



AT THE GOAT FARM.

a special corps of employes attends to the removal of all garbage and rubbish. The village is thus guarded against unsanitary conditions.

The cottages in Pinehurst are of a great variety of sizes, from four rooms upwards. There are also a large number of two and three-room suites. Both cottages and suites are rented completely furnished with everything necessary for housekeeping, except bed and table linen, which may be obtained at a small additional charge. There are also numerous single rooms for those who take their meals at the Casino restaurant.

An excellent family physician, whose charges are very moderate, is located in the village.

Pinehurst can in no sense be called a boom town, for there are and will be no houses or land for sale. The whole property is under one ownership, and it is therefore possible to keep everything in the village up to a high standard of excellence and carry out the plans for an ideal winter home, where the grand healthful conditions of climate and soil are reinforced by the best products of human science and skill. No intoxicating beverages are sold in the village.

The restorative effects of a winter in a mild climate are needed by thousands of refined Northern people, but there are few places in the South where those of moderate means can find comfortable accommodations within the limits of their purses. In the building of this beautiful little village, the needs of just such people were carefully considered, and within its borders will be found excellent accommodations suited to their means. "Just what would you like away from your home in the



AT PINE RIDGE SCHOOL.

winter, in the Tar Heel state? What do your circumstances require? Cottage life, a suite of rooms, a hotel equal to the best? If none of these, then you might like one of the smaller hostels. Perhaps your choice might be a quiet room in close proximity to a refectory? Well, all these needs are supplied at Pinehurst. And socially you will not lose caste even if you are a boarder at a minimum price." But all who come must be prepared to meet their expenses of living, for there is no opportunity for obtaining paid employment in the village.

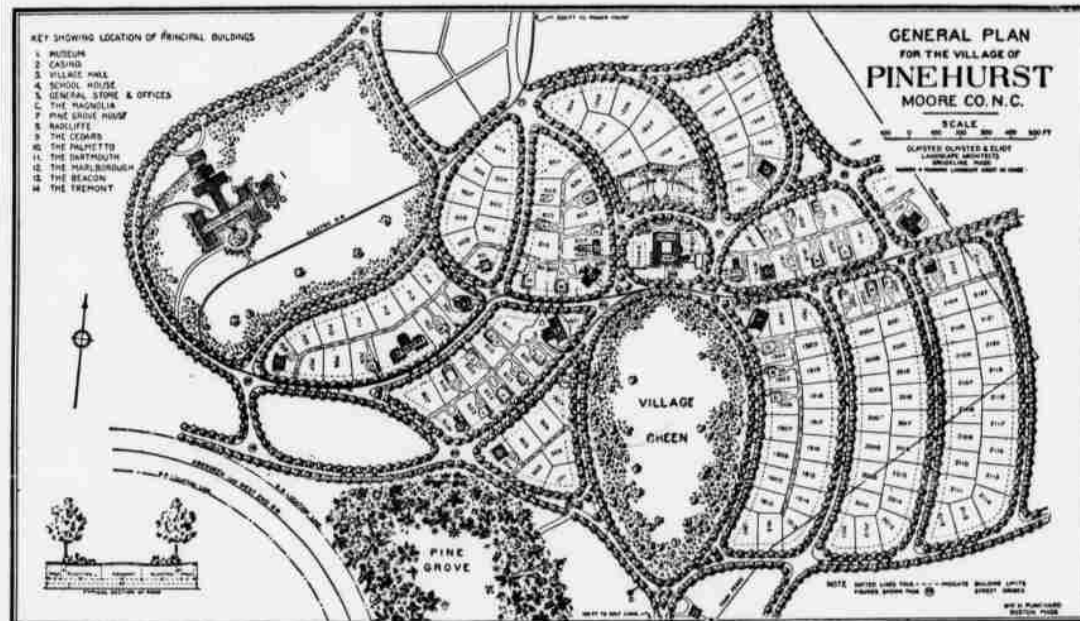
The buildings erected during the past summer will enable Pinehurst to accommodate nearly double the number of people who resided here last winter, and all indications point to the most prosperous season in the history of the village. While Pinehurst has been judiciously advertised, the greatest factor in proclaiming its merits has been the encomiums of its guests, who never weary of singing its praises abroad and thus adding to its popularity.

