

# DR. B. LUST'S RECREATION RESORTS

## "YUNGBORN" BUTLER, N. J.

IN THE RAMAPO MOUNTAINS

## FLORIDA "YUNGBORN" "QUISISANA" TANGERINE, FLA.

*Natural Life and Rational Cure Health Home for Dietetic-Physical-Atmospheric Regeneration Treatment. Fount of Youth, and New Life School for those in need of Cure and Rest, for the physically and spiritually weakened, for those overworked, and for the convalescent.*

**BOTH RESORTS ARE OPEN ALL THE YEAR**

**I**N the vicinity of the beautiful country town of Butler, N. J., there spreads, in incomparably ideal beauty, surrounded by majestic pine forests, orchards and parks, the Health Resort of YUNGBORN. The establishment was called a *Yungborn* by reason of the rejuvenating and strength-endowing effects of its Regeneration Cures. And indeed, these extensively known Yungborn-Recreation Cures are not only health-restoring, but also Rejuvenating and Strength-giving Cures. Already during, and particularly after the treatments are completed, the strength and vitality, formerly low and broken, rise with astonishing assurance. Vital energy and vital strength return; increased nerve-elasticity and an undreamed-of sensation of powerful health make themselves felt. And with the new creative power there asserts itself a feeling of spiritual and physical rejuvenation and unlimited efficiency.

**Yungborn Regeneration Cures**—The dietetical Regeneration Cures which are applied in their particular gradations as required for the various diseases and conditions of weakness, are fully adapted to the case in hand and modified correspondingly.

The most peculiar and most intense forms of these Cures are the *Schroth Treatment*, so called after its founder, the genial Johann Schroth, and the combined *Diet, Light-Air and Water Treatments* in which the experiences of *Schroth, Kneipp, Rickli, Lahmann, Ehret, Just, Engelhardt*, etc., are resorted to individually. Furthermore, Fruit Cures, Herb Cures, Vegetal and Mixed Diet, Fasting Diet Cures in combination with Fruit Diets, and so forth. Diet requires individually adapted physical treatment, such as *packings*, bandaging, baths, and gushes of various descriptions, barefoot walking, *light sun and air baths*, steam, electricity, massaging, and Osteopathy, Chiropractic, *Mechanotherapy, Neuropathy*, etc. Special attention is given to the development of humid warmth treatment, as one of the most important curative factors.

**Aid in Obsolete, Inveterate Cases**—The Yungborn Regeneration Cures will help even in the most deep-rooted and superannuated sufferings and conditions of weakness, where others cures failed, except in cases of organic new growth and destructions (like cancer and consumption) or marasmus.

It need hardly be mentioned that not only those requiring cure, but also those *in need of rest, the weakened and convalescing* derive the best possible benefits of lasting effect from a sojourn at the Yungborn.

**Fall, Spring and Winter Cures**—We wish to call the reader's attention particularly to the fact that the *Yungborn* is also splendidly suited for a stay in winter time. Not only the Regeneration, but also the Strengthening Cures are immensely successful in winter. In addition, the delightful, mild *forest and mountain air*, so rich in ozone and oxygen, is of extraordinary vivifying, refreshing and strengthening effect upon the entire organism (which is true of every season).

**Yungborn's Forest Charm**—A prominent writer likened Yungborn to a lovely legend of the forest with an unspeakably wondrous charm which draws every visitor irresistibly into its embrace. A dreamlike panorama of Butler and the mountain-framed valley and numerous other enchanting views make every visitor's heart rejoice with gladness. *Large Air and Sun Baths* and charmingly situated *Air Huts* close to the forest, playgrounds and recreation lawns for the children and youth, bring a harmonious note of change into this picture of peaceful retreat. For those inclined to exhilarating walks the nearby and farther surroundings offer numerous interesting points of excursion and sights of the most varied character.

**Stillness of the Forest**—In one minute's time you find yourself in forest's deepest peace. Directly adjoining the orchards and parks spread the woods with their quiet resting places and panoramic view-points. All around you reigns a wonderful tranquility. You see the mountain-woods stretch out for miles and miles, and you can stroll through them in every direction on convenient, dry trails.

**Elevation**—850 feet above sea level; the surrounding mountains and heights rise up to over 1,000 feet.

**Climate**—The climate is extremely mild. A pure, clear air, free from dust and rich in oxygen acts soothing and strengthening upon the *nervous system* and furthering upon the *blood circulation*.

**The Home in Yungborn**—A number of sanatoriums and villas stand ready to receive the guests arriving from many directions, even from abroad. Very attractive drawing-rooms and parlors, equipped cosily in the most modern fashion, make a sojourn particularly pleasant. It is a peculiarity of Yungborn that everybody feels himself at home and at ease very

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**DR. B. LUST'S  
HEALTH RESORT  
"YUNGBORN"  
BUTLER, NEW JERSEY**

Open all the year. All drugless and rational methods used. Diet, Hydrotherapy, Massage, Nature Cure, Osteopathy, Chiropractic, Mechanotherapy, etc. Write for our illustrated book, "Where to find Health." Winter Branch in Tangerine, Fla. Dr. B. Lust, Butler, N. J., and 110 East 41st Street, New York, N. Y.



