

We begin this newsletter with tributes to David White our Chair of HPCO for four years and prior to that the Chair of the Central Otago NZHPT branch committee. David died in Dunedin on 20 November 2015 after a year-long battle with Motor Neurone Disease.

In memory of David White

Dr Michael J S Floate QSM

As Acting Chairman of Historic Places Central Otago, I am delighted to have been asked to write these words in recognition of the great contribution David made to the protection of heritage here in Central Otago and at the national level.

He has done this through devoting hundreds of voluntary hours to the leadership of what is now known as Historic Places Central Otago (HPCO). This Regional Society some years ago replaced the former Central Otago Branch of New Zealand Historic Places Trust (NZHPT).

That former body (NZHPT) had some 20 branches throughout New Zealand who had been dubbed the 'eyes and ears' of heritage. However those Branches did not have a voice of their own and were not permitted to make submissions or speak in support of protecting local heritage. That job was undertaken by professional staff of NZHPT. NZHPT believed it should speak with one voice at such hearings so local Branch Committees could not act independently.

The new local bodies do now have that individual power (and responsibility) to act in defence of local heritage values at, for example, Resource Consent hearings.

The transition from local Historic Places Trust (HPT) Branch Committees to the current Historic Places Regional Societies such as HPCO has not been without its problems. David had worked hard to overcome some of those difficulties.

Our local Regional Society (HPCO) is one of only 6 local bodies who transitioned to the new structure. David was largely responsible for writing the constitution for our Regional Society and contributed effectively to the development of the Constitution of the new national body, Historic Places Aotearoa (HPA). That national body with its executive (of which David was a hard working and influential member till struck down with illness in November 2014. David resigned from the Executive in 2015.) is now striving to bring back into the fold those former Branch Committees which merged with other groups (such as local Historical Societies) but did not join HPA. The National body no longer has the representative power enjoyed by the former NZHPT with all its Branches.

David's devotion to heritage both at the local and national levels is bearing fruit. There is much still to be done. All those who were privileged to work with David were inspired with his tireless energy and dedication to the protection of heritage in Central Otago. It is now up to us to do our best to continue with this work.

HPCO, in recognition of his dedicated work, plan to organise an annual essay competition to be known as the David White Memorial Prize which will be offered to senior Central Otago high school students. The title of the essay was suggested by David himself - "Why the conservation of heritage in Central Otago is so important in the 21st Century". HPCO looks forward to getting this underway in 2016 and subsequent years.



Around 100 people gathered to join in celebrating David's life, which, very fittingly was held at the Coronation Hall, Bannockburn, that he had worked to save from demolition.



David's photo looking down on the remarkable spread that was enjoyed by the gathered throng at the celebration of his life.



Photos by Margaret West

On Behalf of the Heritage Community Graye Shattky

With hindsight, David and Jeni's arrival in Cromwell was one of those serendipitous moments when the stars align. Having been busily engaged with community organisations in Dunedin, they were seeking new involvement at the very time the then Central Otago Branch, NZ Historic Places Trust was looking for new members and new energy. After consideration, both David and Jeni joined the Committee and within a short while, David assumed the role of Chair.

David required little introduction to the challenges faced by those attempting to protect historic heritage. He and Jeni had just completed the restoration of a grand historic home in Dunedin. Neither was he a stranger to the heritage community having been appointed an inaugural Trustee of the Historic Cemeteries Conservation Trust of New Zealand in 2002.

Stewart Harvey, inaugural Chairman of the Trust:

"We well remember David's work for the Trust; he provided a sharp marketing view of our operations. He drove the campaign for business, governmental and private subscribers, and was instrumental in the Trust producing a series of leaflets about conservation of historic cemeteries. He was energetic, committed to the work of the Trust and pleased to see the growing esteem it enjoyed in the community."

Within a year of David taking on the Branch Chairman's role, the NZHPT announced its intention to dissolve the branch committee structure. David was one of the branch representatives who came together to discuss the future of New Zealand's national volunteer heritage sector and subsequently became a foundation member of the Historic Places Aotearoa Executive committee which arose from the ashes. In the words of one of those present at that meeting, *"it was clear that he (David) had a vision for the future, that he was passionate about the*

heritage of this country and especially that of Central Otago.

