

The Pinehurst Outlook

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THE LAND OF SUNSHINE

It is to Enjoy its Benefits to the Fullest that Visitors Come.

Pinehurst Long Ago Discovered What Recent Scientific Research is Now Demonstrating.

ABOVE and beyond all", wrote an admirer, "Pinehurst is *The Land of Sunshine!* Never have I seen a larger percentage of sunshiny days, or the sunlight more beautiful. The landscape radiates it; mankind, the birds, nature—*every living thing*—rejoices in it".

This in brief, is the memory which all who know Pinehurst well, carry away. One associates it with the Village, as majesty with the ocean, grandeur with the mountains, mystery with the forest, and it is a pleasant memory which beckons, as the face of a dear friend:

THE LAND OF SUNSHINE!

Combine with this crisp, pure air, ideal climatic advantages and many other exceptional natural attractions, the most complete and perfect resort equipment in the world—right conditions for living in every sense of the words—and one finds the real cause for the wonderful fascination Pinehurst has for its admirers; why it holds old friends and claims new ones in increasing numbers each year.

But primarily, every one comes to enjoy the fresh air and sunshine, to make the most of God's out of doors, to find rest, recreation, and happiness through close contact with nature.

There are the broad verandas of the hotels and the cozy porches of the boarding houses and cottages, where one may sit, dream, listen to the birds and breathe the pure air; delightful walks, rides and drives through the quaint countryside or the fragrant forest, with bird, flower, and shrub everywhere to delight the soul and refresh the eye.

There are the golf links, the tennis and croquet courts; the trap shooting grounds, the pistol range and shooting preserves. There is something to occupy each and all out of doors, in the fresh air and sunshine, every day in the week, every week in the season, from early morning until late at night; something to do which one anticipates doing with pleasure, and which gives life here the joy which comes only from agreeable occupation.

In a word, life in the sunshine at Pinehurst has always been synonymous with health and happiness; its friends discovered it long ago, and while they have long known just what science is now demonstrating so conclusively, these discoveries will serve to awaken even a greater and more general appreciation of this, the greatest of Pinehurst's many natural blessings.

"Civilization which has led humanity into the canyons of high buildings and artificial light," says a recent issue of *The New York Herald*, "is pausing after centuries of artificial accomplishment, impelled to seek the sun for health, strength and new life.

"Science after fighting the effects, is now devoting itself to the cause of the tribulations which civilization has brought upon us, and returning to the sunworship of the Pagans; recognizing in sunlight the most powerful life-giving, life-sustaining and curative agent the Creator has given to mankind.

"The medical profession has fallen so in love with sunlight that it is trying to pull it apart in the laboratory, making the first attempt to capture certain elements and reproduce them artificially within the human body to fight disease; or by artificial light rays bring to the aid of science a fraction of the wonderful curative powers of the sun itself.

"Whatever the results of these experiments may be, they will emphasize more fully than ever before that every one has at his command an agency more powerful than the costliest of drugs. The benefits will be better understood and greater use will be made because of this knowledge.

"People are only just beginning to realize that the sun does not stop at the surface of things, but penetrates the tissues of the body, even through clothes. Just what it does, science may hesitate to define, but we know that it makes a baby grow, just as it does a flower; that it keeps alive the fires of old age, and that it makes all who live in it proof against most diseases. Moreover, it is helpful in all chronic diseases which defy science."

"Dr. George F. Shradly, who has been one of the most earnest apostles of the open air and sunshine treatment, says of its relation to medical science:

"It is impossible to estimate the value of sunlight as a curative and life-giving agent in comparison with other means to such ends at our command. Next to air, so essential to animal and vegetable life, it is the most important of all. When the Creator said, 'Let there be light,' it was the final answer to the purpose of His work. The sun worshippers are as old as the history of the world. It was the

first religion that fitted the real needs of primitive mankind. The animal, savage, naked as he was, enjoyed its fullest benefits.

"Since then science has endeavored to explain the reasons why the animal and vegetable have thriven under its benign influences. Exhaustive experiments have shown that every principle of life is stimulated by its direct action on the bodily tissues. Nutrition is increased; the excretory products of the body gain new energy and many of the diseases of mankind are robbed of their terrors. It has indeed taken rank with fresh air as a hygienic means of preventing and arresting hitherto intractable diseases.

"It is well known that many of the most malignant pathogenic germs cannot live in sunlight. Bacteriological research has thus placed the treatment of disease on a more rational basis than ever before attempted. Sun baths are advocated with as much hope of benefit in some diseased conditions as general bathing has given in other hygienic endeavors. Even artificial light as a second choice of means to such ends has come to the fore and is now a well recognized therapeutic agent."

"Everywhere there are signs that civilization is opening its arms to the sun. In New York the city authorities have brought sunlight into the most crowded quarters by little parks. Among the rich the custom of driving in open victorias in fine wintry weather has become common not only in the park, but in the city avenues.

"There is no superstition in the new sun worship. Science is behind it and fighting hard to know more about it. We are learning the lesson that St. Paul preached to the Thessalonians:

"We are children of the light and children of the day; we are not of the night or of darkness."

RESIDENT PHYSICIANS.

Doctors Montgomery A. Crockett and George S. Hill Return.

Doctors Montgomery A. Crockett and George S. Hill, the Resident House Physicians, will both return, Dr. Crockett being located at The Carolina, and Dr. Hill at the Holly Inn.

Dr. Crockett reached here some weeks ago and Dr. Hill arrived with the opening of the Inn. Both are practitioners of wide experience and they have won general confidence through their work here.

DURING THE PAST SUMMER

Many Improvements Brought About by Rapid Growth of Village.

Increased Transportation Facilities. Utility Plant Enlargement. Cottage Additions.

THE PAST summer has been a busy one here and many improvements and changes brought about by the rapid growth of the Village, have been made.

One of the new features which will meet with general favor, is the improvement in the transportation facilities of the Seaboard Air Line Railway, direct connections now being made with the Aberdeen & Asheboro Railway at Aberdeen, which will be known as "Aberdeen-Pinehurst Junction." A new train service, known as the Pinehurst, Aberdeen-Pinehurst Junction train, is now in operation, a first-class passenger coach and one of the road's best engines handling the business. A new Union station of brick is being built at Aberdeen, and connection at Southern Pines with the trolley is a thing of the past, a large portion of the track having already been taken up.

The new service will bring tourists direct to the Village in a quicker and more satisfactory manner, the new train connecting with Seaboard trains as the trolley did in the past. During the season the Seaboard will run daily through chair cars and sleepers direct to the Village. This arrangement will also give visitors closer and more satisfactory communication with points near at hand, there being three trains daily, each way.

The Southern Railway will, as in the past, connect with the Aberdeen & Asheboro Railway at High Point, running a through chair car this season in place of the through sleeper as in past seasons.

Pinehurst now has connection with the three great Trunk Lines running from the North to the South, as the Aberdeen & Rockfish Road has recently extended its track to Hope, a station on the Atlantic Coast Line just south of Fayetteville, N. C.

Another marked change is the abolition of the old "Casino," which has long been only such in name, and its adaptation to other and more useful purposes. The room on the first floor, at the right, will
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