Beautiful 
Elmhurst

Lindlahr Health Resort
Elmhurst, Illinois
What You Will Find At Elmhurst

Pure air and sunshine.
Rest and relaxation in a homelike atmosphere.
Beautiful and restful surroundings.
The best of vegetarian meals.
Fruits and vegetables fresh from the garden, raised in mineralized soil.
Natural methods of treatment.
Outdoor walks.
Air and sun baths.
Dew-walking on the lawns.
Lectures on Health Culture Topics.
Excursions to the city.
Rides on Lake Michigan.
Physical and mental regeneration.
THE STITCH IN TIME

THE proverbial axiom of the "stitch in time" is more vitally important in matters of health than in all other things together.

Do not wait until you are forced to take a vacation by actual ill-health. Give yourself a needed rest, and combine with it the advantages of natural treatment and of an educational training in dietetics and wholesome living at our beautiful Elmhurst Health Resort.

Disease is often lurking where least expected. An attack of sickness never "happens to happen." It is always the consummation of conditions that have been in the making for months, for years and, many times, for a lifetime, as a result of faulty diet and other wrong habits of living. The up-to-date plan is to prevent disease by adherence to simple, natural ways of living. Just what this means a sojourn in beautiful Elmhurst will teach you.

It is the man with "pep" that gets ahead nowadays. Brains are necessary, but they are of no use whatever without the physical energy that comes from perfect health. Moreover, in order to possess a healthy, vigorous, active mind and an outlook on life that makes existence a real pleasure, your body must be kept in prime condition.
Beautiful Elmhurst

Elmhurst is more beautiful and attractive than can be conveyed by descriptive literature. People who have traveled far and wide are enchanted by the subtle charm of the place which blends the finest effects of the landscape gardener’s art with the natural beauty of spacious lawns, lovely gardens and stately woodlands. This is true not only of the Health Resort itself, but also of the many large estates which combine to make South Elmhurst one of the loveliest suburbs of Chicago.

This suburb is far enough cut of Chicago to have the pure, balmy air of the country, and still close enough to give easy access to the city. It combines the enjoyment and comfort of country surroundings with the life of the great metropolis. Forty-five minutes’ ride from Elmhurst takes the traveler into the center of the loop—less time than it takes to reach the center of the city from the north or south side on street cars.

Nature Cure Chautauqua

Dr. Lindlahr and his able assistants deliver frequent lectures on all subjects connected with natural living and treatment. Questions are invited and carefully answered. It has always been our aim not only to cure disease but also to educate those who come to us so thoroughly in the fundamentals of wholesome living and self treatment that they become their own doctors.
About Your Vacation

You will take a vacation somewhere this summer. Your experience in the past has doubtless shown you that the usual summer resort does not furnish the comforts and conveniences of ordinary living, to say nothing of a dietary regimen and facilities for proper attention to health. For those who wish to live the natural life it is much more difficult to procure the right kinds of food in the country than in the city.

As a result, you have returned to work after your vacation much more exhausted and depleted than before. This is so universally true that it has become a proverb that "no one needs a vacation like the person who has just had one." This will not be your experience if you combine with your vacation the advantages offered at our Health Resort.

The treatment employed at the Elmhurst Health Resort is in every respect the same as given in our Chicago institution. Some of our ablest and most experienced doctors, nurses and operators are in charge of that branch of the work.

Sun Bathing

Our air and sun baths furnish opportunity for exposure of the body to air and light. This in its regenerative effects upon the system is more important than water bathing. Such facilities for light and air baths cannot be found at the ordinary summer resort or bathing beach.
Individual Attention

A thorough examination by our combined methods of diagnosis will disclose your actual physical condition and enable us to lay out a regimen of natural living adapted to your individual requirements which will enable you to derive the greatest good from your vacation and will benefit you for the rest of your life.

Chicago as a Summer Resort

We call your attention, also, to our Chicago institution which many prefer to the beautiful, quiet and restful surroundings of Elmhurst. Chicago has become one of the most popular and delightful summer resorts in the United States. Despite the enormous population its death rate ranks lowest among American cities. Its beautiful parks and many miles of Lake shore drives are unexcelled for beauty of scenery. Its zoological gardens, art galleries, interesting and instructive lectures, numerous theatres and concerts, churches of all denominations, offer manifold opportunities for sight seeing, amusement and the acquisition of useful knowledge. The Lake shore is dotted with municipal bathing beaches which invite those who are fond of bathing and swimming. Lake boats and steamers, large and small, make daily excursion trips to neighboring cities, and many short pleasure trips by day and by moonlight.
While staying at our Chicago institution you will be within easy reach of these attractions, while deriving full benefit from the latest scientific and most efficient system of drugless therapy.

Think the matter over, and let us know as soon as possible whether we may reserve a place for you on our guest list for the coming season. Our accommodations are limited and will soon be taxed to their fullest capacity.

All Elmhurst guests must come first to our Chicago home where they will receive examination. From here they will be directed to Elmhurst.

Write for further descriptive literature and for rates.

Address all communications to
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