Anna Crighton, the inaugural president of HPA, remembers she was very keen to ensure that David, *"was in the tent and definitely not outside"* Others suggest that perhaps Anna may, at times, have regretted this, as David would regularly challenge executive decisions and direction, not always in the subtlest of ways. However, he would have researched the topic, thought it through carefully, and then, *"...he was off and there would be no stopping him – that was his Yorkshire way"*.

Anna herself says, *"..... I found him excessively energetic in everything he did. While staying with him and Jeni I found myself quite exhausted watching him at hard physical work from early morning to late at night when he would enjoy a Pinot or three. His company and his stories were always entertaining, told with such humour.... and with that grin of his."*

Back home, the steady growth of HPCO's membership, the meticulously planned and therefore successful heritage tours and the production of high quality newsletters are testaments to David's determination that working at the national level would not detract from his commitment to HPCO. If anything, it was increased by way of his becoming a trustee and board member for the Central Otago Heritage Trust, working even harder to assist the diverse mix of heritage groups and individuals which comprise our community to achieve better heritage outcomes.

More voices:

"we were on opposite sides of what at times seemed a quite bitter divide, but we found ways to work collegially towards objectives we agreed were in the best interests of heritage I was struck by his powerful passion and his energy"

Owen Grahame (former Otago/Southland Manager, HPT).

"David possessed an ability to see as possible what many of us considered impossible when it was declared that

the Bannockburn Hall was beyond economic repair and would be demolished, we all thought that must be the end of the matter. But David and Mike wouldn't give up and David found specialist engineering advice which showed that despite earlier reports it was possible to restore the Hall to earthquake standards."

Wendy Browne, Secretary, HPCO.

"not one to shrug his shoulders and walk away"

Bruce Mc Millan, Bannockburn

We will miss David, but his example will endure and should serve as encouragement to the heritage community to pursue our heritage objectives with similar energy, passion and determination.



Graye looked up Wikipedia to see what it said about Yorkshire Terriers, a dog family and friends of David felt he resembled strongly.

"The Yorkshire Terrier is a small dog of terrier type, developed in the 19th century in the county of Yorkshire, England, to catch rats in clothing mills.

"the Yorkshire Terrier - small in size but big in personality, makes a feisty but loving companion".

"can be bossy and scrappy with other dogs, especially larger ones";

"an excitable chaser of birds and butterflies"

"A lover of comfort - enjoys cuddling on laps and snuggling into soft pillows"



BEERTOWN

Americans who at that time were residing in Naseby (Peter Hopper & Ben Delany). Together they produced a range of cordials and ginger beer. This business was sold in 1866 to the first Mayor of CLYDE, Jean D Feraud (who went on to produce the first wine in Central).

The new brewery had an output of some 800 gallons (3000 litres) per week. The water required was sourced from the Manuherikia River and the brewer was a Mr. J Kuhtze.

But by October 1870 the local paper reported that the beer was '*not so good as before*'. They appeared to have problems with their malting process. However by 1873 the brewery needed to be greatly enlarged. (No record is available of actual output volumes.)

Kuhtze remained as the brewer until 1874 and was replaced by George Vincent (who had been brewing beer in Victoria since 1858.)

In 1875 the brewery was put up for sale but it failed to sell. In 1879 CP Beck sold his Clyde-based Cordial business and took over the management of the brewery.

The Theyers/Beck partnership ended on 11th August 1890 with Beck purchasing Theyers's share for £1100.00.

By 1895 Beck had his son Thomas working in the business with him even though their weekly output had dropped by some 50%. In January 1898 when the Becks were required to renew their brewing licence they chose to advise Customs that they were discontinuing brewing. In July of that year Customs indicated that "the brewery was run down".

THE End -

In January 1899 they again notified Customs that they were giving up brewing. However they continued to manufacture aerated water until the time of C P Beck's death, 24th November 1906.

In October 1907 the plant and buildings were put up for auction. TS Spain of Earnsclough Station bought the buildings and turned it into a rabbit canning factory.

Others tried unsuccessfully to produce the likes of a range of *temperance drinks, with one of them named Seddon Stout after Richard John Seddon.*

The *THEYERS* & MANUHERIKIA Breweries

THE Start –

A short piece appeared in the DUNSTAN TIMES of 19th February 1869, reporting:

'We have been given to understand that William Theyers of Alexandra is fixing the plant of a small brewery at the rear of his premises.'

