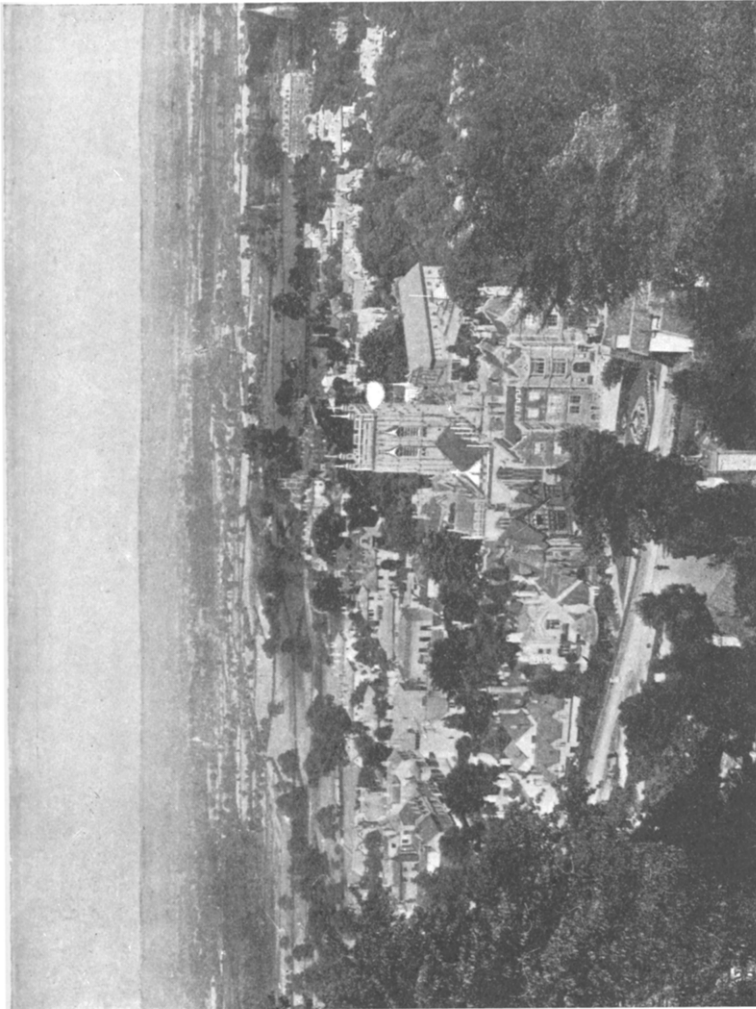


## HEALTH STATIONS.

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### MALVERN.

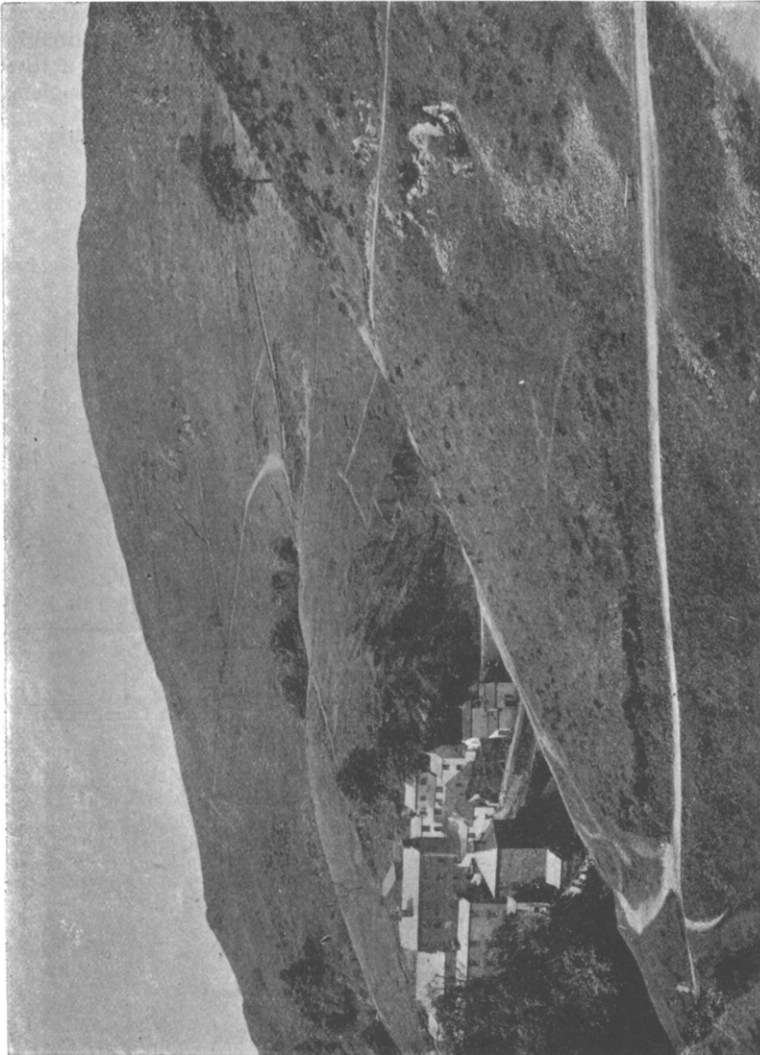
ON the eastern and western slopes of the syenitic hills, which obtrude themselves in the valley of the Severn in Worcestershire, in a line almost due north and south—hills which, according to geologists,



