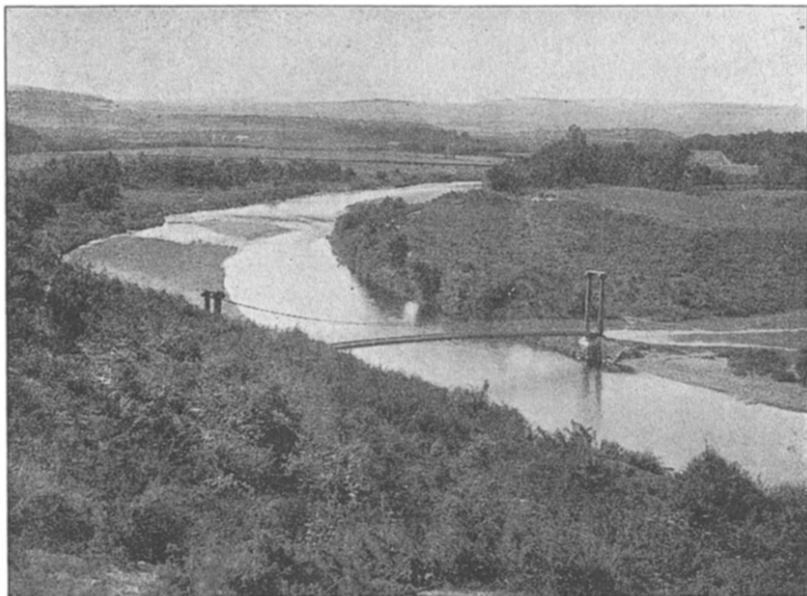


NAIRN, SCOTLAND.



INVALIDS' WALK ALONG BANKS OF RIVER NAIRN.

This northern resort, on the southern shore of the Moray Firth, owes much of its distinction to the late Dr. Grigor. Its chief features have been well summarized by Dr. Brodie Cruickshank, the present Medical Officer of Health.¹ The place undoubtedly offers many advantages for those predisposed to tuberculosis and for those in a quiescent condition requiring the maintenance of open-air life. Its position gives it the benefit of a seaside station. Special baths may be had in a well-conducted establishment. Perhaps the special feature for those called upon to live the strictly hygienic life is the excellent and picturesquely-situated golf links. The porous character of the soil ensures ready drying after rain. The climate is essentially bracing. The rainfall is small, the annual mean being only little over 20 inches. The summers are relatively cool, and the winters not unduly cold. The mean annual temperature is about 46 degrees. During the spring, north and east winds prevail, but during the rest of the year the prevalent winds are southerly and westerly. As a winter resort it merits attention. Little snow falls, hard frost is exceptional, and mist and fog are almost unknown. After a year's careful observation as a health-seeking visitor, I have no hesitation in commending Nairn to the consideration of my confrères.

JOHN SHAW McLAREN, F.R.C.S.E.

¹ "Nairn as a Health Resort." By Brodie Cruickshank, M.A., M.D. Nairn: *Nairnshire Telegraph* Office. An excellent little descriptive illustrated handbook has been compiled by the authority of the Town Council, and may be had on application. Useful guides to houses and apartments may be obtained from Mr. J. Macintosh and Mr. William Dallas.