



POTTAWATTOMIE PARK
A WARREN
HEALTH COMMUNITY

Plan
TO LIVE
Longer

Plan to
LIVE LONGER



CHICAGO OFFICE
2119 TRIBUNE TOWER
CHICAGO, ILL.

WARREN HEALTH COMMUNITIES, INC.

EXECUTIVE OFFICE:
**WARREN BUILDING
MICHIGAN CITY, INDIANA**



DR. FRANK R. WARREN

Dear Friend

The reading of this booklet will reveal to you facts, many of which you already know, which are constantly being prescribed through the mediums of press and other periodicals, and even more thoroughly through medical literature to which few of you have access.

During the present high speed era these facts are too often taken as the cry of "Wolf—Wolf" was, in our childhood fables, disregarded until too late.

Have those of you who have reached the age of forty-five ever stopped to realize that according to truthful and proven Life Insurance standards of Life Expectancy, you have but twenty-four more years to live, and if fifty-five but seventeen years? Looking back over the past seventeen years will forcibly impress upon you just how short a time this really is, and how valuable good health and its lengthened life are to you.

Now consider that you have reached the end of YOUR life expectancy, what value would you place on an extension of fifteen healthy, happy years, just at a time when you have reached the position where you are able to really enjoy the fruits of your labors?

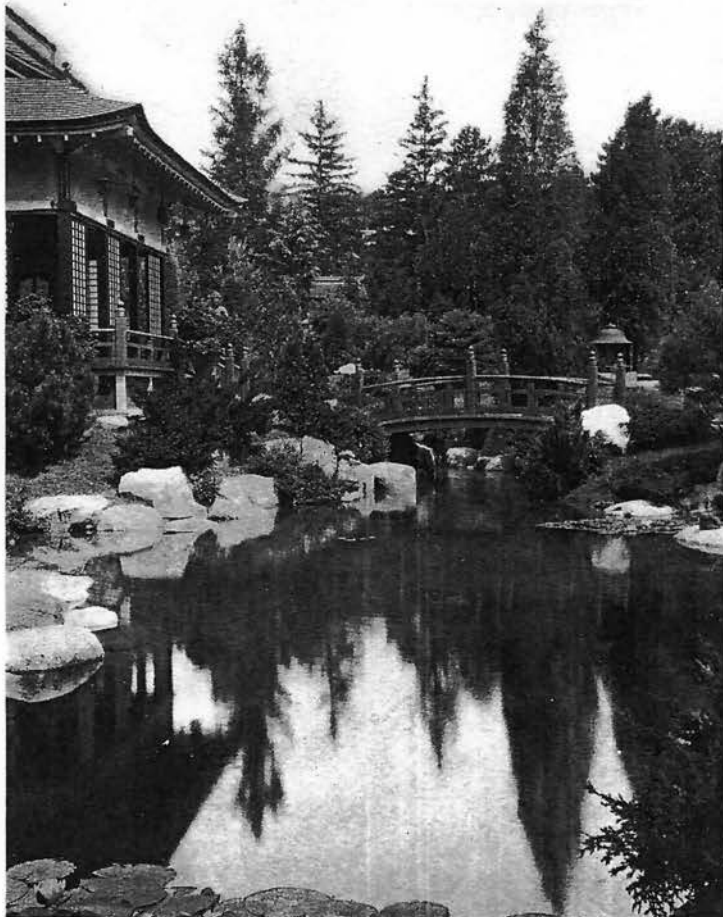
The assured solution of these already proven facts are clearly revealed to you in a new and scientifically practical plan, made interesting and understandable in the following pages of this booklet, and I am sure that you will want to avail yourself of every word and feature.

Frank R. Warren

An Old Oriental Custom

In the orient, many of the high-caste orientals pay their doctors to keep them well, and when they become ill, their doctors' pay ceases until health and strength have returned. As you read through the following pages you will learn of a plan which goes much farther than the old established oriental custom.

You have this booklet in your possession because you have been selected to assist in pioneering and enjoying the benefits of a great idea formulated by one of America's leading physicians and surgeons. You are invited to become established in this plan of Dr. Frank R. Warren because you are of the type with which he seeks especially to work.



WARREN HEALTH
COMMUNITIES, Inc.

WARREN BUILDING
AND CLINIC
MICHIGAN CITY,
INDIANA



A Vision for Humanity Fulfilled

To meet Dr. Frank R. Warren is to know that the ideas and ideals expressed in this booklet spring from his most sincere enthusiasm, from his desire to help his fellow men, from his ambition to aid medical science and to prolong the lives of the American people.

The doctor, in spite of his enormously successful practice, is more than willing to take on additional burdens in order to show not only America, but also the leading nations across the seas, what can be done in the future in the way of prolonging life. He has practiced medicine for forty years and the success of his clinic is known throughout the country. His clinic located in Michigan City, Indiana, occupies the entire sixth floor of the Warren Building, erected and owned by him.

