

PINEHURST.

A New England Village Among the Southern Pines.

An Eden of Rest and An Ideal Place for Health and Recreation.

The return of every winter necessarily brings to many minds the consideration where they can pass the next five or six months with the least inconvenience and the greatest benefit to their health. Increasing experience of climatic conditions and influences shows that a vast number of chronic maladies acquired in a comparatively severe climate are stayed in their course, and not infrequently altogether arrested by judicious change to more favorable external conditions.

To decide on the location affording these conditions is a task that takes considerable time and thought, but, as in every other case where alternative propositions of apparently similar value are placed before us, we are naturally influenced by the experience and testimony of others who have had to solve the same questions.

The climate of Pinehurst, North Carolina, has been often compared by its admirers to that of the Riviera, the famous European health resort, but it possesses, in reality, many features which render it far more desirable as a place of rest and recreation, in the pursuit of health or in its maintenance. The climate of Riviera is not by any means a perfect one. It has a heavy rainfall and many rainy days. The transition from day to night temperature is sudden and considerable, damp and chill evenings succeeding to hot and dry days. It can, and does, freeze there, though not often, and it is tormented by some of the fiercest and most disagreeable winds that blow. In some parts, as at Nice and Hyeres, clouds of dust make life a burden.

None of these drawbacks are met with at Pinehurst. The climate of the section of the country surrounding this lovely village is mild and soothing, and its wonderful effects are noticeable in the cheerful manner of the favored ones whose better judgment has led them to select it for their winter quarters.

The village proper, which stands at an elevation of 650 feet above the sea-level, identical, bye and bye, with that of the famous Homburg, covers a area of 125 acres, and has been laid out literally regardless of expense, but under the most skillful supervision, and with a constant view to its chief object, which is to provide a delightful resting place for those who are worried either by physical ills or mental anxiety. Either may arise from various causes, but the cure is the same; perfect rest, agreeable surroundings, cheery and refined society, and above all, the sweet restorative of nature, the best physician of all. The unique feature of Pinehurst's management and one that has added immensely to its cheerfulness and popularity is the rule against admission of consumptives. The association with those thus afflicted is

not only very depressing but is a source of danger to those who have an hereditary tendency toward tuberculosis.

Among the chief adjuncts that go towards making a health resort out of a winter resting-place must first be mentioned pure air. The air of Pinehurst is dry, for the village is located on deep sandy soil, securing perfect drainage. The drinking water is of the purest, being brought from deep wells to the surface by pipes driven forty feet into the ground, whence it is pumped to the town reservoir. Chemical analysis shows it to be drinking water of exceptional quality. So highly is it prized for its beneficial effects in cases of kidney trouble, weak digestion, etc., that quantities of it are sent North.

Another prominent feature is the

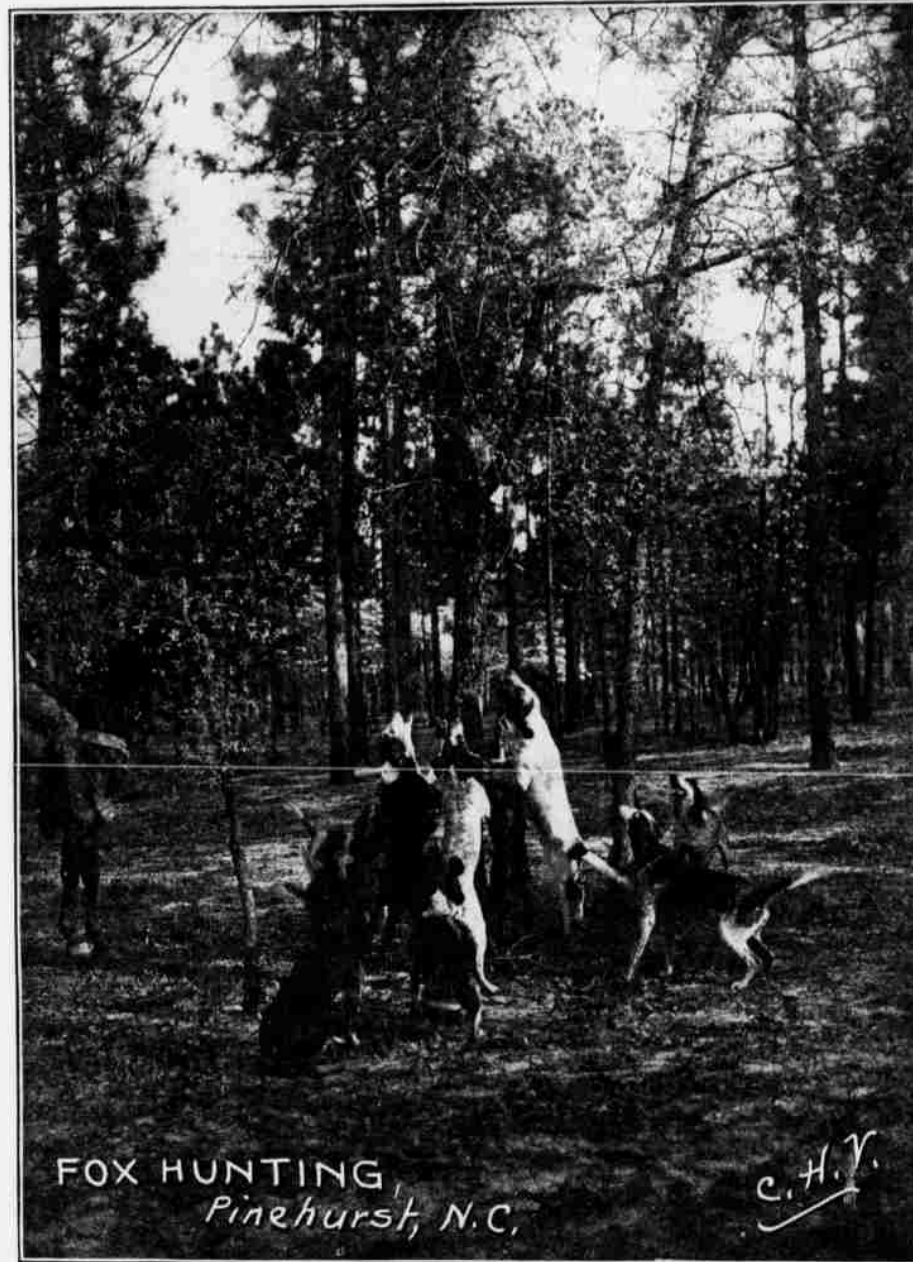
gently-stimulating air that brings "healing on its wings."