MALVERN : A VIEW FROM THE HILLS.

were old while the Alps were still young—is situated the group of townships known as Malvern. The hills, composed of igneous rocks of pre-Cambrian age, known as Archæan, are not only Malvern's

greatest charm, but they form the basis of her claim to be one of the leading inland health resorts of the kingdom ; for it is owing to their peculiar chemical composition that the Malvern water is of such unique excellence. For upwards of three hundred and fifty years this water has been the theme of song and story ; and in 1906 Dr. John C.



MALVERN : A VIEW ON THE NORTH HILL.

Thresh, of the London Hospital Medical College, said : " This water is doubtless one of the softest and purest waters found in Nature. It is practically free from organic matter and bacteriologically is of the highest degree of purity." This is confirmed by the full testimony of Sir Henry Thompson, who wrote in the *Nineteenth Century* : " No

purser water exists in any natural sources than that of our own Malvern springs."

Not only are the hills important as the feeding-ground of the springs which become Malvern's water-supply, but they have a peculiar effect on the air. This is due to resilience, the rebound of the keen chilly blasts experienced on the plains causing comparative quiet and softness on the eastern slopes.

To these and other causes may be ascribed the longevity which has so frequently been remarked among the inhabitants of the district and which was noted by Piers Plowman when he sang:

" All around Malvern Hill  
A man may live as long as he will."

A noteworthy feature of the climate is the absence of extremes. The mean minimum temperature of January of the years 1891-1900 was 33·6° F., while the mean maximum temperature of July during the same period was exactly 70°. This equability and low diurnal range is very striking.

As regards rainfall, it need only be stated that the average from 1897-1909, inclusive, was 28·74 inches to show that the hills do not increase the rainfall of the district, and that the moisture of the rain-bearing south-west winds has been condensed on slopes nearer the sea than those of the Worcestershire Beacon.

Geographically, Malvern, which is easily accessible from all parts of the kingdom, lies in the heart of a district replete with interest to the archæologist, historian, geologist, and botanist. Easy motor trips may be made to the battle-fields of Evesham, Tewkesbury, and Worcester; to the Abbeys of Tewkesbury and Pershore; to the cathedrals of Worcester, Gloucester, and Hereford; to the ruins of Tintern; to the ancient Camp on the Herefordshire Beacon; as well as to places rendered famous by Edna Lyall, Jenny Lind, Mrs. Browning, Mrs. Craik, Charles II., the Old Man of Ross, Oliver Cromwell, John Milton, and William Shakespeare.

Incidentally it may be mentioned that four packs of foxhounds hunt the neighbourhood, and excellent sport is enjoyed; while for the delectation of the devotees of golf there are two fine golf-courses, one of eighteen holes.

ARTHUR O. HOLBECHE, M.R.C.S., L.R.C.P.,  
*Senior Hon. Surgeon, Malvern Hospital.*