Theyers was born in Gloucestershire in 1830 and arrived in Otago via Australia in 1861 or early 1862. In 1863 he established a general store in what was to become Alexandra. Later that year he was forced to relocate because of a flood to the stone building that still stands today on the corner of Tarbet and Limerick streets. Theyers went on to serve as Mayor of Alexandra (1871-72 & 1890-92.)

By April 1869 beer was being produced in the new Theyer Brewery. The DUNSTAN TIMES of the 9th of April 1869 asserted that:

'Theyers had been thoroughly successful in producing at his establishment an article equal if not superior, to anything brought from Dunedin.'

NEXT steps –

The '*BEER*' quite clearly met with public approval, because by September 1869 Theyers had entered into a partnership with Canute Peterson Beck and construction had begun on a larger brewery. (It's thought that the first brewery kept producing until around March 1870. The actual size/output volumes of the original brewery are unknown.)

C P Beck was born in Schleswig-Holstein in 1835 and came to NZ via Australia, where he had been more successful as a butcher rather than a gold miner. His initial foray into gold mining in Otago was again unsuccessful so he entered into a partnership with two

Frank G Leckie: *OTAGO's BREWERIES Past & Present: 1997*
 Photographs: *HOCKEN Collection:*
 University of Otago

An Unconquerable enemy or bountiful resource?

Rachel Egerton (1993)



The English rabbit, *Oryctolagus cuniculus*

The Otago Acclimatization Society in 1864(?) released six rabbits so that 'sportsmen and naturalists would be able to enjoy the activities that made the remembrance of their former home so dear'!!! Since the first recorded release of rabbits in Central Otago the rabbit has meant many things to many people.

By January 1868 the *Otago Daily Times* noted and then again in March 1869 that rabbits had become a menace in parts of both Otago and Southland, and had extended north as far as the Waitaki River. In Central Otago they were particularly bad, being shot in large numbers. By 1875 they had penetrated beyond Earnscliffe Station onto the Old Man Range. On the other side of the Clutha River they had moved around the Knobby Range onto Galloway Station and past the Manorburn onto Ida Valley Station.

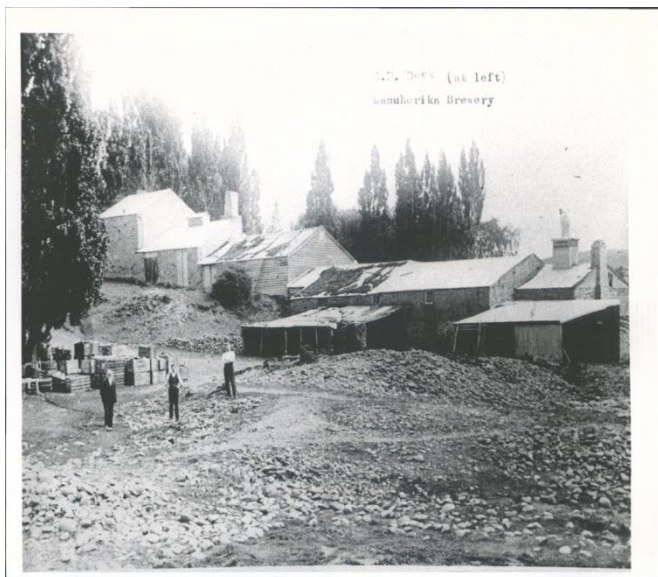
During the Depression of the 1930s the rabbit provided food and income for families with no other source of earnings: 'bread and butter' for possibly more people than pastoral farming now supports. Many made enough money to set themselves up on a farm, orchard or other business, particularly around Alexandra where at various times three factories processed the thousands of rabbits brought in each day.



The export of rabbit skins began in the early 1870s, less than ten years after the rabbit had become



Manuherikia Brewery



*Manuherikia Brewery:
 J.P. Beck standing on the left.*

established. By the mid 1870s Kawarau Station had begun to export around 500,000 skins a year. In 1875 two other Central Otago stations exported 300,000 skins between them. None of these ventures aimed at making a big profit, but rather at recovering losses caused by the rabbits. It would not be long, however, before companies began to be formed in New Zealand and move in from Australia to make a profit.