**FLORIDA  
YUNGBORN  
ZELLWOOD-TANGERINE,  
FLORIDA**

Winter Branch of famous Nature Cure Resort "Yungborn," Butler, N. J. All rational up-to-date drugless and hygienic methods used. Write for illustrated prospectus and free book, "Where to Find Health," to Dr. B. Lust, Butler, N. J., or Nature Cure Center, 110 East 41st Street, New York, N. Y.

quickly, and this is enhanced constantly and extraordinarily by the unconstrained and even intimate tone which quickly develops among all the members of the Yungborn family, thus making life in Yungborn doubly pleasant and greatly contributing to the general well-being. It may be stated here, though, that Yungborn is not a place of luxury, but a strictly curative resort, with the sole purpose of really improving health and making a lasting success for life of the cures and treatments applied.

**Yungborn Regeneration Cures Have Stood the Test**—The uniqueness of our Regeneration Process and its extremely manifold capability of modification made it possible for us to use it with success for all sicknesses and conditions of weakness.

**Reception and Cure Were Given to**—Patients with diseases and conditions of weakness as a consequence of disturbances in the blood and circulation, blood swellings, disturbances of function of metabolism, nourishment, uric acid diathesis, hereditary and organic encumbrances, lack of blood and heat, overnourishment, abnormal formation of fat, accumulations, etc., etc., for instance: gout, rheumatism, diseases of the joints, palsiness, calcination of the veins (arterio-sclerosis), congestions, abdominal stagnations, hemorrhoidal sufferings, hypochondriasis, anaemics, scrofula, corpulence, obesity, diabetes, hay-fever, ischias, chlorosis, etc. *Skin Diseases of all kinds* (except contagious forms), such as acne, eczema, tetters, tumors, furuncles, inflammations. *Diseases of the Organs*, for instance, of the eyes, ears, nose, glands, lungs, digestion organs (stomach, bowels, liver, mill), skin, urinal and genital organs (especially also women's diseases), nerves, heart, etc. Relaxations and functional disturbances of the organs, catarrhs and inflammation of the organs and of the mucous membranes. Swellings, enlargements, conditions of weakness, especially of the abdominal organs, diseases of the bones, muscles, sinews. *Diseases of the Central Nerve System* of the brain and spinal marrow, for instance, nervous diseases of all kinds, *neurasthenia*, especially also the sexual nerves, nervous asthma, over-excitation and relaxation of the central nerve system, elimination of conditions of trepidation, nervous breakdown, etc., insomnia, St. Vitus' Dance, ischias, Basedow's sickness, megrim, weakness of memory, impotency, sterility. *Poisonings*, for instance, by mercury, arsenic, consequences of sexual diseases, vaccination defects, and other blood poisonings.

Many a man who had already given up all hope and came to Yungborn as to a last anchor of emergency, regained here complete health and strength, and is today happy, active and efficient in every respect. Many a husband who was lacking his best powers (the reason for this is varied) has become a happy father due to our regeneration cure, and many a wife, formerly unhappy, almost despairing, is now a happy mother.

All those who suffer from any of the above mentioned illnesses or weaknesses may come to Yungborn with full confidence. Not only that they will be treated carefully, conscientiously, and with sure success, but they will find here also a complete understanding and truest compassion.

**Rates**—The costs of cure and board are very moderate, and depend on the room and the treatment. Board for guests, with or without light and air park use: \$20.00 per week up; with treatment: \$25.00 up. Reception and first examination: \$5.00 up. All further details through DR. BENEDICT LUST, BUTLER, NEW JERSEY. Florida rates: \$25.00 per week, with or without treatment.

**Rates for Sunday guests:** Sunday dinner with light-air and swimming baths privilege: \$1.00. Visitors, with room or cottage, board, and light and air bath park privilege, \$3.00 per day.

**Communication**—BUTLER, N. J., the railroad station of Yungborn, can be comfortably reached from New York in one hour. Trains run on weekdays in the morning about 9 and 10:30; in the afternoon at 2, 4:04, 4:34 and 5:25, from the Erie-Susquehanna Station in Jersey City. On Sundays in the morning at 8:30, 9 and 10:30; in the afternoon at 1:00. Railroad fare from New York: one way, 85c; excursion tickets, \$1.45. Erie Station in Jersey City can be reached from Hudson Terminal Tubes at Fulton Street, one block west of Fulton Street subway station on Broadway; from Sixth Ave. and 33rd Street Hudson Tunnel; by Erie Ferry from West 23rd Street and Chambers Street. Distance to walk from depot in Butler to Yungborn, 10 minutes. Automobile (fare 50c) can be had at station for above mentioned express trains.

#### *Previous Notification Requested*

Address for letters for Butler, N. J., inquiries: **YUNGBORN, BUTLER, N. J.**

For winter months for Florida inquiries: **DR. B. LUST, TANGERINE, FLA.**

Telephone: **Dr. B. Lust, Butler, New Jersey.**

Express: Wells Fargo to Butler, N. J.

*Detailed information on all questions, also in cases of sickness; shortest traveling routes and other advices will be gladly given by the management at all times.*

Prospectus and booklet, "Where to Find Health," will be mailed for 5c for postage.

#### *How to reach Tangerine "Yungborn," Fla.:*

Take Seaboard Air Line R. R. to Zellwood, Fla., or Atlantic Coast Line to Mt. Dora, Fla., or Clyde Line to Jacksonville or Sanford, Fla. then by train to Mt. Dora. Automobile can be had at either station.

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## **BENEDICT LUST, N. D., D. O., M. D.**

*Proprietor*

**BUTLER, N. J.**

**110 E. 41st St., New York City**

**Tangerine, Fla.**