed population. — General features of the country. — Intelligence of the population. — The bountiful harvests. — Geographical advantages.

The interest attaching to the State of Minnesota, as compared with other of the Western States, is two-fold. While all are well known for their great fertility and prosperity, Minnesota alone lays special claim to prominence in the superiority of her climate. How much this may be due to her peculiar geographical position is not wholly evident, but its influence must be great; and it is important to observe that the position of the State is central, being, in fact, the very heart of the continent.

It is likewise remarkable for the vast water systems which have their origin within its boundaries, and their outlet through three of the great interior valleys, namely, the Red River, northward to Hudson's Bay; the St. Lawrence, eastward through the lakes; the Mississippi River, southward, and all having one grand terminus where, through the powerful agency of the great river of the ocean, the "Gulf Stream," their reunited waters are borne away to the tropics, again to be returned, in gentle rains, to this central and elevated plateau known as the State of Minnesota.

Since the first settlement of the State it has become gradually known as possessing an extremely salubrious climate. There was no scientific or official board of weatherwise people to proclaim the

advantages of this young State, either in this or any other particular; but, by a continued succession of extremely favorable reports from the early settlers immigrating from adjoining districts, and from unhealthy and malarious localities in the older and more eastern States, her reputation steadily increased until the sanitary fame of this "far northwest" is now coextensive with its civil history.

The chief characteristics of a healthful climate are pure atmosphere and pure water. These are seldom found in conjunction, except in the temperate latitudes; though there are a few localities in the sub-tropical regions where these conditions may be found, such as Fayal, off the coast of Spain; the high altitudes of some of the Bahama and Philippine islands; also at San Diego in California; and likewise at St. Augustine, on the east coast of Florida. There are others which do not as readily occur to us at this writing. These two elements are always absolutely necessary to insure a good degree of health, but they do not secure it; quite far from it, as is well known, since the most careless observer must have noticed the varying sanitary degrees of localities in temperate latitudes, that are even contiguous to each other; the one, perhaps, being highly malarious, while the other is measurably healthful. And, again, great districts, occupying a half of a State, are so detrimental to sound health that half their population are whelmed with fevers—bilious, intermittent, and typhoid—from year's end to year's end. Such a locality is the valley of the Wabash River, in Indiana. In passing through that country, after a season of prolonged wet summer weather, we have seen more of the inhabitants prostrate from disease, incidental to the climate, than there were well ones to care for them.

It is seen that the selection of a home for ourselves and families is a matter of the very highest moment to all who desire to prolong life and enjoy the full possession of all their powers. Very trifling attention has been given this question, as a rule, since we see on all hands multitudes crowding into unhealthy precincts, to say nothing of those more pestilential-breeding apartments which are everywhere inhabited by the poorer class, as well as by thousands of the well-to-do and intelligent people of both town and country. It is noteworthy, however, to observe the increasing interest manifested of late in all things pertaining to the laws of hygiene; and yet the alphabet of the subject remains a profound mystery to the greater

masses of men. Much praise should be awarded the daily press for its dissemination of valuable hints and arguments upon all the vital questions of health; and, but for newspapers, indeed, there would be no practical means of reaching the millions who, more than all others, so much need to be taught these invaluable, first lessons of life.

The tide of emigration from the seaboard to the West has usually followed parallel lines; so that we find the State of Texas settled, for the most part, by people from the States lying upon the Gulf, while in Missouri they hail largely from the Carolinas, and from what were once known as the border slave States. Going farther north, to Minnesota, a preponderance of the New England element is found; though people from all the various States of the Union are encountered to a greater extent than in any of the others lying in the Northwest; and this fact is important as one of the circumstantial evidences of the great repute this State bears, *par excellence*, in the matter of her climate. We cannot suppose that this minor and miscellaneous population were attracted hither from any special attachment either to the people or the institutions of the commonwealth, but rather in quest of that health and vigor lost within their own warm, enervating, or miasmatic homes, which so abound in all the central and southern portions of the Union. Finding their healths measurably benefited by a residence here, they have brought their families, engaged in their various callings, and may now be found settled permanently in their new homes throughout all the towns and villages of the State.

Minnesota is known as the New England of the West, this appellation growing out of the fact that the great preponderance of her citizens, as before stated, are either of New England birth or origin; and this well-merited *sobriquet* has, likewise, an additional application, since the general face of the country is diversified and quite in contrast with the endless stretch and roll of the shrubless prairies of some of the other great western and adjoining States.

