Bernarr Macfadden (83) says:— "Growing old is a bad habit." He proved it, in his case, by parachuting into the Hudson River on August 26, 1951, without injury.

You can't buy health. You have to work for it.

But it is worth a thousand times more than the time or the struggle that you have to make in order to attain it. It was indeed fortunate for me that I learned the value of this physical treasure very early in life and all through the years I have complied with the demands necessary to develop and maintain this priceless possession, and I could not name its financial value regardless of the amount.

To feel every day the stimulating, dynamic forces of superabundant vigor and vitality -- that is what we offer you here at our Dansville Resort, and no matter what your physical problems may be, natural means -- not pills or potions -- can supply the necessary remedies.

It can't be done in a week and in some cases many months are needed, and it is desirable for you to make your visit with us as long as possible. Some patients require years of devitalizing habits to develop a serious disease and they expect recovery in a few weeks.

In case you are unable to recover entirely while you are with us, we can offer you a weekly service after you return home in which we send you a questionnaire for a report of your progress, and then we will advise you by letter the desirability of continuing as you have, or to make changes that might facilitate your improvement towards vigorous and vital health that we believe everyone can secure.

If you have vitality enough to struggle through the difficulties associated with a disease of any kind and keep alive, you have enough vital vigor to entirely recover.

I wish for you good health and a vital life.

Bernarr Macfadden has followed his own teachings for 70 years and enjoys a vigorous and vital life.

The Dining Room is one of the show-places of Western New York, and seats 200 or more, comfortably. Meals follow the best traditions of Physical Culture in balance, nutrition value and wholesomeness. Deliciously cooked and temptingly served, they provide a delightful inspiration to return again and again.

The roof top and the swimming pool are popular spots on warm days.

Top of page shows Patrons on a summer day. We never get ALL of them in the picture.

Winter days are always enjoyed. Building is warm and comfortable and good company plentiful. Old timers say: “The winter season for me.”

Electric Cabinet Baths are included in a health building course according to the needs as determined by the Consultant. These baths are very popular with Patients.

Tennis Court shown below. Bring your tennis outfit—you’ll find partners.

Group of hikers led by Bernarr Macfadden. It is fun to ramble over the Genesee Hills.

Slanting Board Exercises produce amazing results in strengthening and developing the muscular system. A wonderful health building aid.

Below is shown an Exercise Class on the roof top. Very few Patrons miss these classes.

Hotel rooms are large, airy and sunny, well furnished for comfort and easy relaxation. The surroundings are conducive to sound and restful sleep which aids in health building. We seldom hear of a Patron who does not rest well and start out full of pep each morning.

The roof top and the swimming pool are popular spots on warm days.

Ill Health Is A Serious Problem But Relieving It Is A Continuous Vacation At P. C. H.
YOU CAN NOT MEASURE THE COST OF ILL HEALTH IN DOLLARS—IT IS A FATAL DREAD TO YOUR SUCCESS.

One Day at The Physical Culture Hotel

From the Diary of a Patient

Arthritis victims can get relief

From the Diary of a Patient

Aleta

ARTHRITIC VICTIMS CAN GET RELIEF

Aleta

SPECIAL—Be Sure To Read

The END OF THE HONEYMOON TRAIL

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SPECIAL—Be Sure To Read

THE END OF THE HONEYMOON TRAIL
Physical Culture Will Keep Your Body In Order

VACATION TIME in VACATION LAND

A vacation at the Physical Culture Hotel will be packed full of pleasure, comfort, rest, entertainment, agreeable companions and all the things which will make you say:—“I have never had such a satisfactory vacation.” Located in the heart of the Genesee country, we have the ideal setting for a holiday of a week, a month or for the full season.

Beautiful scenery in every direction—attractive drives to lakes, parks, mountains, cities and points of historical interest. Vacationists can visit such famous spots as Niagara Falls, Letchworth Park, Allegany State Park, Watkins Glen, Stony Brook Park, the Finger Lakes, Lake Ontario and Lake Erie beaches and dozens of well known pleasure resorts.

Here at your vacation home, we have all sorts of sports—golf, tennis, swimming, hiking, bicycling, boating at Conesus Lake and volley ball. As much or as little as patients and guests care to use. Entertainments, such as dancing, lectures, amateur theatricals, card games, exercise classes, walking, community singing, visiting and just plain loafing are available to all.

In a perfect setting you find a well appointed, home-like, cheerful living place, with all the comforts of a city hotel in a country atmosphere, far from the noise and bustle of congested areas. You will enjoy perfect sleep, well-balanced meals and courteous attention—at rates which are modest and within reach of your holiday purse.

Each month of the year a good percentage of our registration are vacationists. They are not ill and do not take the Health Course, but many of them come year after year, on their vacations, because they get values at P. C. H., which cannot be secured elsewhere.

EVERY MONTH IS VACATION TIME AT THE PHYSICAL CULTURE HOTEL.

Bernarr Macfadden's

Health Resort and Physical Culture Hotel
Dansville, New York

YOU OWE IT TO YOURSELF TO LEARN ABOUT THIS WORLD FAMOUS HEALTH RESORT AND THE VALUE OF NATURAL METHODS TO YOU, YOUR FAMILY AND FRIENDS.

We suggest that you take a few minutes to look over the contents of this Folder. Use the Coupon on the other side to ask for more information. In case you are not interested at present will you give the Folder to someone who might like to consider P. C. H. for a Health Course or a Restful, Relaxing, Build-up Vacation?

BERNARR MACFADDEN says:—

"We Are Mealtime Slaves, Digging Our Own Graves with Our Teeth."

"That a thorough knowledge of the Physical Culture way of life will absolutely free people from 'mealtime slavery'. That you can be free, without question, from the fear of disease." "That the body has within itself the power to remedy every disease that is curable if the de-vitalizing processes have not gone too far." "That a knowledge of Natural Methods, properly used, will give more life to your body, every day you live." "That this knowledge is beyond price, regardless of the cost." "That no one can afford to drag through life on low power when all of the ordinary ills and ailments can be eliminated so easily."

Why not find out what Natural Methods will do for you?