

*To the Editor of Public Health Magazine :*

DEAR SIR, —Institutions of great importance to classes and communities often begin quietly and unperceived, but when the conditions and materials for their growth are continuously present, they increase in strength and usefulness like the acorn into the toppling and giant oak. Such has been the manner of growth of many of our institutions for the aid of the sick and poor and friendless. More particularly would we advert to the growth in Scotland of a series of seaside homes for these classes, that, having found its origin in the love of one or two kind hearts in that land, increased and prospered in the genial light and warmth of charity, until these homes have become an honored and powerful agent of beneficence.

A young shoot from that parent stem seems to have floated across the Atlantic and last summer quietly taken root at Murray Bay, on the shores of the St. Lawrence. The acknowledged efficacy of a residence at the seaside as a means for the restoration of health and strength and the more general application of the golden rule have been the soil and atmosphere in which this new plant has thriven and, let us hope, shall continue to thrive so long as any may require the shade or shelter of its hospitable branches.

While the whole mountain and province have been infructless labor to produce a Convalescent Home of magnificent proportions at Montreal, a single kind heart with single faith rented a cottage at Murray Bay, and, gathering in some poor weak and sickly women and children from this city and elsewhere, commenced the first Convalescent Home in Canada. The means for its support were more than supplied by admiring witnesses of the effort.

Returning spring showed that the young institution at Murray Bay had not been killed by the frosts of apparently inactive winter months, for on visiting the seaside in the full height of summer we find that the Home has grown to more than twice its former size, and has succeeded twice in putting forth a branch, while its vigor and beauty show how deeply it has struck its own roots into the hearts and pockets of the benevolent and intelligent public.

While it is hoped that those who approve of this effort will