Dr. Warren has made a statistical and thorough study over a great many years of the problem of lengthening life, and because of his huge practice has, of course, been in a position at all times to keep closely in touch with his favorite study. This study has become a hobby with him, and for years he has visualized a health community such as is described in this booklet. It can be truthfully said that the ambition of his life is to establish such a community and that the fulfillment of his convictions and the successful workings of his plan will lead to the establishment of hundreds of such communities in other localities.

As long as men have the sense of power, they brush aside the thought of possible breakdown.

There is no doubt but that we Americans, especially those living in cities, are disregarding many of the laws of nature, namely, those of relaxation under restful conditions, obtaining quiet, undisturbed sleep, eating proper food, and enjoying healthful recreation and pure air with unrestricted sunshine. We content ourselves with going perhaps once a year to a summer or winter resort and spending a few weeks or a month or two with nature. Then we complacently return to our city homes and offices with their four-walled limitations, and to the rush, worry and grind of the city. But we all know that this is not enough. We know that we are living too fast, that our lives are being needlessly shortened.

Dangers of Life as We Live it

Already half of the hospital patients of the nation are in insane hospitals or like institutions. Psychiatrists are convinced that within a few years one out of twenty of the inhabitants of the United States will be mentally incompetent or at least emotionally unstable.

Unfortunately nature proves herself interested in the welfare of every living thing in the animal, vegetable or human creation only to that period in life where reproduction ceases. After this age the various glandular and other body activities begin to deteriorate in function, and, rapidly, old age is upon us.

We find today that those who have reached the age of fifty years do not live as long after this age as did those of half a century ago. Here is a new field for medical research because man must step in and accomplish what nature no longer provides. With the advantage through medical research, and frequent periodical health examinations to determine the first deteriorating changes, measures can be immediately and successfully instituted to check or remove the cause of these early disabilities, and to a great extent, stop abnormal body changes which otherwise lead quickly to a life of chronic invalidism, suffering and an early death.

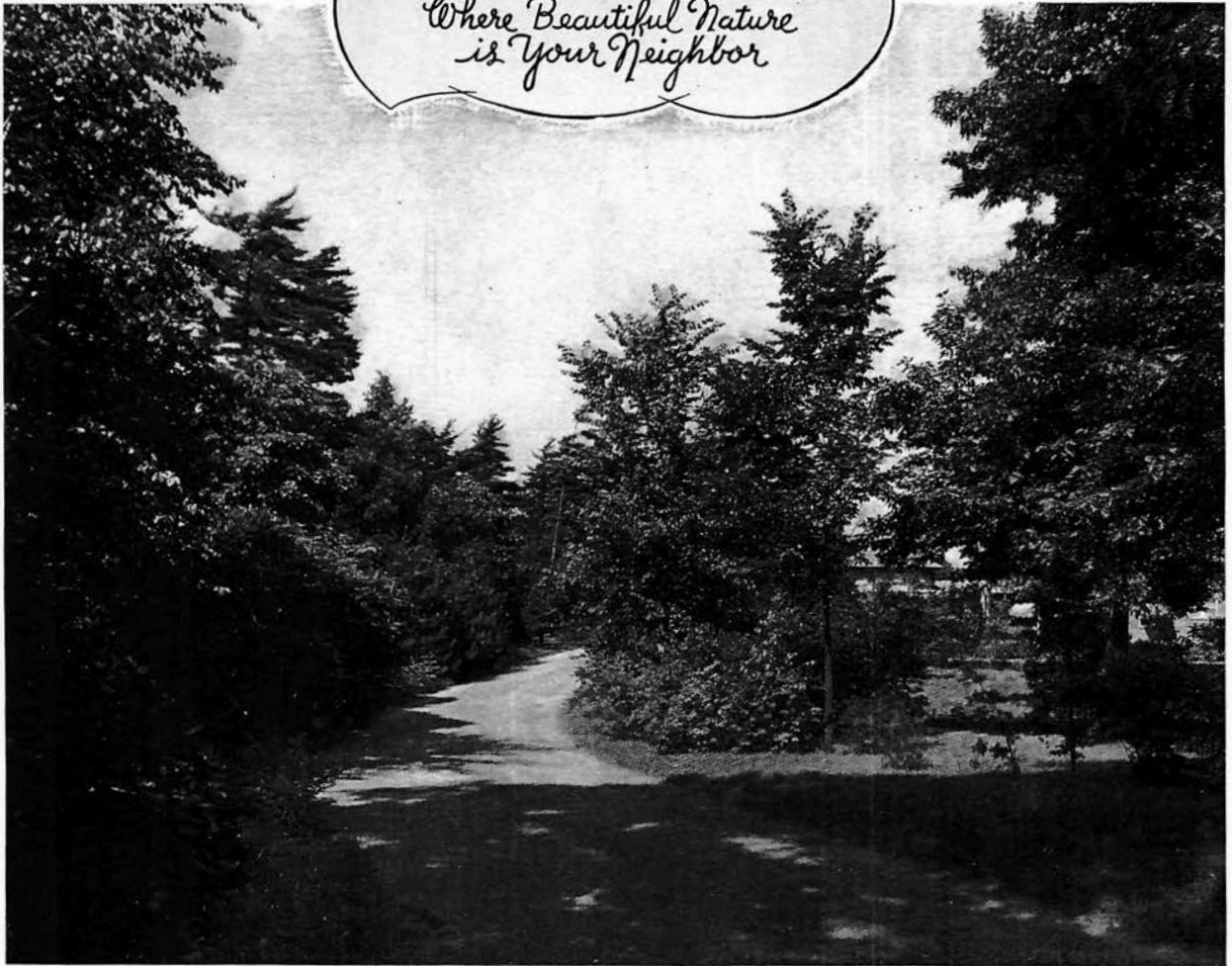
Every law of nature pertaining to the welfare of man's most vital asset—his health and life—is disregarded. The rush, the worry, and the grind of business must reap the harvest of human physical and nervous wrecks, mental sufferers and the deadly strain with its product of high blood pressures, hardening and disease of vital blood vessels—the pathological foundation to be followed in natural sequence by early apoplexy, angina pectoris, coronary thrombosis and sclerosis, heart enlargements, kidney changes, blood alterations, cancer, etc.