The season opened November 1st, when the Casino restaurant commenced business, and a large number of guests at once embraced the opportunity to obtain their meals at this popular refectory. A large portion of the cottages here are

climate, dry soil and atmosphere, good sanitation, pure water, good nutritious food, comfortable surroundings and desirable social life. The conditions above described are equally useful in the treatment of the various symptoms following the "grippe"—as the neuralgias, so erratic in location and severity; nervous prostration with melancholia and undefined apprehension; indigestion, with consequent debility; irregular functions of the bowels, and particularly of the kidneys; insomnia and all the long train of discomforts and dangers which follow in its train—and are also beneficial in the treatment of other chronic diseases.

Pinehurst, Mr. Tufts' winter resort, embraces and fulfills these required conditions to a remarkable degree.

Now, I will give a bit of personal experience illustrative of my position. I came to Pinehurst, February 1st, 1899, broken in health, from having been a victim of nine attacks of the "grippe" in as many years. Nearly all of the different phases of attack and results have been manifest in these several experiences. During the winter of '98, the disease after invading the general nervous system, finally concentrated on the sciatic nerve, and a severe and painful neuritis kept me in bed for six weeks,



engaged and several are already occupied. More people are arriving every day and all indications point to the most successful season in the history of the village.

LETTER FROM DR. HERSEY.

Well-known Physician Finds Health and Strength at Pinehurst.

Dr. A. L. Hersey of Oxford, Maine, who resided in Pinehurst last season, is pleased to add his name to the long list of those who have been benefited by a sojourn in our village. Following is a letter which he wrote to THE OUTLOOK:

PINEHURST, N. C., Mar. 28, '99.

MR. EDITOR, —

The severity of the past Northern winter, and the great prevalence of that modern scourge the "grippe," has directed attention anew to the problem of a winter resort, where the victim of this insidious disease may escape its ravages, or find the best location for recuperation from the long train of sequelæ, which have proved so disastrous to those advanced in years, or whose physical organization is not sufficiently vigorous to rally in the rigors of a cold climate. The conditions best suited to the attainment of this result, are an equable, moderately warm

and in the house during the entire winter. The summer brought some relief from pain, but feeble circulation from impaired nervous energies rendered it necessary for me, in the hottest day, to sit with shawls in my lap and bags of hot water to the feet.

I came to Pinehurst with great muscular weakness so that I walked with difficulty. When I first came, I could by the aid of a cane and the arm of my good trained nurse, walk one-fourth of a mile out and return, when I was forced to resort to the bed for an hour for rest. My appetite was fitful, but generally poor, and my digestion bad with frequent nervous collapse, insomnia, with but three to five hours' sleep, and the disheartening dread of what was in store for me if I did not find relief.

Now, after eight weeks spent at Hotel Berkshire, under the above conditions, which prevail at Pinehurst, I can walk six miles with very little fatigue, can eat and digest three good meals a day, sleep all night, and in short, am in better health than for ten years. I am more than seventy years old, and have had more than forty years of active practice in my profession at Oxford, Maine, and have reached the time when



IN THE PINE WOODS.

the recuperative powers of nature are on the wane. It seems to me this is a remarkable record.

A. L. HERSEY, M. D.,
Oxford, Maine.

Nature's Remedy.

MR. EDITOR:—

Will you please allow me space in your paper to express my gratitude and tell what Pinehurst has done for me.

About January 1st I was taken sick with what was finally decided to be pneumonia and bronchitis. Although I had the best care and medical attention I could procure I grew worse instead of better. I lost nearly 60 pounds in weight and was as weak as a child. My lungs were partly filled, I had a terrible cough and my breathing was so short that I could not lie down. After a disagreement of doctors and being given up by one, I took the advice of all and came to Pinehurst. I started from Boston March 3rd and was so weak that I had to be wheeled through the station in a chair. I considered it my last chance, so made a great effort, and although my courage was good, my strength was about gone when I reached Pinehurst on the night of March 4th.

The next morning I surprised my folks by coming down to breakfast. My appetite returned and has stayed with me ever since. My improvement has been so rapid that it been noticeable from hour to hour. After being here one week I walked a mile, and three weeks from the day I left home I walked five miles. My cough has almost gone and I have no doubt I shall be a well man in a few months.

It seems almost incredible that one could improve so rapidly, but such has been my case. I attribute it all to the pure delicious air of Pinehurst, and I offer my experience hoping it may influence other sick people to try Nature's remedy—Pinehurst.

J. H. WITHERELL.



NATIVE TEAM.