To those who have not as yet attained any marked degree of convalescence, Pinehurst will prove a curative agent of inestimable value. Owing to the freedom of the climate from rapid and constantly recurring changes of frost, rain, mist and mild weather, the invalid spends the greater part of the day in the open air, and scarcely knows what confinement within doors means. The long spell of propitious weather enabling the full influence of the genial atmosphere to act on his frame, his bodily vigor returns, and he finds himself able to enjoy a fair amount of exercise, whether walking, riding or driving. The functions of digestion and assimilation are improved; the standard of nutrition is raised;

health, if we are blessed therewith, we require not only pure air, pure water, good food and good lodgings, but congenial surroundings. These are all found in Pinehurst, the latter perhaps to a greater extent than in any American or European health resort. Sunday services are conducted by ministers of different denominations in the forenoon and by a rector of the Episcopal church in the afternoon. Everything that the mind of man could conceive has been done to provide rational and harmless sources of amusement for the guests. There are golf grounds, that are admitted by the leading experts to be unsurpassed by any in the North; facilities for croquet, bicycle riding, tennis and in fact, almost every form of out-door sport. A hall with stage accessories affording fine facilities for amateur entertainments, excellent roads for walking, riding or driving, a fine bowling alley, etc., etc., make up a location which combines all the advantages of a sanitarium with the best pleasures of a residence in Southern Europe or Italy.

Apropos of the place just mentioned, while it cannot be denied that great benefit has often been obtained by those who have visited the chief resorts there situated, yet it is apparent that, when we consider the preliminary fatigue and annoyance of a journey thither, the game is frequently not worth the candle. The principal objection to persons in delicate health undertaking a long sea voyage is the uncertainty about the influence to which he or she may be exposed; while on land, the traveler is, to a great extent, his own master, and has power to control the surrounding conditions. He may regulate the day's journey according to strength or inclination, he may linger in such places as have agreeable associations or environments, he may hasten over those of an opposite character; but when once embarked upon a voyage, whether he find himself crowded in a dark close cabin, lying on a narrow hard shelf, port-holes rigidly closed and the atmosphere he breathes poisoned by noisome odors, the rain pouring on deck making escape from his prison, even for a few minutes, impossible; when he feels he would give all his worldly possessions for a breath of pure air, or a few hours' cessation from the perpetual din of the engines within and the waves without; he is perfectly helpless, he must go through it, day after day and night after night, until the weather changes or the voyage is ended. This mania or fad for seeking abroad and under conditions of supreme difficulty that which lies at our very doors, and can be obtained with ease and safety, is hard indeed to explain or account for.

Here, within a day's journey from any part of New England, is a city of refuge for those oppressed by constitutional delicacy. It covers 6,000 acres of land, purchased by and marvelously laid out under the direction of the owner. Here he has provided a resting-place for the weary, where at trifling cost and without incurring any of the risks or dangers above referred to, they may recuperate the falling forces of nature, build up strong constitutions, form delightful acquaintances, enjoy many kinds of rational amusement and recreation, and, in a word, be perfectly happy. Let the letters published in this and former issues of THE OUTLOOK bear witness how well



absence of that dampness which so frequently harasses the residents of the Northern States.

While Pinehurst is a place where the healthy can confirm their robustness, and the sick can hope to become quickly convalescent, the advantages to those who are actually recovering from an illness when they arrive there are rapidly manifested. The great danger of relapse is known and feared by all physicians, and valetudinarians have to be very careful that they do not incur, or run the danger of incurring, a return of the ailments from which they are recovering.

Open-air exercise is invariably of great benefit to such, and here, in Pinehurst, they can sit out under the blue skies, or walk about out of doors almost every day during the winter with pleasure and comfort, breathing in the tonic and

healthy tissue is formed, and morbid deposits are absorbed and eliminated. The temperature of Pinehurst is, on the average, twenty degrees higher than that of Boston, a fact of the greatest importance to those who are threatened with lung or bronchial trouble, and the safety from the severe and biting atmosphere of the North is a strong inducement to the residents of New England and Canada to visit this Southern Elysium, and breathe for a time the health-giving and health-restoring breezes of this favored spot. The resinous outpourings of the surrounding pines, from which the village takes its name, possess wonderful curative and healing properties, and the fact that no cases of pulmonary consumption have ever originated in this locality, is the best proof of this.

To regain health, or to preserve good