Montaigne said:
"Men do not usually die; they kill themselves."



WARREN CLINIC
RECEPTION ROOM

An Enchanting Drive
Where Beautiful Nature
is Your Neighbor



Cancer, which is rapidly becoming the scourge of mankind, and destroying the lives of over one hundred and twenty-five thousand of our people each year, is a burning example of negligence, for the knowledge that will save ninety-eight per cent of these lives is known, but, through ignorance, not accepted. Cancer has advanced today to where one out of every eight women past the age of forty-eight years is doomed to die of this disease.

The facts are that every Cancer in the beginning, passes through a comparatively harmless or silent stage. With frequent periodical examinations, these Cancers would, with very few exceptions, be detected at a fortunate stage where at least ninety-eight per cent could be absolutely cured by proven means now known to medical science. The appalling Cancer death rate is a disgraceful fact and, only when man awakens to this condition and adopts proper safeguards will Cancer deaths be cut to not over two per cent of those afflicted. The remarkable results obtained in the prevention of Cancer deaths applies to all cases, except

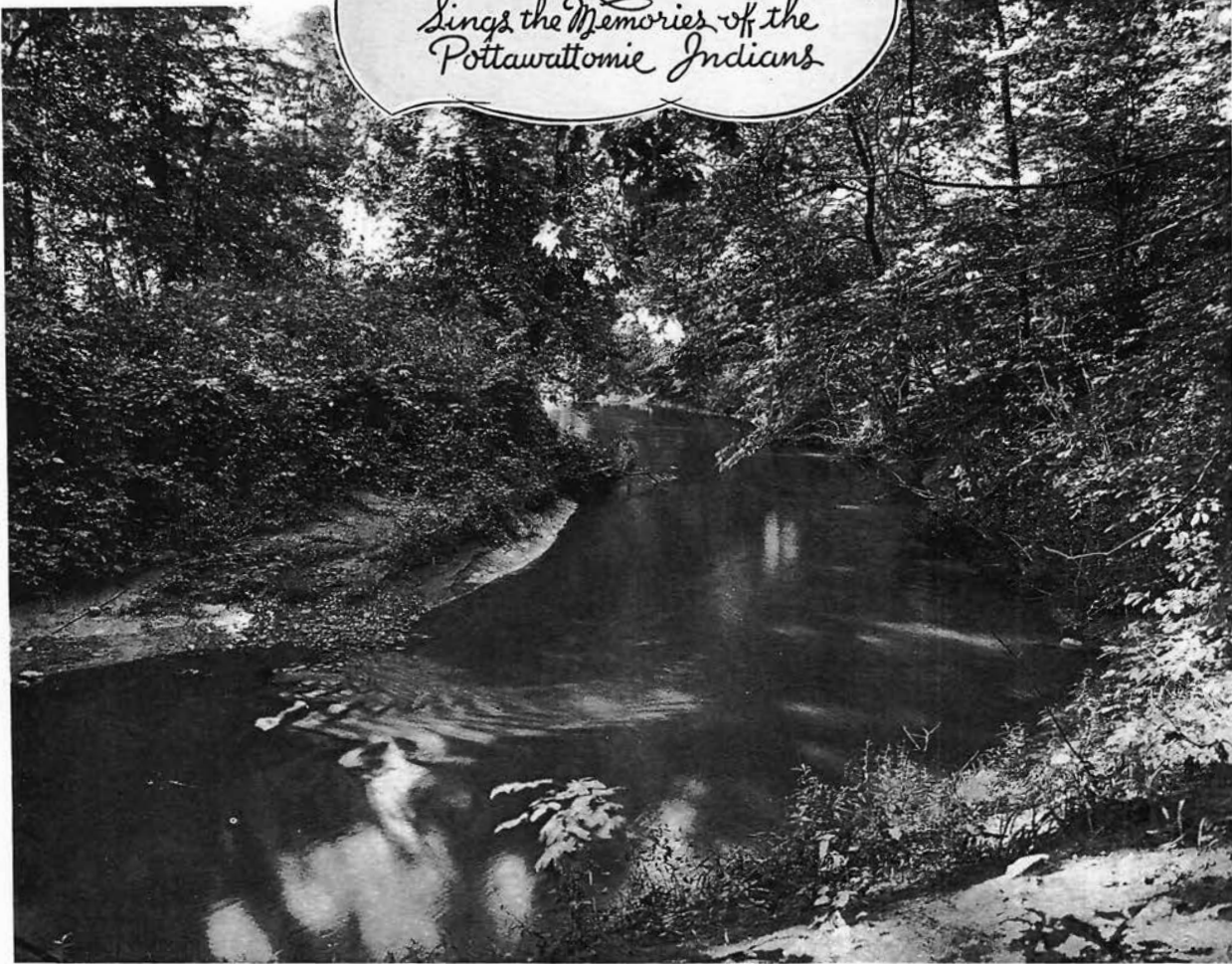
those very few where Cancer develops primarily in some vital hidden part, as the brain or lungs. Even in these extremely rare cases life can be greatly extended and suffering relieved.

