

HADDON HEIGHTS,

NEW JERSEY;
THE SUBURB OF
PHILADELPHIA

Don't wait until Spring to buy a Home
BUY ONE NOW
As prices will advance 10 per cent.

For Sale—Fine new Residences, containing reception hall, parlor, dining-room, kitchen and laundry on first floor; 4 bedrooms and bath-room on second floor; large room on third floor. The very best inside-wood work. Lots 75x200 feet; cement side walks.

PRICES, \$4,250 to \$5,000.
REFINED NEIGHBORHOOD.

Also a few beautiful home sites, from \$500 to \$1,000, according to size and location.

ALL 200 FEET DEEP.

Phone, write or come and see us about it.
HADDON HEIGHTS REAL ESTATE CO.,
HADDON HEIGHTS, N. J.

PINEHURST SCHOOLS

Combine under one head

**College Preparatory
Grammar and
Primary Schools**

furnishing instruction in all branches of these grades.

Courses of study are elective and pupils may enter at any time and for any length of time, and rejoin their classes without loss, after a long or short stay, in an ideal climate, surrounded by right conditions for living and removed from the usual temptations of school life.

Special attention is given to French and German conversation.

TERMS:

Primary Department, \$ 75.00 per year
For less than full year, 2.50 per week
Intermediate Department, 125.00 per year
For less than full year, 4.00 per week
College Preparatory Dept., 200.00 per year
For less than full year, 7.00 per week
Private tutoring, . . . 2.00 per hour

ALDICE G. WARREN,
Head Master,

OR

Pinehurst General Office

Gymkahna Today!

3 P. M.

Fun and Frolic for All

Don't Miss It!

THE VALUE OF SUNSHINE



MANKIND'S love of sunshine and fresh air is his by natural right, and the out-of-doors climate is his natural home. When he lives in cold countries it is at the expense of a great outlay of labor to provide protection and a very considerable shortening of life. In consequence it is but natural that a climate such as Pinehurst possesses, should attract in increasing numbers.

The value of outdoor life is best appreciated by those accustomed to sedentary life when opportunity is afforded them to spend a few days in the open air. It needs no lengthy argument to demonstrate to such a person the value of continuous outdoor life as a health promoter. The value of such life does not consist wholly in the purity of the air and the exercise, matters of great importance, but also in the cooling effect of the air in motion, and especially in the vitalizing influence of the sunshine.

The rays of the sun, says Dr. J. H. Kellogg, contain heat and chemical rays as well as light rays. The heat acts powerfully upon the glands and vessels of the skin, while the chemical rays influence the nervous system in a remarkable way. It is the chemical rays which cause so-called sunburn.

The marvelous energy manifested in plant life is derived from the sun acting upon the green parts to organize and vitalize the elements of the earth and air into living substances. The same energy of the sunlight is essential to animal life. The sun bath is now a well-recognized and much-valued therapeutic agent.

In this form of treatment the whole body is exposed to the direct action of the sun's rays. Persons who are not accustomed to exposure to the sun and individuals who have light hair and light skins should make the first exposure to the sun of short duration; ten or fifteen minutes. Longer exposures are likely to produce sunburn. No particular harm is done by sunburn, excepting the inconvenience occasioned by it. The pigmentation of the skin induced by sunburn protects the skin from further injury.

The body may be exposed either in the open air or before a window. When the sun's rays are so intense that the heat is depressing, the heat rays may be filtered out by means of a blue screen placed between the patient and the sun.

After the sun bath a cold plunge, a cold shower, a cold towel rub, or a wet-sheet rub should be administered to tone the skin and the nerves.

In the summer time in a hot climate the sunbath may be conveniently taken in an outdoor gymnasium. A sand pile furnishes a most appropriate couch, as the

heat which it accumulates may be utilized as an aid to induce perspiration when this is desired.

Every home should be provided with a convenient place for taking the outdoor sun bath in the summer time, and sun bath indoors during the cold season. Civilized human beings suffer greatly because of the seclusion from the sun occasioned by modern modes of life. Those who reside in cities, like the cave-dwellers of the olden time, are by their opaque walls and shaded windows almost excluded from the sun. The results are shown in the pale faces of old and young, the rickety children, the growing prevalence of consumption and other constitutional maladies, the increase in deformities and degenerations, and other evidences of race deterioration. Out-of-door life and a return of the simple habits of our ancestors is the only way in which the race extinction to which we are at present rapidly hastening can possibly be averted.

The sun bath is useful in almost every form of disease in which an acute febrile process is not present. It is especially valuable in neurasthenia, all forms of dyspepsia, rheumatism, diabetes, gout, skin disease and chronic maladies of every sort.