By the 1870s the canning of rabbit meat, was already well under way in Australia, so it was logical for New Zealand entrepreneurs to enter into the “rabbit meat business” along with skin exports. Initial reports that profits would be low and confined to the winter season failed to dissuade early investors. Then with the introduction of refrigerated shipping in the 1880s profitability appeared ensured. In turn, the export industry saw the emergence of the professional rabbitier, opening up a whole new area of employment, offering jobs for large numbers of people from field to factory. Small towns throughout Otago and Southland burgeoned with the rabbit industry becoming one of the largest in the area by the 1920s, a situation that continued until the decommercialisation of the rabbit in 1956.

During World War One and until 1924, **Central Otago Preserves** operated a typical canning factory in a former brewery building at Alexandra. Started by Steve Spain¹ of Earnsclough Station in partnership with a man named Charles, it employed around ninety people, working long hours to keep up with the large numbers of carcasses brought in daily, and sending most of its produce to Britain and the United States.

The processing plant/canning factory was housed in what is now the recreation hall at the Alexandra Campsite. This building, in part, had previously been a brewery before subsequently becoming the rabbit canning factory.

During WW1 Spain secured a contract to supply the British War Office with canned rabbit. For each 2lb (907 grams) can of rabbit meat Spain was paid 14 Shillings. (= approx. \$67 today) Note they could can up to 15,000 rabbits a day.

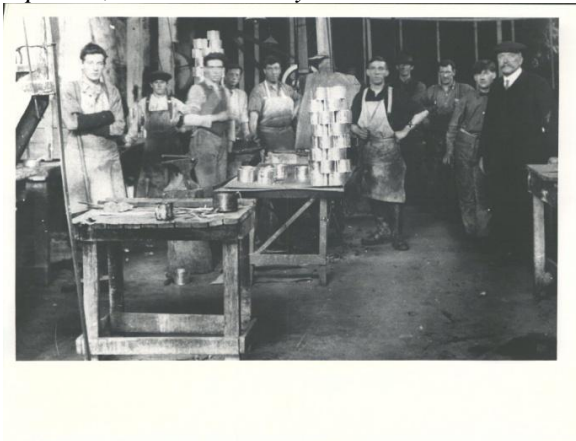
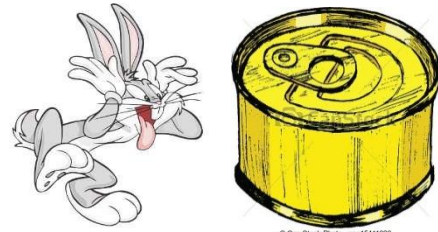


Photo: Hocken Collection Otago University

A skinned and gutted rabbit can weigh upwards of 1.5kg (3.31bs, so Spain's COP business was supplying the Brits with upwards of 24 thousand cans per day (in 2015 \$ that = \$1.658 million worth of sales per day). Plus they sold the skins for a £ a lb. At that time NZ was exporting just over 20 million skins per year.

*The COP canned rabbit meat was consumed by the seaman of the Royal Navy, **but** they believed that they were eating “Chicken”!!! – because the labels Spain's employees affixed to the cans described the contents as “Chicken Meat”. This had to be done because rabbit meat at that time was a prohibited import into the UK. (Locally rabbit meat was often referred to as “Underground Mutton”.)*



In Alexandra, R.S. Black's freezer (HINTONS – Rabbit Board) processed tens of thousands of carcasses daily during the height of the rabbiting season providing a large part of the income in the district until Government levies made the business unprofitable.

The factory at Alexandra, for example, employed between eighty and ninety people in various jobs from skinning and preparing the meat to making and labelling the cans.

The canning rabbit meat for export, largely to the United States and England, began in the 1890s. Despite extensive mechanization, the canning factory went into liquidation in 1924, being replaced by a pelt processing company, although canning did resume during and after World War Two with a rise in rabbit meat prices.