Another very common scourge to womanhood is Fibroid Tumors of the Uterus. This dreaded condition brings many thousands of women yearly to the hospitals for dangerous and mutilating operations.

Through the medium of the frequent periodical examinations, these Fibroid Tumors will be detected in their very earliest stage, many months before the sufferer can possibly notice the first signs or symptoms. Taken in this early stage these tumors are in every case easily, harmlessly and quickly cured by modern x-ray radiation, the entire treatment being completed in one week, without the discomfort of surgery, use of drugs, or pain in any form.

The mental and physical strain our life of today imposes upon us, is the cause of an enormous increase in

*Beautiful Trail Creek
Sings the Memories of the
Pottawattomie Indians*



heart, kidney and blood vessel diseases. Sudden deaths of prominent citizens by these causes are so common they receive but casual notice. It is not generally known that these dangerous diseases are invariably secondary conditions due to simple causes, undermining our health without appreciable signs or symptoms for several years.

Through the tension of life as we unfortunately live it today, one out of every six of those over forty in this country die of heart disease.

It is natural to think, "This won't happen to me," but in the case of heart disease the law of averages, which is increasing every year, cannot be denied.

When one realizes that thousands yearly go to an early and unnecessary grave because of this preventable condition, it is time that intelligent people stop to think and act, by taking advantage of specialized and modern diagnostic, electrocardiographic and fluoroscopic equipment which will unerringly detect the very earliest changes before signs or symptoms are apparent

to the sufferer, and by means of this advanced medical knowledge, measures can be instituted to correct these dangerous early causes, thus eliminating the spectre of a fatal termination.

The foundation upon which all of these known advantages rest, is the practice of thorough periodic health examinations.

There does not exist a disease condition of any kind that early detection and treatment does not assure many times the efficient relief that can be expected after such disease has developed to where painful signs and symptoms have become apparent to its victim.

From the foregoing facts it is apparent that a solution of a great part of human suffering and early death is to be found by living as Nature designed man to live—under conditions of proper hygiene, environment amidst Nature and all this implies, where proper relaxation and restoring rest are constant factors, and with one important added condition: KNOWN MEDICAL KNOWLEDGE.

Picture for Yourself These Living

Imagine that your home is in a beautifully wooded section of land near Lake Michigan, as shown in the photographs appearing in this booklet. Imagine that you and those whom it is your desire to protect, are living as Nature intended you should live—in an abundance of fresh air and sunshine. Imagine also that you are surrounded by people of your own class and intelligence and social plane with whom you can come into contact from day to day.

And in addition to all this, imagine the good you will be doing for humanity by setting an example for the rest of the people of the United States, and even the world, to follow, by proving through practical methods a point which insurance statistics have already proven.

*First Tee of Picturesque Pottawattomie
Country Club Golf Course.*



*Marquette Spring,
the Blessings of Fe*

Nature is the birth-
right of every citi-
zen, but the most
neglected gift of
man.

Conditions



*Forever Repeating
her Marquette.*



Restful Hours with Nature in Pottawattomie Park.

The Plan —

Realizing the present high speed, artificial life under which present day living has been manacled, Dr. Warren conceived the idea of a specially planned suburban community, in which health and extended life would be of paramount importance. So great was his faith in the benefits to mankind through living in Nature's own surroundings, plus adequate medical supervision, that he purchased a tract of land several hundred acres in size. This suburban tract of land while immediately adjacent to Michigan City, Indiana, nestles serenely and majestically between a beautiful 90-acre state park, and the 165-acre Pottawattomie Country Club grounds, one of the most picturesque and sporty courses in the country. This situation assures that Pottawattomie Park will forever be protected from unsightly and disagreeable bordering property. Winding soothingly and gracefully through the ravines and valley of this tract is a beautiful stream of water known as Trail Creek.

