

## GOLF AS A MEDICINE

Those who Walk the Links for Health  
May Throw Physic to Dogs.

By Destroying the Element of Self-Consciousness the Game Gives a Complete Rest to the Mind.



HE worth of golf as a medicine is appreciated by the physicians, and although it mars the profits of the druggists, doctors are forced, through principle, to send forth their patients to the links. Quite as many play golf as a restorative to health as for exercise—which is a form of medical treatment—or to excel in the game for its own sake, and which is the best of it—the getting near to nature on the links never fails to return a bounty in good spirits and renewed energies. Another good thing is that more than one who has been ordered to the game by a doctor, has developed into the first rank as a player.

While all who play the game know its mental and physical virtues, there are sceptics among the non-players who do not appreciate the medicinal worth of the pastime. These captious critics, who see nothing in the game but a "loss of time and a waste of strength," carry along their opinions uncontradicted until the inevitable hour of the consultation with the family doctor to account for "that tired feeling." Should the prescription be to buy golf clubs and spend a couple of days a week on the links, the sceptic will soon be convinced against his will that he has been wrong. He finds that to become a successful golfer all worries and cares must be left behind and every mental and physical power become concentrated in the effort to strike the little white ball. The *Field* says in part on this theme;

"It is in destroying the element of self-consciousness that golf as a medicine is so valuable. It gives a complete rest to the mind; it switches the mental machinery on to another set of new revolutions, and it exacts that there shall be in the mind only one idea demanding concentration at the moment. The only ends to be considered on the links are the correct management of club and ball. The curious thing is that it should have taken modern medical men so long to find out the virtues of golf as a medicine. They recommend it nowadays practically without hesitation to many of their patients greatly absorbed in business. In so doing many, no doubt, look upon it as a pleasant method of giving a new form of medical recipe; but there are many passages which can be quoted from old writers of a hundred years ago on the laws of health showing that the game was well known then as one of the best medicines in the pharmacopœia.

Sir John Sinclair, in his "Code of Health" published in the last century, mentions several ball games whose practice is good for health, and of golf he says: "It is a diversion well calculated for exercising the body and may always be taken in such moderation as neither to

overheat nor fatigue."

"Mrs. Oliphant, the novelist, more than thirty years ago made the medicinal virtues of the game one of the principal features of a chapter in one of her books. She was writing of St. Andrews, and one of the characters says: 'Twice round the links in a day is the whole duty of man; and one round maintains him in that decent condition of moral respectability, falling short of excellence, but far above mediocrity, which is in some respects a more comfortable state than that of supreme excellence itself. The parish minister is made to declare: 'I play my game every day of my life without its ever interfering with my duties as a parish minister. Play your game, and be thankful to Providence that gives us a wholesome and innocent amusement.'

"Golf as a medicine naturally enough rarely enters into the calculations of the young and vigorous. The middle aged golfer, if he has passed through that period, also looks back with brightened memories to the days when he too got enjoyment out of the pastime of the links. It takes them out in the open air, breeze and sunshine when, perhaps, in less fortunate circumstances of attraction, they would stay quietly at home or take the solitary and monotonous walk for health's sake. The lonesome ramble is rarely stimulating mentally, for it presents too many temptations to lapse into the thoughts that are the constant companions of the working hours. Golf, on the other hand, forces a man out of his every day preoccupations and reinvigorates him by the charm and the witchery of its own special chemistry.

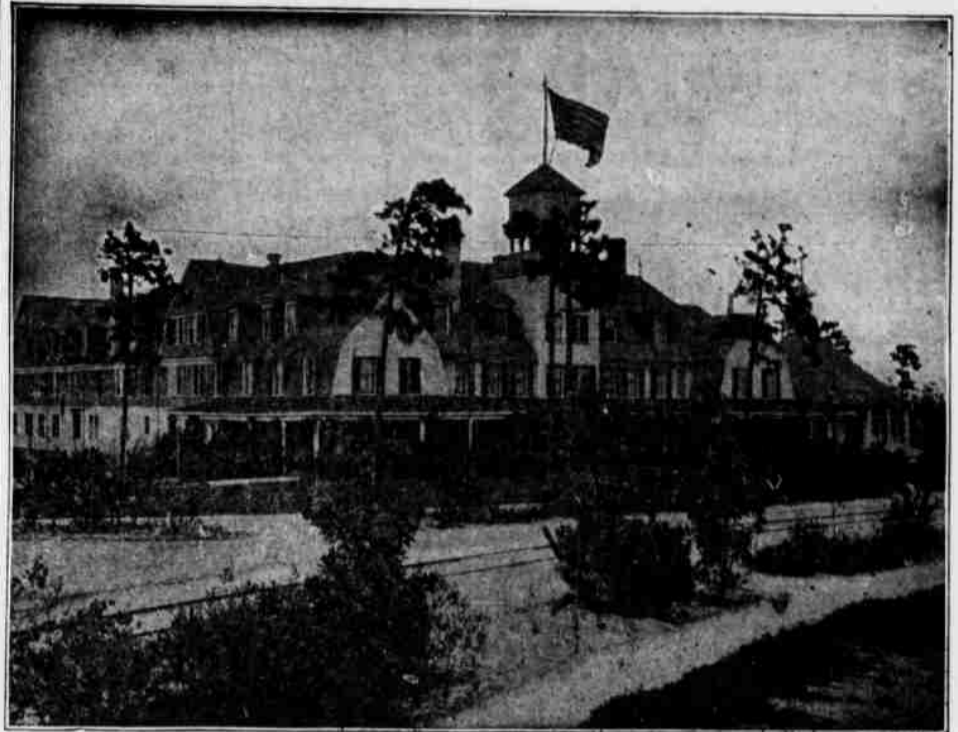


G. LEE KNIGHT, PHILADELPHIA.

If you see a golfer standing in this attitude near the sixteenth green, lay a ten to one shot that it's Mr. Knight, and bet on a sure thing!

## THE HOLLY INN

PINEHURST, N. C.



The Holly Inn is one of the most attractive hotels in the South. Since it was built in 1895, it has been necessary to enlarge it several times to meet the constantly increasing demand. The interior is elegant, cheerful and tasteful. No modern convenience is lacking. There are bath rooms, electric lights, steam heat and open fireplaces. There is a call bell in every room, and all beds are furnished with best hair mattresses. An orchestra furnishes fine concerts daily, and also provides for dancing. The cuisine is unsurpassed. The waitresses are all white girls from the North. Rooms for billiards and other games are provided in the hotel.

A. I. CREAMER, Manager.



## The Harvard,

PINEHURST, N. C.

This recently completed hotel is centrally located between The Carolina and The Holly Inn.

It is modern in every respect, having electric lights, steam heat and several suites with bath and with its cottage annex and large dining room accommodates seventy-five guests.

The Cuisine is in charge of a competent chef, and the table service is guaranteed satisfactory.

F. H. ABBOTT, Manager.

## THE UPLANDS

BETHLEHEM, N. H.

F. H. ABBOTT,

Proprietor.

Address until May 1st, PINEHURST, N. C.

## Hotels Guilford-Benbow,

GREENSBORO, N. C.

An ideal point for tourists to spend the night en route to Pinehurst. Two of the most complete and best equipped hotels in the south, on the main line of the Southern Railway, and a thirty minutes drive from the historic Guilford Battle Grounds of Revolutionary fame.

Greensboro is a beautiful old southern city, has fine Opera House, beautiful streets, and is surrounded by picturesque macadamized roads. All Pullmans via Southern Railway for Pinehurst and the south stop within two blocks of these hotels.

COBB & FRY.