The period from 1914 to the mid 1920s also saw the heyday of rabbit freezing in Alexandra. During the boom years R.S. Black's freezing works processed between twelve and fourteen thousand rabbits a day. A chain of workers skinned, cleaned, trimmed, and packed the carcasses, which were then frozen by a steam powered refrigeration plant. The skins were wired, dried and exported. Borthwick's operated another plant after the Second World War when high rabbit meat prices again made it a profitable undertaking. Workers could make enough money in the nine months or so the factory operated to tide them over the two or three summer months.

They worked long hours at the height of the season, generally from 8 a.m. to nearly midnight, to process between 6000 and 10,000 carcasses a day.

¹ S T Spain was born in 1862 at Mt Benger, Roxburgh. He died in 1940. (78yrs). He gained the lease in part (29570 acres) on Earnsclough in 1900.

***Important diary date –
Sunday 17 April 2016***

**‘How to Research Your House’
workshop**

Venue: The Henderson Gallery, Central
Stories Museum and Art Gallery 2-4pm.

Cost: Members \$10; Non-members \$20

Heritage New Zealand, Otago/Southland Area is running this workshop to show people the resources they can use to find out about the history of their house. They will include information about architectural detective work as well as how to find the story of the people who lived there. Local archivists will present information on how to use information available in Alexandra.

Heritage NZ have run this workshop three times last year and have had an enthusiastic response so do take advantage of attending.

As workshop numbers will be limited it will be essential to book so please contact Wendy Browne 03 449 3330 to reserve your place.

Paying tribute to an Otago pioneer

Johnny Chapman

On the outskirts of Alexandra along Earnsclough Road, about 3km from the town centre is a mailbox bearing the name ‘Como Villa’.

At the end of its driveway is an old stone house, built in the 1860s by its original owner Thomas Oliver. Lovingly restored by the current vineyard owners John and Pam Chapman, it offers a rustic ambience and unique cellar door experience.

During the gold rush, Oliver established a network of water races, supplying water to the miners. He was also among the first to plant grapes and produce wine, something the region is well-recognised for these days.

This history is not lost on the Chapmans, who through a chance discovery, unearthed an old cellar on the property. One day when working on the tractor, a wheel collapsed into a hole behind the stone house which led to the discovery of a wine cellar and a collection of old wine bottles, many of which still remain within the walls of the building.

After investigating the history of the building and its owners, they discovered Oliver had imported grapevine cuttings and fruit trees from France, producing wine from the grapes that grew at the foot of the rocky, schist-based hill behind the house.

By 1874, Oliver owned up to 15 water races extending from Frenchman’s Point to Clyde, many of which are still used today to provide irrigation to a number of properties in the area. Oliver sold Como Villa and moved to Dunedin where he purchased the Sussex Hotel (now Farmers) on George Street. Oliver remained in Dunedin for a number of years with his French wife and children before eventually relocating to California in 1896.

Read more about Thomas Oliver and the history of Como Villa Estate at www.comovilla.co.nz

Como Villa Estate has released a limited edition tribute wine, dedicated to the entrepreneurial spirit of a pioneer who played an important role in Central Otago's history.

The tribute wine is a blend of Cabernet Sauvignon, Merlot and Malbec, and pays homage to the types of grapes likely to have been planted on the property over 140 years ago.

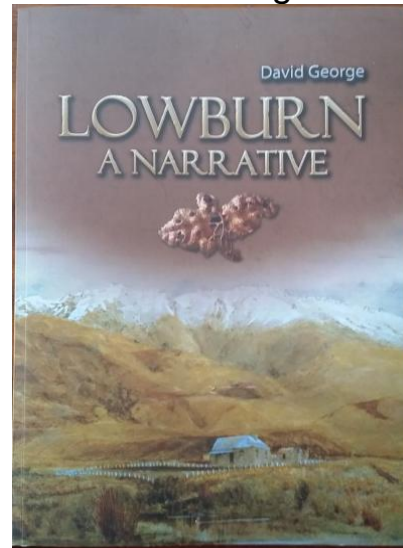
Visitors to Como Villa can sample the tribute wine along with other varieties while taking in an abundance of artefacts and antiques on display in the cellar door museum.

Proceeds from sales will go toward restoring the old cellar discovered on the property.



Old cellar uncovered accidentally at Como Villa

LOWBURN, A narrative **David George** The Clutha Bridge Press



Author David George, a local of the area, describes Lowburn - as 10 square kilometres which runs from the outskirts of Cromwell to Gravelly Gully on the western side of the Clutha, to the boundary of Bendigo Station on the eastern side, to Brewery Creek.