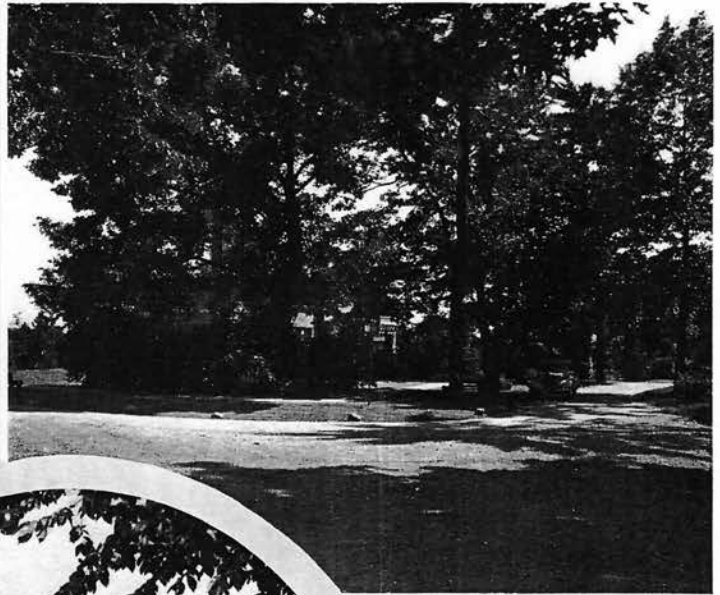
Hundreds of stately and massive pines reach skyward high above the surrounding oaks and other trees. The air is permeated with the delightful, healthful aroma of these pines. The greater part of this tract is a virgin forest of all varieties of trees, shrubs, plants and wild flowers, the loveliness of which must be seen to be appreciated. Along the ravines are found several historical springs. In fact, the well known Marquette Spring is here. This spring was named after Father Marquette, who remained on these grounds for six weeks during the year 1631, preaching to the Indians. Father Marquette blessed this spring, and as long as any of the Indian Tribes remained in this part of the country they came for its waters to heal their ills. Because of the historical importance of this spring and surrounding grounds The Chicago Historical Society has erected a casement and tablet in commemoration. No hunting has been allowed on these grounds since their purchase, and today it abounds with wild animal and bird life.

Thirty-one acres have been deeded outright for park purposes for the community planned by Dr. Warren. After purchase of the tract, contracts were made with The American Park Builders, a well known company of landscapers and city planners. These plans cover all improvements to drives, walks, city water, sewers, and all planting and landscaping of the entire tract. Development along lines harmonious with the beauties of Nature was immediately begun, and today the distinctive beauties are outstanding and furnish a thrill for everyone who loves Nature.

Take care of your
health before your
health takes you
from your cares.

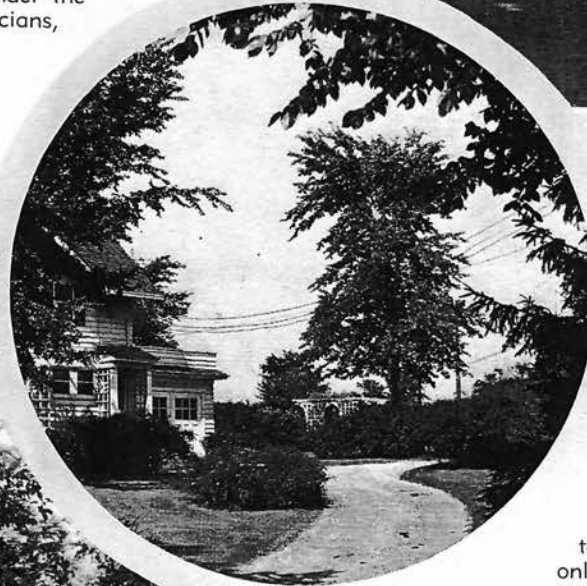
Pottawattomie Park

This suburban community is known as Pottawattomie Park. A number of fine homes have already been established, one of which is the residence of Dr. Warren. In this Park or community, he is inviting you to live—to erect a home—and to place yourself under proper medical guidance. The purpose of doing this is to prove to the American people that those who will place themselves under the care of competent physicians,



Circle —
At Home to
Health and
Happiness.

Below —
A Woodland
Drive invites
You with
Restful Charm.



Beautiful Home of
Dr. Warren in
Pottawattomie Park.

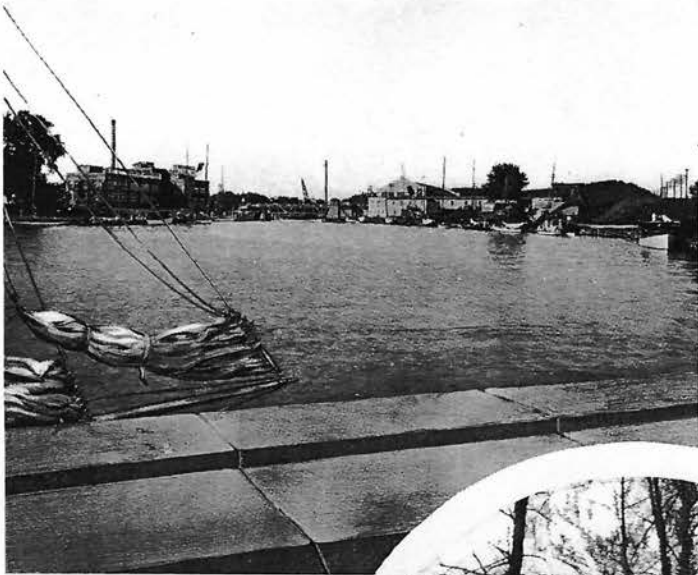
especially in a group, so that they can be systematically looked after and protected by medical science, will greatly outlive people of any other community in the world by average.

