

The Lindlahr Sanitarium



Lindlahr Sanitarium in Elmhurst, Illinois 1914-1928

Dr. Henry Lindlahr (b.1862 d.1924) took his training in "Nature Cure" in Europe before opening his practice in an office in Chicago in 1902. Eventually the practice expanded to include an administration building and Lindlahr College in Chicago to train physicians and nurses in his methods of treatment. Dr. Lindlahr and his staff believed in the Nature Cure which included a vegetarian diet, sunbaths, airbaths, exercise, hydrotherapy, and manipulation. One of the brochures stated: *No Surgery, No Drugs, No Serums.*

In 1914 Dr. Lindlahr bought 8 acres of the former Lathrop estate in Elmhurst to establish Lindlahr Sanitarium where patients could receive Nature Cure treatments in a country-like atmosphere.

Lindlahr Sanitarium was located on the south side of St. Charles Road between Cottage Hill Ave. and Prospect Ave. The property eventually included an administration building; an annex with bedrooms, baths, parlors, porches, and the main treatment room; bungalows; and a tent city in the summer with screened tents with electric lights.

A brochure for Lindlahr Sanitarium advertises treatment for all illnesses except for those requiring a quarantine, and patients who were "violently insane". The large, wooded grounds in Elmhurst provided patients plenty of room for exercise which was an important part of the

Nature Cure. Lindlahrs had a sports program that included tennis, basketball, lawn croquet, and volleyball and exercise groups.

A Few of the Happy Travelers on the Road to Health # 95

The Only Road to Health

FACTS
That Speak
Louder Than Words

- Operating for more than twenty years with an unexcelled record of success in the treatment of chronic diseases.
- Has treated over seven patients afflicted with almost every disease under the sun.
- Started as a summer affair—now has a staff of residents.
- The minds of the patients come on the recuperation of former patients.
- Has an international reputation—proved by the fact that patients and students come not only from all parts of the States but also from all parts of the world.
- Lindlahr Methods are endorsed and fully endorsed by many eminent people and authorities such as—

Senior Vice-Presidents:
O. Bernard Shaw
Eugene Davis
George Ketter
Judge Clark
Zora Salk
Dr. Henry Linn, M. D.
H. Valentine Knapp, M. D.
Nancy Austin, M. D.
W. H. Anderson, M. D.
The late Prof. Cabot
A. Ruggieri, M. D.
Professor M. K. Fitter
Professor Maganox, and many other notables.

"DRESSED the wound but God healed it," said a great and wise physician. In this he merely expressed what all true healers ultimately perceive—that only *Nature* can heal. Nature can heal even when all else has failed. For, assuredly, the wondrous power which built these marvelous bodies of ours can also heal them when the need arises. Nature healed the hurts and ills of primitive man ages before the dawn of medical science. But this inscrutable inner power must not be antagonized. It must not be ignorantly meddled with. This great power inherent in us all can only be fully utilized when intelligently co-operated with. There is one institution in the world today where this principle is followed in a thoroughly scientific, logical, result-getting way.

The Lindlahr Sanitarium
AT BEAUTIFUL ELMHURST, NEAR CHICAGO
ADMINISTRATIVE OFFICE - DIAGNOSTIC LABORATORIES - TRANSIENT DEPARTMENT
10th FLOOR, BUTLER BLDG., 162 No. STATE ST. - CHICAGO, ILL.

Patients from all over the world came for the Nature Cure at Lindlahr Sanitarium. One of the best-known patients was five-time presidential candidate for the Socialist party, Eugene Debs, who died at Lindlahrs. It was estimated that Dr. Henry Lindlahr treated 80,000 patients during his career.

Dr. Henry Lindlahr wrote and lectured extensively about the Nature Cure, which was considered a somewhat unorthodox health program at the time. He authored five volumes on Natural Therapeutics, one of which is *Nature Cure* (1913) in which he writes about "the philosophy and practice based on the unity of disease and cure." Dr. Lindlahr and his wife, Anna, wrote *The Nature Cure Cook Book and ABC of Natural Dietetics*, which had four printings. Dr. Lindlahr also published *Nature Cure Magazine*.

Lindlahr Sanitarium closed in 1928, a few years after Dr. Lindlahr's death.

The Elmhurst Historical Museum has the books, *Nature Cure* and *The Nature Cure Cook Book* in its non-circulating library. The museum also has some brochures and photographs of Lindlahr Sanitarium in Elmhurst. If you would like to know more about Lindlahr Sanitarium, contact the Archivist:

Nancy Wilson, Archivist
Elmhurst Historical Museum

120 E. Park Avenue
Elmhurst, IL 60126
Tel: (630) 833-1457
Fax: (630) 833-1326