George notes in his preface that within those 'mere' 10 square kilometres, over the more than 160 years of settlement, there have been dramatic changes - from pastoralism and mining to the evolution of new productive uses for the land.

The opening pages introduce the reader to the start of human habitation including brief notes on early Maori occupation, place names and found artifacts. The book moves through 162 pages - from detailing pastoral leases, gold mining, dredging practices and orchard and grape development - to the start of the 21st century. Detailed stories of individuals, families and their achievements provide the vehicle that ties the history and evolution of Lowburn to where it is today.

The book is published in A4 size which makes the 88 photos and densely packed narrative easier to read and view.

George has drawn together a valuable resource that joins the growing list of books on the history of Central Otago, many of which are listed in the four page bibliography at the end of the book. The indexing of names provides useful referencing and will help families and history buffs to more easily delve into the wealth of information provided.

Margaret West

Great Facelift for Historic Building. [Naseby News – contributed by Kay Dundass](#)

At the corner of Derwent and Carron Street Naseby stands the original Mt Ida Lodge Hall. Built in 1869 out of what an early record called 'wet earth and chopped grass'. This probably referred to the then standard practice of reinforcing mud with tussock.

Later the Mt Ida Lodge built a new hall in Leven Street Naseby. Their original building was then used by the Oddfellows as their premises. A shop was opened in the front of the building and the old sign, restored by earlier owners, shows that the community used the hall for get-togethers and some people remember attending dances there. Over the past 30 years the building has suffered the ravages of age though the private owners have tried their best to patch up some of the damage. The latest owners have taken the building to task and completely restored the hall to restoration standards. It now stands proudly in Naseby's Main Street proving that historic buildings can be a great asset to the owners and Naseby's historic corridor.

'Forgotten Sites of Alexandra' Tour Sunday 6 December 2015

It was with a sigh of relief that Sunday 6 December dawned fine and sunny. When one plans these tours one can never guarantee the weather and this current summer has been very fickle with brilliantly hot days followed by cold winds though it must be said very little rain.

Tucker Hill Car Park was our starting point and place of registration. Kay Dundass arrived early to help me with this and in fact did most of it since I was handing out information and trying not to let anything blow away as the breeze was pesky enough to create a nuisance.

John Douglas spoke to us all before we started the short walk to look at where miners had tried hard to find gold in this dry territory. They depended on water from the race that came down from the dam at the top of the hill where the Alexandra look-out is. John lead us down to the rough track which may have been part of the route taken by travellers from Cromwell a hundred or so years ago.

We drove from here to Vallance Cottage to be greeted by Gillian Grant. The cottage was built in 1896 by William Vallance. William and his wife Jean raised their eight children in the cottage. It became vacant in the 1970s and deteriorated badly. Gillian explained that the Council had planned to knock it down as it was not in great shape but Gillian and other heritage enthusiasts asked for a reprieve to arouse support for saving the cottage. Gillian held some public meetings and found there was great interest in preserving the cottage so a group of them decided to make it happen and they did. Help came from many sources including a work-party of PD boys and furniture from many a family who donated their old china, bureaux and beds to refurbish the cottage.



China and pantry condiments that could have been used in Vallance Cottage

Recently they have had to redo the floor and the list for maintaining the cottage in pristine order is long. The Council is now in charge of the cottage and is holding an annual picnic to invite public support for caring for Vallance Cottage.



Gillian Grant tells us the story of Vallance Cottage

We continued on to the camping ground which was once the site of the first brewery in Alexandra and then a canning factory for rabbit meat. Mark Day had honed up on the information regarding both industries. His

information is included in this newsletter so I won't repeat it here. It became a camping ground in 1935 and has remained so ever since. Its site beside the Manuherikia River is a draw card for summer campers who flock here in their hundreds each year.