The ground has been platted into spacious homesites of three to each acre. Restrictions permit only one house to be built on each homesite. In this way sunshine will always be bountiful. The drives are wide and winding, and the whole effect is one of an extremely attractive park.

This suburban tract of land has been incorporated as a village, and as stated, is called Pottawattomie Park, located near the shores of Lake Michigan in the State of Indiana. Officers have been elected and the community is enjoying an efficient and satisfactory local government. All officers of Pottawattomie Park consider their offices honorary and no salaries are paid.

In order to meet the requirements for relaxation and rest, the streets have not been made public. Absolute control of traffic and noise is maintained, and no obnoxious trespassers are permitted. No stores, apartment buildings or business enterprises will ever invade Pottawattomie Park. In fact, every item in the development, control and activity of this community is for the pleasure, happiness, convenience, health and longevity of the life of its citizens.





*Snug Harbor and
Good Anchorage.
Michigan City.*

Park and Randolph Street, Chicago, on convenient schedules. No other passengers will be carried, so no stops will be necessary, assuring approximately 60-minute service. As the development proceeds, it is planned that these special cars will be air-conditioned and in charge of a steward. The rates will be the regular low commutation rates charged by this line, and the service will not be equalled by any suburban Chicago localities.

The Michigan Central Railroad is within three blocks of the property for the option of the commuters.

Just four blocks from the Park one reaches the spacious 40-foot Dunes relief highway for those who prefer to use their automobiles.

Pottawattomie Park is located less than one mile from the shores of Lake Michigan, and a few minutes over scenic drives will carry its citizens to the shores of the lake—at this point one of the most perfect bathing beaches in the world, with its crystal white sand. The beach, being the property of Dr. Warren, will of course be privately retained, and all residents of the Park are welcome there at no expense to them whatever. Included within the boundaries of Pottawattomie Park is one of the most perfect and beautiful natural amphitheaters to be found anywhere which will be utilized for sports, tabloids, and all other open-air functions.

Closely adjoining this is a valley of approximately 10 acres through which flows a stream of spring water which it is planned to dam, creating a beautiful lake. This will provide not only bathing and fishing to those who prefer small lakes or pools but winter sports as well.

Benefits

Friendships with people of intelligence who not only have their health at the present time but are determined to hold it so that their virility, both of mind and body, will be prolonged.

Freedom and rest as well as constant health guidance by Dr. Warren and his staff of physicians.

Beautiful surroundings, and most important of all, a longer and healthier, and, hence, happier life.

In line with the other distinctive features of Pottawattomie Park, the transportation will be on the same basis. The tracks of The South Shore Electric are within two blocks,

and special cars will be operated between Pottawattomie



*Circle —
A Morning
Canter.*

*Below —
Our Private
Beach of
Crystal white
sand.*



Health Equipment



The Warren Clinic is thoroughly equipped with the latest X-ray equipment, laboratories, special rooms for cystoscopic, proctoscopic, and all other special examinations. A separate department of the clinic under the direct supervision of a specialist in this work has been inaugurated. This special department is equipped with every instrument that can assure the detection of the very earliest changes in every organ of the body—tumor formations or any condition that would in time lead to definite disease, suffering, invalidism and death.



In the record room of this special department of the Clinic, complete health records of each individual purchaser of a homesite, and his family will be kept, including all X-ray findings, and special laboratory findings. In fact everything that will aid in health maintenance, and the assurance of a greatly extended life will be done.

It should be distinctly emphasized here that you do not associate this plan with a real estate or medical promotion scheme. It is a plan not only unique in its originality and far-sighted health pioneering spirit, but in its unlimited advantages to those fortunate enough to become a part of it. A plan in which a suitable home owners' community and an efficient, dependable, modernly equipped medical directorate are vitally necessary to each other.

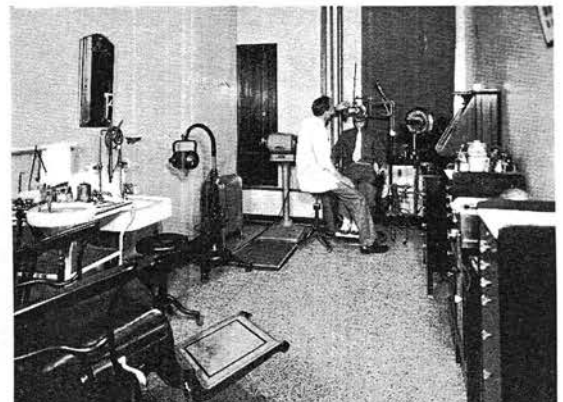
As stated, our prime object is to live under ideal conditions protected by frequent, thorough medical examinations. The Village of Pottawatomie Park will issue a challenge to any city or community to equal it in its health records and the longevity of its citizens.