REPLETE WITH SURPRISES

(Concluded from page 1.)

Mr. C. West Taintor, New York, and Mrs. Joseph Lucas, Philadelphia.
Mr. Donald Vaughan, Garden City, and Miss Lucy K. Priest, Boston.
Mr. Austin P. Palmer, Brooklyn, and Miss Fuller, New York.
Mr. Chester N. Palmer, Brooklyn, and Miss Dunne, Boston.
Mr. E. A. Olds, Jr., New York, and Miss M. Partridge, Minneapolis.
Mr. N. S. Hurd, Pittsburg, and Miss Firth, Boston.
Mr. O. B. Prescott, Newton, Mass., and Miss Elizabeth Hoy, Chicago.
Dr. E. R. Frankish, Toronto, and Miss Cornwall, Englewood, N. J.
Mr. Chas. Smith, Franklin, Pa., and Miss Ethel Check, New York.
Mr. L. E. Fuller, Boston, and Miss Porter, Boston.
Mr. W. J. Watson, Hamilton, Ont., and Miss Emilie Capel, Pittsburg.
Mr. Herbert L. Jillson, Worcester, and Mrs. Leonard Tufts, Boston.

"Beats the World."

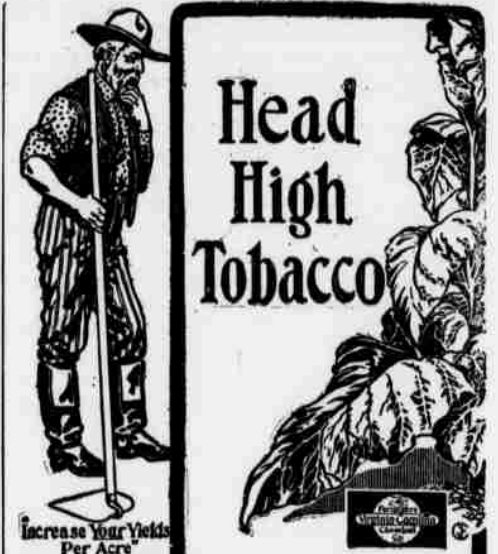
Mr. W. J. Nellis, representing *The Hotel Record* (New York), spent the week here in the interest of his paper, and left impressed with the fact that Pinehurst, as he expressed it, "beats the world."

OPIE REED

The Famous Novelist and Story Teller,
VILLAGE HALL,

Friday Evening, February Fifteenth

Tickets at Pharmacy and Hotel Desks; fifty cents and one dollar.



Head
High
Tobacco

Increase Your Yields
Per Acre

can easily be raised with regular, even stands, and of the very best grade, for which the highest prices can be gotten at your warehouse, or from tobacco buyers if you will, a few weeks before planting, liberally use

Virginia-Carolina Fertilizers.

Use them again as a top dressing, or second application. These fertilizers are mixed by capable men, who have been making fertilizers all their lives, and contain phosphoric acid, potash and nitrogen, or ammonia, in their proper proportions to return to your soil the elements of plant-life that have been taken from it by continual cultivation. Accept no substitute.

Virginia-Carolina Chemical Co.,

Richmond, Va.	Atlanta, Ga.
Norfolk, Va.	Savannah, Ga.
Durham, N. C.	Montgomery, Ala.
Charleston, S. C.	Memphis, Tenn.
Baltimore, Md.	Shreveport, La.

Pinehurst Preserves

Embracing 35,000 acres of the

**Finest Hunting
Territory**

in Moore County, North Carolina, offer unusual and VARIED ATTRACTIONS for SPORTSMEN and SPORTSWOMEN

The climate is unsurpassed, cover excellent, and easy to traverse and close to the Village, in which every comfort may be found at a varying range of prices. Here one may enjoy **SPORT WITHOUT "ROUGHING-IT"**

New England comforts in a Southern territory—a rare combination.

Excellent Quail Shooting

Turkeys for those who care to hunt them, woodcock and flight pigeon shooting; fox and rabbit hunting.

In connection with the Preserves are maintained

KENNELS

as complete as any in the country, at which a string of perfectly broken setters and pointers and a pack of beagles are kept for the use of the guests.

Reliable guides, shooting wagons, and in fact every requirement for long or short trips. Dogs boarded and looked after with intelligent care.

RATES.—Shooting privileges \$1 per day, \$3 per week, \$15 per season.

NOTE.—These charges are waived for the season owing to the fact that under the new law non-residents pay a tax of \$10 to accrue to the Audubon Society.

Guides \$3 per day, including use of dog if desired. Boarding dogs, \$1.50 per week, \$5 per month. For further information address,

Pinehurst General Office