

ability of the Worthing climate for consumptives and convalescents, I venture to recommend it upon the following grounds:—

“From its sheltered situation and direct southern aspect, it enjoys the first essentials of a HEALTH RESORT—protection from cold winds and full exposure to sunshine, without the disadvantage of being situated *immediately under hills or cliffs*.

“The soil is dry and absorbent, and the rainfall less than at the Isle of Wight or the West of England.

“The mean yearly shade temperature is 50°5, as compared with Bournemouth 50°3, and Hastings 49°9.

“An important fact as influencing the summer temperature has been pointed out by Mr. W. Harris, viz., that owing to the distance to which the tide recedes, a *daily sea breeze is developed in the hottest weather*.

“The marked clearness of the atmosphere, and excellent exercising ground, afforded by the plateau upon which Worthing stands, are decided advantages to an invalid. Although not practising in the district, I have been for five years a resident, and I consider the climate of Worthing well adapted for cases of consumption, laryngeal and bronchial affections. It is also a good residence for convalescents.”

It may be mentioned incidentally, to show how mild and warm the climate is, that more tomatoes are grown in the open air than elsewhere in England, and that figs ripen very early. Worthing itself is now very easily accessible from London, and, in fact, all parts. There are several through trains from London in the day, performing the journey in about two hours, and by these trains the necessity of changing carriages at Brighton is avoided.

ADMISSION.

Admission to the general Wards of the Home is by means of a letter of nomination, to be obtained of subscribers of not less than one guinea annually, and the terms for the patients vary from eight shillings and sixpence to sixteen shillings per week, according to the position of the Ward occupied.

There are also several Private Wards for patients who are in a position to pay for them. Terms, from £2 2s. to £3 3s. per week.

Annual subscribers of £5 5s. can, in addition to giving letters of recommendation entitling patients to admission to the general Wards above mentioned, nominate a patient to a free bed for three consecutive weeks in the course of the year of their subscription.

All the charges above mentioned are payable weekly and in advance, and are exclusive of laundry expenses and stimulants.

The number of the free beds must necessarily, as the Home is *quite* unendowed, depend on the amount of the resources in hand.

Though the Medical Officer, the Nursing Staff, and the General Superintendents are all voluntary workers, it is impossible to carry on a charitable institution of this kind efficiently without a certain amount of outside help. An appeal, therefore, is earnestly made for subscriptions and donations. The smallest amount will be acceptable. Gifts of drugs, medicines, medical appliances of all kinds, books, magazines, newspapers, groceries, fruit, articles of clothing, &c., will be most gratefully received.

Applications for admission may be made to the Hon. Lady Superintendent, Miss Andrew. All other communications should be addressed to the Hon. Secretary, Mrs. St. A. Horton, to whom all remittances, crossed Messrs. Henty & Co., Worthing, should be made payable.

A list of nominators and copy of the rules and regulations will be forwarded on receipt of two stamps.

The Home is open to the inspection of visitors daily between 2.30 and 4.30 (Sundays excepted).

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THERE is nothing so powerful as example. We put others straight by walking straight ourselves. —*Madame Swetchine*.

How different are the sufferings of the sinner and those of the saint! The former are an eclipse of the moon, by which the dark night becomes still blacker and wilder; the latter are a solar eclipse, which cools off the hot day, and casts a romantic shade, and wherein the nightingale begins to warble.

WOMAN AND MAN.—When men, weary with the world's battle, return to the shelter of their own home, they need the kindness, the refinement, the high cultivation, the usefulness, the gentle piety which woman as she was meant to be knows how to afford him. The cultivation of a woman's mind cannot be carried too high, but it must be a cultivation proper to her—to her constitution, her marked gifts, her work in the world. Woman is equal to man—equal by being herself, and not a pale copy of him.

NOTHING opens so wide a door to vice, to crime, to evil habits of every description, as the absence of occupation. The downward course of many a promising youth, the ruin of many a hopeful life, may be distinctly traced to the void caused by having nothing definite and positive to do. The faculties must be active, the energies must be at work; and, if not employed for good, they will be for evil.

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