

*Where
Do
You
Stand*

?

The Lindlahr System of Health Insurance and Life Extension is built on up-to-date business principles.

Inventory

Are you physically equal to your obligations and opportunities?

Do you begin each day with abundant vitality and a clear, vigorous mind, with real courage and self-confidence? If not, you need to take an inventory.

Examinations by the Life Extension Institute of New York of several thousand men show about seventy-five per cent defective. The examinations of the United States army also show a very large percentage of defectives. The death rate between forty and sixty years of age is increasing in this country at the rate of about eighteen per cent per year.

These are serious and alarming facts, and there must be some fundamental cause.

WHERE DO YOU STAND? Why not have an inventory of your physical condition, and learn where you stand?

In every successful business an inventory is taken at least once a year to determine the financial condition of the business. How much more important that each individual should have a physical inventory taken at least once a year. Can you afford to neglect this?

The United States Census report and other investigations prove that on an aver-

The Health Inventory is just as important as the financial inventory. Successful men realize this fact.

age about three million people are sick in the United States at any given time, and that the loss which they sustain on account of this sickness is on the average \$500 each; therefore the total loss due to sickness reaches an enormous figure.

How soon will you be on the sick list? From the standpoint of economy and efficiency, can you afford to wait until then?

Health Insurance

There are all sorts of insurance to be had now-a-days—life insurance, fire, tornado, accident, burglar, and innumerable other kinds. But in order to break even with these various beneficent enterprises you must first lose your life, limb, home or other possessions, or at least your premiums.

There is one kind of insurance, however, that is clear gain to you. It insures you against the loss of your most valuable possession—which is your health. Be wise, therefore, and take out your Health Insurance before it is too late. **The only premium you pay is obedience to Nature's laws in the regulation of your daily habits of living.**

It is a very simple matter. It is just as easy to live the right way as the wrong way. To learn how to live the natural life; then

Wide awake people do not wait until overcome by sickness. They learn how to develop such perfect physical conditions that disease becomes impossible.

to put into practice what you know, is all there is to Health Insurance and Life Extension.

All lines of large business now employ efficiency experts to eliminate waste of time, energy and material—to devise efficient methods of management and execution.

Let us be your efficiency experts in the big business of Health Building and of Life Extension. We are here to serve you.

The first thing necessary is to take your inventory. This consists in undergoing a thorough, all-around examination which will enable us to render you a reliable diagnosis and prognosis. Having thus attained a thorough understanding of your individual requirements we then proceed to lay out a regimen of natural living and home treatment best adapted to your needs. Faithful adherence to such a regimen of living will constitute your Health Insurance for life.

Remember, however, it is too late to take out Health Insurance when, through ignorance of the principles of wholesome living, health has been lost. Diagnosis and home treatment may not be sufficient to uproot and eliminate deep seated disease conditions. This may require thorough, systematic Sanitarium treatment.

There is a great demand in business for efficiency—high efficiency depends upon perfect health.

Diagnosis

The procedure of looking at a patient's tongue, feeling his pulse, asking a few indirect questions and then wondering whether to prescribe this remedy or that, will soon be an historical curiosity.

Some modern diagnostic methods, in spite of their scientific detail, supply but little more usable information than that furnished by the superficial methods of the old-time country physician. The most elaborate examination is of no practical value unless it affords a clear insight into the cause of the diseased conditions.

In our diagnosis we combine the most advanced methods of the regular school of medicine with Osteopathic examination of nerves and bony structures, Diagnosis from the Eye, and thorough Laboratory examinations of blood, urine, sputum, etc., thus giving our patients the best in different system and methods.

With his examination each patient receives the following:

(1) A full written report of all our findings, in booklet form which should be preserved for comparison with future examinations. This enables the patient to observe his changing conditions;

(2) A complete regimen of natural living and home treatment, in accordance with our findings and the individual requirements.

Sickness lowers earning capacity.

Disease is the Nation's greatest burden.

This includes full instructions to regulate eating, drinking, bathing, exercising, thinking, feeling, sex life, and other habits of living, in harmony with the laws of our being;

(3) One copy each of Dr. Lindlahr's two books, "Nature Cure Philosophy and Practice" and "The Nature Cure Cook Book", which are needed in order to carry out the regimen prescribed.

Terms for Examination, Correspondence Courses, and Letters of Advice by mail or telegraph will be given on request.

Symptoms

The acute and sub-acute symptoms which you are aware of, comprise only the outward manifestations of internal, often deep-seated morbid incumbrances and disease processes.

The severity of a symptom bears no direct relation to the severity of the disease from which it emanates, nor does the location of the symptom necessarily indicate the location of the cause of the disorder.

A dozen different causes may give rise to the same symptom.

A dozen different symptoms may arise from the same cause.

In the majority of cases, therefore, symptoms are falsely interpreted by the patient and, in many instances, by the medical practitioner who does not realize that symptoms as such play a very insignificant role in diagnosis.

**Let us be your Efficiency
Experts in the big business
of Health Insurance and
Life Extension.**

Nature Cure concerns itself more with causes as revealed by the diagnosis from the eye, spinal analysis, physical diagnosis, and by the proper interpretation of laboratory findings.

Some Comments

Not long ago we received a letter from a prominent business man in Buffalo, who says, "I know from my own actual experience that your methods are right, for you have done a great deal of good for me. For several years past I have been unable to get any life insurance on account of high blood pressure, but since I have followed your NATURE CURE METHODS I have overcome this trouble. I was able last week to take up a large insurance policy, which makes me feel very good."

An officer manager writes: "Your examination and diagnosis and instructions to me have been worth thousands of dollars, as I have learned how to live so as to avoid sickness and increase my own business capacity, and it certainly pays to have this information and avoid the danger of a breakdown."

A prominent business man says: "I have been examined in the north, and in the south, and in the east and in the west, at various times, by so-called specialists, but never before have I been put through such a thorough examination from every standpoint as you have given me. I now have a better insight into my condition of health than I ever dreamed was possible for me to get."

**Quit the habit of disease,
weakness, discomfort, un-
happiness and failure. Get
the Health habit.**

Have your physical inventory taken without delay, and follow the instructions that go with it. Send for further information.

We shall be pleased to send you free literature descriptive of the following branches of our work:

The Lindlahr Sanitariums.

Transient Treatments for Chicago People.

The Lindlahr College of Natural Therapeutics.

Examinations and Health Advice.

Correspondence Course for Home Treatment.

The Books of the Lindlahr Library of Natural Therapeutics, by H. Lindlahr, M. D.

Lindlahr Nature Cure Institutes

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CHICAGO

If you believe that ignorance of your body and its needs is a virtue, then the offer here made is certainly not for you.

If on the other hand you believe that knowledge is the best safeguard to both health and happiness—then by all means read carefully what is here sent you—for YOU will find it well worth your while.