Top—
DR. FRANK R. WARREN, OWNER AND FOUNDER
OF WARREN CLINIC, CHIEF OF STAFF.

Center—
COMPLETELY MODERN X-RAY THERAPY ROOM.

Right—
SPECIALLY EQUIPPED EYE, EAR, NOSE AND
THROAT DEPARTMENT.

The wise man realizes he must treat his body with at least as much respect as he would a piece of machinery; or, with as much foresight and concern as he would his own business.



What it will Cost

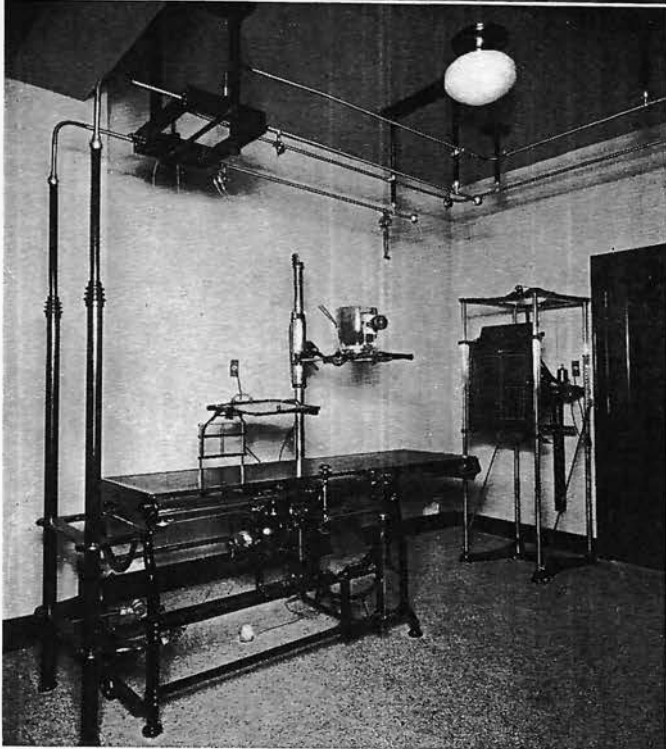
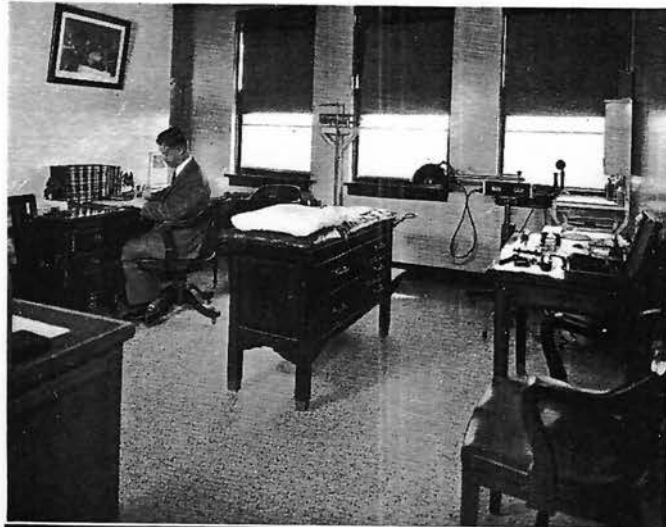
By the method of invitation, the elimination of the usual real estate, and unnecessary promotional costs, homesites are priced to you at their actual market value. Through the enthusiasm and inherent faith of Dr. Warren in his plan it has been arranged that approximately one-half of all income from the sale of homesites be invested by him in a trust fund and all returns from the investments of this fund are to be used in covering the expenses of the purchasers' regular examinations and laboratory tests. This trust fund to remain as such for a period of fifteen years, unless previously canceled by the passing of the homesite deed from the original purchaser.

Every original prospective home owner in suburban Pottawattomie Park must undergo a thorough physical examination, including blood, laboratory and X-ray before being permitted to buy a homesite, for it must be known that he is of at least average health. This examination will be made by members of the staff of the clinic, at no cost to the person examined, providing he is accepted.

Each purchaser of a homesite shall immediately be scheduled for his regular periodic examinations. No negligence will be permitted that would jeopardize in any way the enjoyment of normal health and a substantial life increase.

This schedule shall be made convenient for the person to be examined. There will be no charge for this service, and the Warren Clinic asks only that full co-operation be given.

In addition to its own staff, the Clinic will have a consulting staff of leading specialists in the



Top—
DR. RICHARD C. NORTON, ASSOCIATE MEMBER
OF STAFF, DEPARTMENT OF DIAGNOSIS AND
INTERNAL MEDICINE.

Center—
X-RAY RADIOGRAPHIC AND FLUOROSCOPIC EX-
AMINATION ROOM.

