

## Le Home Catalan - An institute of physical culture for children - Font-Romeu - Pyrénées Orientales.

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- gravure : 3 illustrations originales en couleurs in texte + une en couverture
- nom d'illustrateur inscrit : Vincent (René)

**Description** : Livret format d'une feuille de carton fin pliée en deux.

**Mesures** : hauteur : 279 mm ; largeur : 211 mm

**Notes** : Brochure de présentation du "Home Catalan" (texte uniquement en anglais): avantages de la situation géographique et public visé (enfants malades ou handicapés - 70 élèves du tout jeune âge à 15 ans).

**Mots-clés** : Prospectus, règlements, statuts d'établissements  
Éducation physique et sportive

**Filière** : Institutions privées

**Niveau** : Séquence de niveaux

**Nom de la commune** : Font-Romeu

**Nom du département** : Pyrénées-Orientales

**Autres descriptions** : Langue : Anglais

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Mention d'illustration

ill. en coul.

**Lieux** : Pyrénées-Orientales, Font-Romeu



# LE HOME CATALAN

An institute of physical culture for children

Font-Romeu - Pyrénées Orientales

All doctors who are interested in the question of the physical education of the child, are anxious to see developed in France on an ever increasing scale, resorts at a high altitude where delicate children, suffering from imperfections, or from temporary defects, can come and obtain clean air, oxygen, and sunshine, and derive the benefits of a course of physical training conducted on rational lines. The conditions of life in large modern cities, render such periodical visits absolutely imperative. The rapid success which in the past past ten years has crowned every new venture of this kind, shows that such a conception meets a very real demand.

These facts had actually been appreciated by the Swiss for a long time. We must admit, however, that Switzerland from the point of view of its climate is not entirely free from certain drawbacks. The Swiss Summer is perfect; its Winter is no less healthy. During the intermediate seasons, however, everything above three thousand feet is drenched in mist and dampness which are most unpleasant. In France, there are only two districts where in Spring and Autumn the drawbacks which attend altitude are reduced to a minimum. One of them is located in the foothills of the Alps which form part of the Mediterranean basin. The other is the district of French Cerdagne which lies on the southern slopes of the Pyrénées Orientales, where the registered hours of sunshine exceed even those of the most favoured parts of the Mediterranean Alps themselves.



We have chosen the Cerdagne, and have selected Font-Romeu, which can rightly be considered as the most suitable resort in this district. It may be claimed, justly, that the climatic conditions which prevail here are of an exceptional character. This district was clearly bound to force itself, sooner or later on the attention of anybody who might be interested in the problem in question.

Font-Romeu offers advantages over all other places where institutes for the Physical development of children have hitherto been established.

These advantages may be summarized as follows :

**1° Its altitude. (5850 feet above mean sea level).** Nobecourt, Lereboullet, Babonneix have always maintained that if it was desired to obtain in children quick and permanent results from the benefits of high altitudes, it is necessary to climb above 4500 feet. The younger the child, the greater should be the height. This establishment is therefore the only one in France which meets this condition.

**2° Its registered hours of sunshine.** This is unique in France. one might even say in Europe, as there is no locality in existence which is so exposed to the sun, and yet whose latitude is so low. The Swiss districts which enjoy the most sunshine register an average of 750 hours a year, whereas at Font-Romeu from 1000 to 1200 hours are usual. Font-Romeu combines the sunshine of the Mediterranean with the advantages of the highlands.

**3° The drawbacks of the intermediate seasons reduced to a minimum.** At Font-Romeu the period of thaw, which is such an unpleasant memory for those who have spent the Spring in the mountains, is unknown

The dryness of the air is such, that the snow, exposed to the sun's rays undergoes a transformation whereby it evaporates without passing through the liquid stage. The Autumn is equally delightful. October may be reckoned amongst the most pleasant and the sunniest months of the year.

**4° Absence of fog.** Fog is sometimes to be seen gathering on the Cerdan plateau, giving the picturesque impression of a sea of clouds, but it spares Font-Romeu which rises more than 1500 feet above the plateau.

**5° Protection against North winds :** Standing on the edge of a wood of some 450 acres, sheltered by the Carlitte mountains, Font-Romeu enjoys the inestimable advantage of being completely sheltered from winds. This results in an even temperature which is a constant source of wonder to the newcomer. In December and January, visitors are able to bask on the terraces in their bathing costumes, and have their meals in the open.

