

# THE PINE KNOT.

LIGHTED FOR THE ILLUMINATION OF TAR HEELS, BOTH NATIVE AND ADOPTED.

VOL. I.

SOUTHERN PINES, N. C., SATURDAY, APRIL 23, 1887.

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### What they think about Southern Pines as a Health Resort.

The Testimony of People Who have tried it.

Now that Southern Pines has enjoyed what may be considered as its first season, we feel that it may be of interest to our readers who are contemplating a removal from the North for the purpose of securing health, if we publish expressions of opinion from a number of our visitors, "real invalids", who have spent more or less time here and are competent to bear witness.

F. E. McAllister, 22 Dey St., N. Y., came here with chronic asthma. For a long time he was rarely able to get a night's sleep. He states that almost immediate relief was obtained here, and that he regards the benefit as permanent, as he has not suffered from the malady since he returned North.

J. M. Holden and wife, of Boston, Mass. Mr. Holden was suffering from debility consequent upon an elevator accident, Mrs. H. from chronic rheumatism. Both are very enthusiastic over the benefits received at this place. General health excellent and no rheumatic twinges while here.

W. H. Howell, Whippany, N. J., was, in his own language, "almost a corpse" when he came. He was suffering from pulmonary disease. After five weeks stay he goes back greatly benefited. "Good dry atmosphere, dry soil and pure water," he says, "have set me up."

P. C. Ford, Esq., Schuylerville, N. Y., after a few weeks stay here, traveled through other sections of the south, but finally came back here to stop until he returned North. His testimony was that he derived more benefit in two weeks here than he could in a season anywhere else he went. He says emphatically that he finds no equal to the climate and sanitary conditions of this place.

Mrs. L. V. Gorton, Hartford, Ct., a sufferer from general debility spent the season here and has just returned North greatly benefited.

Mrs. Dora Lane, Penobscot, Me., has spent the season at Southern Pines. When she came hemorrhages from the lungs which had been quite frequent stopped entirely. There has been a constant improvement in her general health since her first arrival. She has very wisely decided to spend only a very short time in the North this summer, and will return in time to get the benefit of our summer weather.

B. W. Couch, Concord, N. H., came here with health much impaired by chronic catarrh of long standing. He finds his general health much improved.

Edwin Goodheart, Bound Brook, N. J., goes back from here to his home with marked improvement in health and strength. He was much enfeebled by pulmonary disease.

Mrs. A. M. Clarke, formerly of Delta, Pa., was told by physicians before she came that she could not possibly live in the North. She has improved from the first and already feels so strong that she wants to do about as much as three well women ought.

Mrs. Arthur Giles, of Washington, D. C., a sufferer from general debility occasioned by pulmonary disease, finds herself greatly improved.

S. N. Rockwell, of Pennsylvania, a sufferer from insomnia caused by a severe accident, had not been able to get a night's sleep without the use of sedatives for nine months before he came. Is now able to discard all sleeping potions, except draughts of pure night air.

These are but a few out of many of similar purport. The list could be made a very long one, but we do not feel that it is necessary. Enough has been shown to convince the candid; the uncandid we do not care to waste time upon.

### A REMARKABLE CASE.

The Montgomery *Vidette* tells of the remarkable case of a man falling into a well as follows:

Mr. Cyrus Hurt, came very near a serious accident Monday last. He was using a cart in filling up an old well, when in the act of dumping a load of dirt, the cart rolled in carrying him with it. The dirt having become saturated with water made a soft landing for him and he came out not hurt but a very muddy man.

It seems that when he went in he was hurt and when he came out he wasn't.

### DEATH IN HIS QUID.

We learn that a man named Williams met with a singular and suggestive death at Hot Springs a few days ago. Notwithstanding the law against it, Williams has been in the habit of fishing with dynamite in the streams near Hot Springs, and in carrying the cartridges in his pocket much of it rubbed off and got mixed with his tobacco, and chewing this resulted in his death.—*Asheville Citizen*.

The moral of the above is obvious. If a man will chew dynamite he ought to be very careful not to get any tobacco mixed with it. Tobacco is terribly fatal stuff.

### INDUSTRIAL ADVANCE IN N. C.

Throughout the central section there is observed a multiplication of mills, cotton factories, tobacco factories, iron foundries, wood work establishments, and so on, and an improvement and extension of those already established. There is a marked growth in the business of fruit growing and fruit drying for shipment out of the state and in the handling of medicinal herbs and roots for commercial purposes.—*News and Observer*.