Left—
SCIENTIFICALLY EQUIPPED LABORATORY AND
RESEARCH ROOM.

Human power—like mechanical power—can be maintained only through periodic inspection of the human machine.



*Towering White Pines..Stately Sentinels
for the Home of Your Dreams..*

Health and work are the most coveted accomplishments of man. Neither can be attained without the other.

A Greatly Extended

several departments in the practice of medicine. These consultants will be available in the regular examinations of the citizens of Pottawattomie Park, and their services will also be without charge of any kind.

Since the health of a purchaser's family (his wife and children) necessarily enters into the matter of health records to be maintained in this suburban community, a thorough physical examination of the purchaser's wife and an inspection examination of the children will be arranged at the expense of the Clinic.

As in the case of the purchaser, the wife and children will also undergo complete periodic health examinations. The immunizing of younger children from contagious diseases will be advised, and full instructions will be given to the parents for the prevention of any abnormal health condition.

It is to be remembered that the Warren Clinic realizes its obligations in maintaining a superior health level for Pottawattomie Park, plus a greatly extended period of life. Consequently it will allow no expense to deter it from furnishing the service as described in this booklet.

It is, however, understood that the Warren Clinic, in its work in health maintenance and longevity, does not furnish without charge to the individual, either medical or surgical service, where an early abnormality of health is discovered. In these periodical examinations, where any early abnormalities are found, the individual is immediately advised to consult his own physician.

Medical science has proven that diet is a most important item in the maintenance of health, and in the reclaiming of those who have developed diseases. The human body is a very complicated machine and there is every variation in diseases and their causes. It is, therefore, apparent that the diet must be studied carefully and made appropriate to meet the variation of

Period of Life

each individual person, especially when man has reached middle life or beyond.

In the periodical health examinations rendered by the Warren Clinic, the question of diet is carefully considered. An expert dietician will give detailed suggestions designed to make your meals enjoyable while still achieving the results desired. No charge is made for this important service.

In conclusion it is well that we re-emphasize the ideas behind Dr. Warren's plan, so that you can give them the deepest thought and study, and after careful deliberation, make your decision within a reasonable length of time.

Dr. Warren's ideas and ideals are aimed toward a Health Center. He is relying upon the pioneering American spirit of the class of people to which you belong, to assist him in proving to the world that a community plan of health protection and guidance will increase the span of life most substantially. There will be young people and old people gathered in a community all with common interests and common purposes; their social, physical and mental life will be on a high plane, and they will form a happy community of virile and healthy people of all ages.

In entering upon a plan of this scope, you have every right to believe that you will be known to the entire world as co-operators in a wonderful and great movement toward longer life.

Can you afford not to plan your home in this scenic and health maintained community? Assuring not only yourself of a longer, active and healthy life span, but the exceedingly greater physical and mental advantages to your children.

Surely such an investment on your part cannot be considered from just a monetary viewpoint. It is a solemn duty you owe yourself, and those who depend upon you for love, guidance and protection.



*This Rippling Brook can be a Part
of Your Own Landscape.*

**Afterthought in life is
only achieved by those
who early began to use
forethought.**



Examinations do Prolong Life

A COMPARISON OF FACTS AND ANALYSIS OF

THE METROPOLITAN LIFE INSURANCE CO., THROUGH THE LIFE EXTENSION INSTITUTION

A study of 6,000 policy holders shows an 18% REDUCTION IN MORTALITY among those examined but once each year from 1914 to 1924 by the Life Extension Institution.

They quote: "While this simple type of examination is of demonstrated value, there is, of course, a possible margin of trouble which cannot be revealed without the aid of ultimate efficiency tests of the organs. There is a **wide** range of **variation** in the **degree** of **thoroughness** with which **health examinations** may be **conducted**. This examination can be so conducted as to detect early signs of organic changes, when prevention work can be done and the full resources of science made available not only in the prevention of disease but in the upbuilding of the organism. There are ultimate tests and checks upon the functions of the vital organs which go far beyond the range of an ordinary physical examination. Too seldom are these refined methods of analysis applied in advance of actual disease. The average individual who suffers no pain is unwilling to go to the expense or trouble of having these tests applied—although that same individual might think nothing of squandering more time and money on an evening's entertainment."

THE WARREN HEALTH COMMUNITY AND PLAN

Under the Warren Health Community Plan, in addition to the complete preliminary examination there will be regular physical examinations each 90 days.

The preliminary examination will consist of every ultimate test and check-up, such as efficiency tests of the kidney, electrocardiographic and x-ray examination of the heart and great blood vessels, chemical tests of the blood for waste products and every refined method of checking up the human mechanism.

The ninety-day periodic examinations will be thorough and where any abnormalities are found, every necessary test made, and more frequent examinations made if these tests prove the necessity.

It will be readily seen that under this plan any "silent" sickness commonly neglected because they do not speak in terms of ordinary illness and disability, will be brought to timely attention and proper advice given for the upbuilding of the organism. Thus the MORTALITY RATE in POTTAWATTOMIE PARK will be much less, and the LIFE EXPECTANCY many times greater than that of any other community in the country.