The traveller has but to pass over the flat surface of the State of Illinois, and the nearly treeless country of Iowa, to duly appreciate the pleasing contrast which the State of Minnesota affords. While there is an utter absence of anything like mountain ranges (except-

ing upon the north shore of Lake Superior, where a belt of granite lifts itself above the surrounding woodlands), yet there is, everywhere, either a patch of timber, a valley bounded by gently receding country, or some gem of a lake set in the more open rolling prairie—all adding beauty and endless variety to the generally picturesque landscape.

It might be entirely safe to assume that the people of Minnesota, as a whole, are distinguished by a more aesthetic character than their neighbors living in the nearly dead level country below them. It is but reasonable to suppose that some, at least, in seeking new homes, would give a preference to attractive localities, even at the sacrifice of something of fertility; which is, to some extent, the case; as the low flat lands of the rivers below are unrivalled in their power of production—whether it be of the grains of wheat or disease. It is well known that scores of those moving into the West seek only the rich level lands which are easily manipulated; requiring no application, during their natural lives, of any restorative. And, if it only be free from surface obstructions at the outset, they are content—asking no questions relating to the more important matters of life, such as concern the health, companionship, and education of either their families or themselves, and accounting all the influences of the surrounding prospect as of no value.

Perhaps the ratio of increase in population is not greater in Minnesota than in some of her adjoining sister States, notwithstanding her superior attractions of climate and scenery. Yet, if this be true, it is readily accounted for in that the majority of the people moving westward do not readily consent to make their new homes north of the parallel of their old ones. On the contrary, the general tendency is to drop southward, desiring to escape as much as may be the protracted cold of winter; forgetting, or never knowing, that the isothermal lines have a general northwest direction as they cross the continent. Many, also, as before mentioned, who seek solely a fertile soil, or those who wish to engage in a purely pastoral life (where the open and unreclaimed country is so favorable), move, as a rule, to points south of a due west course; thus leaving the more northern latitudes to such only as have an eye for them on account of their varied attractions, and who are quite willing to exchange a few dollars of extra income for a few pounds of extra flesh, and who

count health as first-rate capital stock and the full equivalent of any other kind which a settler can possess.

Notwithstanding this general tendency of things, we believe the net increase in both population and wealth, for the last decade, to be relatively as great in the State of Minnesota as in that of any other State in the Union; or, at least, far above the average in the aggregation of those things which make up their power and importance.

It would be a grave error, however, if the mind of the reader was left with the impression that this State was lacking in the fertility of her soil, and in those other elements so essential to the foundation, true prosperity, and greatness, such as can only come from a well-ordered system of agriculture and from prolific fields. Far from this,—on the contrary, she is widely known at home and abroad as presenting as many inducements on the score of husbandry alone as any of the most highly favored of States. There doubtless is a percentage of advantage in richness of soil; but this is more than counterbalanced by the living springs and flowing streams that everywhere dot and cross her surface. Ask the farmer on the distant plains what consideration he would give for pure and abundant water as against soil. Her grasses are more tender and sweeter, and her beef better than is that of those localities which rival her in fertility. Go walk through the waving fields of golden grain in summertime, spread almost endlessly up and down her beautiful valleys, and far out over the rolling prairies, and then answer if eye ever beheld better, or more of it, in the same space, anywhere this side of the Sierras.

Wheat is the great staple product of the West, and is the chief article of export. It is this, more than all things else, which puts the thousands of railway trains in motion, and spreads the white wings of commerce on all the lakes and oceans. This important grain is, in the valley of the Mississippi, nowhere so much at home as in this State. The superior quality of the berry, and the abundant and steady yield of her acres, long since settled the question of her rank as a grain-producing State. The future has in store still greater triumphs in this same department for this young and noble commonwealth. She is at present in her veriest infancy, and, indeed, can

scarcely be said to have taken the first step in that career which is so full of brilliant promise and grand capabilities.

Lest it be thought we have an overweening love for our subject, beyond its just deserts, let us add here that the State has, in its geographical position, most extraordinary advantages, which, at present, are little known and of little worth, but which the future must inevitably develop. The vast and fertile region lying to the northwest of Minnesota, drained and watered by the Red, Assiniboine, and Saskatchewan Rivers respectively, and well known to be capable of maintaining a dense population, must draw its supplies, and seek outlet for its products, always paying tribute at the gates of this commonwealth in both cases.

Then there is the great national enterprise known as the North Pacific Railroad, on which already the iron horse has commenced his race, and which is being rapidly and determinedly carried forward, giving augury of a successful and speedy conclusion. This road passes through the central zone of the State, and, with its briarian arms, must cumulate untold wealth and power, only to be emptied into this "lap of empire."