Down to the CBD of Alexandra we parked in the large area beside the river and walked up to 8A MacDonald Street to look at the remains of the structure which once housed stables for the hotel before it was converted to a boxing gym. The first school in Alexandra had stood near this site too. Until 2008 this building was two stories high but owing to an 'unexplained' fire it had been partially destroyed. For some reason, before the 'Blossom Festival' began in 2008, the owners anxiously contacted the council and said it was a hazard and could they knock it down properly. As attendees at the Blossom Festival were highly unlikely to visit this street in Alexandra during the Blossom Festival which is always centred around Pioneer Park it is difficult to see what the rush was for but the council gave permission for its demolition. However it wasn't completely bowled over so then followed a long argument with the owners and the council over its future. Public submissions were asked for and several were given including ones from NZ Historic Places Trust, David White, John Douglas and COES (Richard Kohler). All of these submissions advocated that the site be retained as an important heritage link for Alexandra. The owners were asked to rebuild the walls to a certain height but they refused and eventually it was sold. Now all we see are ruins on a site which should be seen as an important link to Alexandra's history.

It was time for lunch so we drove up Chapman Road to park on a rabbit feeding ground looking down to Conroy's Gully. After everyone had finished their picnic lunches Wendy talked briefly about the gold mining that had occurred in Chapman's Gully in the late 1800s. Wendy also pointed out the schist rocks standing out on the hillside which formed the original fencing for farmers in the district as there were no trees to speak of but plenty of rocks. How they shifted them to

their positions and strung wire through holes drilled in the schist is another story. Mike Floate then took over to talk about Lord Lachie's Cottage on the corner of Chapman and Conroy's Gully Roads. Lord Lachie may never have been a 'lord' but the title stuck. Mike told the lovely tale of the gold locket that Lord Lachie gave to the publican's daughter in Alexandra. It can be viewed today in the Central Stories Museum.



Wendy thanks John Taylor for his talk at Taylor's Orchard



Time was passing so we carried on to Como Villa on Earnsclough Road to visit Johnny Chapman. Johnny has owned the property since the late eighties and has become more and more engrossed with the history of the property. The buildings walls are original but he has had to reroof it to maintain it. Johnny has uncovered many relics on site and has researched the history of the place.

**Picnic lunch over so people listen as*



Mike Floate relates the history of Lord Lachie's cottage



Photo from Johnny Chapman showing Como Villa as it stands today

As the cottage is on rather a tight corner we had to be content with just driving past it and carried on to Taylor's Orchard, the first in the area. John Taylor regaled us with the history of Conroy's Gully which had been a rich gold mining area and his family which had set up the original orchard here.

All in all, we visited sites that we often drive past and know little of in Alexandra. In preparing for this tour I found John McCraw's books to have a wealth of information on the district (he has written five books alone specifically on Central Otago) and would recommend them to anyone who wants to read up details of the area. John Douglas, Mark Day and Johnny Chapman have all done their

own research on the history of this remarkable area of Central Otago and contributed to our tour with their knowledge. John Taylor who was born and bred in Alexandra 'breathes' the history from his rich family heritage. Gillian Grant has played a major role in looking after the heritage of Alexandra through her work at the Museum and for many years as Chair of the Museum Board. I would like to thank them all for their support on this day plus the HPCO committee especially Mark Day, Kay Dundass and Mike Floate.

Wendy Browne

**Photo by Kay Dundass*

Como Villa photo from Johnny Chapman

Other photos taken by Roger Browne

HPCO Committee 2015-2016

Wendy Browne – *Secretary*

Mark Day – *Committee Member*

Kay Dundass – *Committee member*

Mike Floate – *Acting Chair*

Keith Hinds - *Committee member*

Jeni Steele - *Archivist*

Nick Taylor - *Treasurer*

Margaret West - *Committee member*

THE SECRET OF LONGEVITY.

Printed in a 1898 Goldfields newspaper

Eight hours sleep. Sleep on the right side.

Keep the bedroom window open all night.

Have a mat at the bedroom door.

Do NOT have a bedstead against the wall.

Bath at body temperature, Exercise before breakfast.

Eat a little meat - well cooked.

Adults drink no milk.

Eat plenty of fat to feed cells which destroy disease germs.

Avoid intoxicants which destroy cells.

Daily exercise in the open air.

Allow no pets into dwelling homes as they are apt to carry disease germs.

Live in the country.

Watch the 3 D's - Drinking water, Damp and Drains.

Have a change of occupation.

Take frequent short holidays.

Limit ambition.

Keep your temper.