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FAIRHOPE, ALABAMA

TAYLOR'S LUNCH
FOR BEST MEALS
and
GOOD COFFEE

FAIRHOPE, ALABAMA "THE FOUNTAIN OF YOUTH"

By GRACE HARRELL FLAGG
Grace Harrell Flagg was born in Ohio, and spent her childhood near Salem, Kentucky. Left motherless at thirteen, the oldest of five children, she assumed the responsibilities of mother. For a time, she was a telephone operator. Later, taking up direct selling, she travelled over a number of states. She has always been interested in people and their experiences, and is a lover of nature. She is now living at Fairhope, growing up with her three children.

Ponce de Leon in his famous quest for the "Fountain of Youth" perhaps had his mind concentrated on springs, and bubbling waters. History does not so state, but it is possible he may have passed by Fairhope, on the Eastern Shore of Mobile Bay, without realizing the possibilities of its climate, atmosphere, and pure water in the restoration of youth and health. However, a latter day explorer, bound on equally as ardent a search has discovered health, youth, and happiness in the magic city of Fairhope, Alabama. May we call your attention to the experiences of this present day adventurer, whose exploits are not yet written into histories' pages?

A few miles out from Fairhope, in a little round cement block house, lives H. J. Stuart, a truly happy man. A few years ago, Mr. Stuart was advised by his physicians to leave his home in Idaho, and arrange to spend his remaining days in Southern California, where he might hope to regain a slight measure of health. As it was impossible to leave Idaho at once, he began to plan, and arrange his affairs for a move to San Diego, and it was while these arrangements were in progress that he received booklets and papers from a friend in Ohio, setting forth the advantages of southern Alabama.

The description of this country, together with the illustrations, so appealed to Mr. Stuart that he immediately wrote to Mr. Parker of Montrose, Alabama, author of one of the papers. "Mr. Parker's friendly and encouraging letters filled me with hope," said Mr. Stuart, "and when he sent the description of a piece of pine land near him—ten acres for \$150.00—I sent the money and had him buy it for me. I arrived in October, 1923, and remember well my feelings, as the boat came down the bay, with the stretches of pine and red sand hills in sight, that this was home."

"I was well pleased with the land, though some have wondered why I chose pine woods, instead of improved ground, where I could have started right in to plant. It was just the kind of place I wanted, where I could fix everything to suit myself."

"With Mr. Parker's help, a temporary home was erected in 13 days; then began the enjoyable work of clearing a garden spot. Down at the beach a half mile away was material of all sorts which could be used in building, free for the taking away."

It was only a short time before the man who had arrived in broken health was carrying this up the bank, a little at a time, then hauling it on his wheelbarrow up through the woods to his new found place of happiness.

He learned how to make cement out of some of this material, then made blocks of it, and built beds in which to raise berries and vegetables. These beds stand about 3 feet high, about the same in width, and stretch away like long counters in a shop. There is no back-breaking weeding in this garden, as he simply walks along, or stands as at a table, while cultivating.

Mr. Stuart is experimenting with the water hyacinth for fertilizer, hauling it up from the beach and making a compact heap; he hopes to find something as good or better than animal fertilizer.

A round water tank was made of cement also, and it was while working on this tank that the idea of the round dwelling came to mind. "I began to make blocks of the cement, taking all the time I needed," said Mr. Stuart, "all this time, I was living in my cabin, working at my garden part of the day, whenever necessary, and sleeping out in the pavilion." My health was improving right along, and I was enjoying life as I never had before."

"I might mention here, that I sleep as well, that I am ready to arise between 3 and 4 o'clock, never later than 4. In a half hour, I am ready for my breakfast of mush, made of corn and wheat ground in a small hand mill, a little toast and tea."

"I always rest during the hottest part of the day in summer, which is easy to do as I get so much done early in the day. Working this way, I en-

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joyed every minute, and my house was ready to move into in one year and 16 days."

This unusual house is made of cement blocks, roof and all, is 14 feet in diameter and has cement floor. Six windows and a ventilator at the top of the dome-like roof, give abundant light and ventilation. A small box stove serves for both heating and cooking. Books, magazines, and the various belongings of the occupant are arranged around the circular wall within easy reach; a loom stands near the center of the room—for this busy man is also a weaver of rugs—and opposite the door, a narrow ladder leads up to the bunk where he sleeps.

When one considers the fact that this man was completely broken down, an invalid; that he found strength and encouragements sufficient to enable him to begin work, and not only to begin, but steadily improve while continuing to do harder work and more of it, it speaks well for this section of the American Riviera. "These five years have been the happiest of my life," said Mr. Stuart.

Born in England, he came with his parents to America when too young to remember his old home, and lived until manhood in Damascus, Ohio. In November, 1879, he entered Mt. Union College, and in 1882 took up telegraphy at Oberlin. His father, however, needed an assistant, and offered to pay more than a beginner could hope to command at that time, with the result that the son remained at home until some time after the establishment of his own household.

He then went to Washington and later, with his wife and two little boys, moved to Denver, Colorado. After five years in that city, he went to Idaho, where he lived twenty years. A strict vegetarian, he has found the one-dish meal most satisfactory, that is, one cooked vegetable, with toast, tea, and fruit.

"Each one must decide for himself what is best," said Mr. Stuart, "but this diet has satisfied me. I am well and strong, haven't an ache or pain anywhere, and I can work like a horse. I have thoroughly enjoyed going barefoot, too, this year, have not had shoes on since last May."

A careful reader of the best books and magazines, he is able to converse on any subject, and has correspondents all over this country, as well as some in Europe. A lover of Tolstoy, he is familiar with all his writings.

Over eleven hundred visitors have

found their way to his place this year.

Simply dressed, erect, and active as a boy, Mr. Stuart seems to radiate life and energy; a fit picture of the benefits derived from life in the pine woods of southern Alabama.



H. J. STUART
FAIRHOPE, ALA.

For Information On FAIRHOPE, ALA.

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