

Cottages and Bungalows

EACH cottage-bungalow has two rooms, a living room and a sleeping room which is entirely screened, so that one sleeps practically out-of-doors. These sleeping rooms are equipped with canvas flies which shade the interior and form an awning for sitting outside. These little dwellings are all sturdily constructed and are tastefully furnished with every necessity. All together, they combine the benefits of out-door life with all the indoor comforts and conveniences.

You will never know what you have missed until you have "slept out" in a cottage or bungalow at Desert Inn. "Night is a dead monotonous period under a roof," wrote Stevenson; "but in the open world it passes lightly, with its stars and dews and perfumes, and its hours are marked by the changes in the face of Nature.

"What seems a kind of temporal death to people choked between walls and curtains, is only light and living slumber to the man who sleeps afieid. All night long he can hear Nature breathing deeply and freely, even as she takes her rest, she turns and smiles." Contrast indoor sleeping with the elastic walls of God's own solitudes, no windows, no doors, no blinds, and the ever moving winds kissing your cheek, bringing sweet odors to your senses and then with soft soothing mesmeric touch quieting all care and fear and tranquilizing you for a sleep which falls upon you as gently and unconsciously as night falls upon day. Sleeping out is not only a delightful experience, but it is one of the chief factors in the restorative process of your life at Desert Inn.



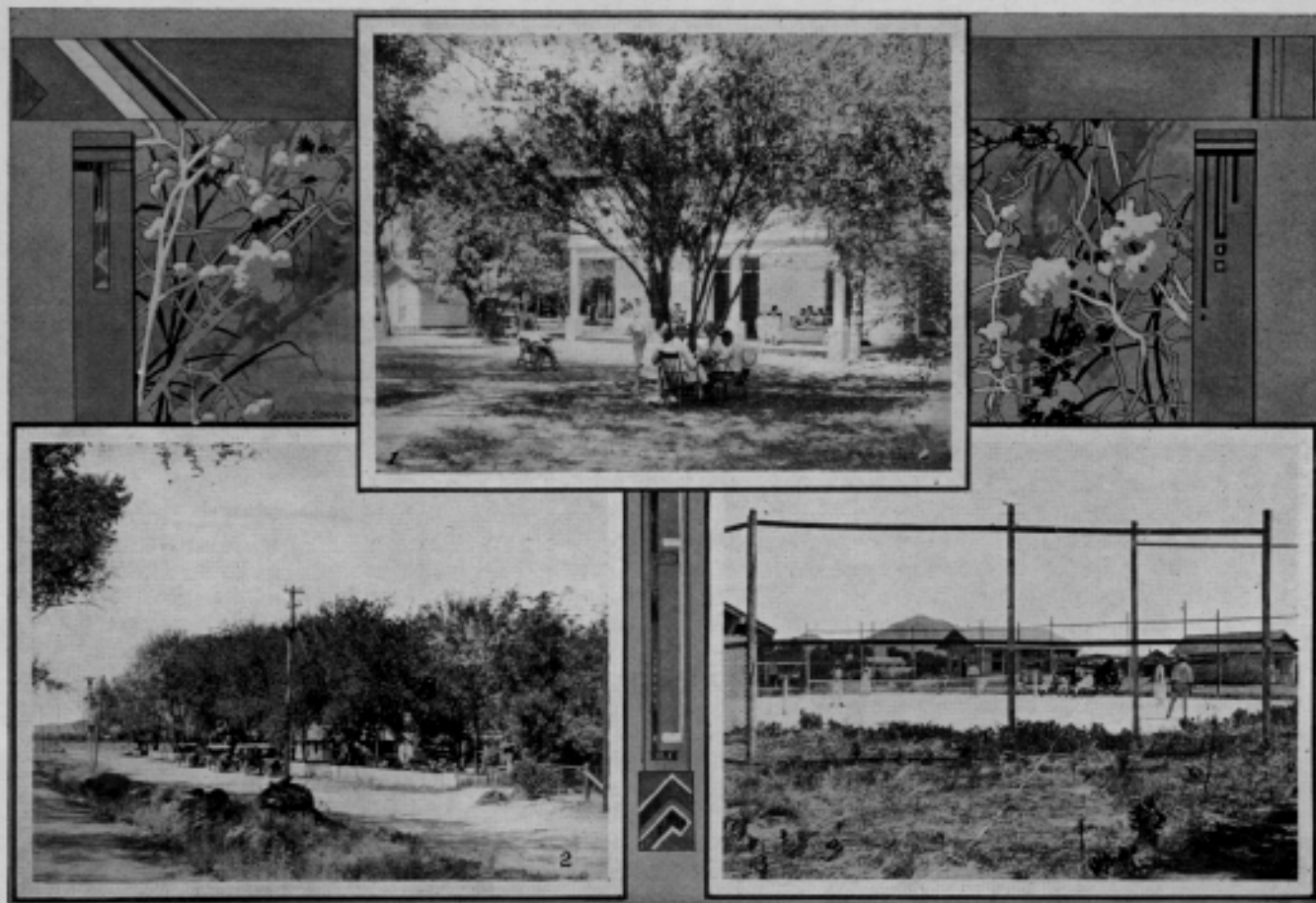
In this cheerful dining room you will meet some of the most cultured and delightful people from all parts of the country.

Nature's Best

THE SALT RIVER VALLEY is fringed by a range of low lying mountains which protect it from severe winds and from sudden changes in temperature. With very few exceptions, the sun shines every day and the nights are comfortably cool the year round. This condition makes for a climate which is most curative for those affections which depend for relief largely, if not entirely, upon climatic conditions. Not only is the air at Desert Inn fresh, pure and invigorating, but the ideal temperature is conducive to open-air life, both night and day, without the slightest discomfort.

"Good things to eat" is one of the features of the programme at Desert Inn. This means not only wholesome and appetizing food, but a delightfully varied menu and a service calculated to ensure a happy enjoyment of every meal under the most pleasant auspices. Out of the general dietary, special mention is made of our oranges, grapefruit and figs which are picked ripe from the trees; an abundance of rich milk and cream—this valley is noted for its dairy products; fresh vegetables, butter and eggs; and the best meats and other foods that the finest markets afford.

The medical profession now concur in the opinion that patients suffering from nervous troubles cannot be benefited by the administering of drugs. From experience, most doctors have found that to effect a rapid and permanent cure, it is essential to persuade the patient to live in a healthful climate out in the open, amid the most congenial surroundings.



A FEW GLIMPSES OF THE CHEERFUL SURROUNDINGS THAT ARE ENJOYED AT DESERT INN

An Ideal Location

THE DESERT INN, situated in its hundred acres of beautiful grounds, with tennis courts, croquet lawns and golf course, furnishes just what is necessary for the nervous patient to forget the worries of the past. For incipient pulmonary cases, mild pastimes are arranged which have a decidedly beneficial result in keeping the patient cheerful and yet in no way retard recovery. There is always a cheerful and cultured company at the Inn, but complete privacy is ensured to any guest who needs or wishes it.

There are many attractive places to visit near Desert Inn which are distinctly peculiar to this part of the country. The comparison of the desert to the ocean is one a great many people feel and speak of. There is something equally restful and impressive as the sea in the wide reaches across the quiet land to where the "Buttes" rise up against the horizon—to where "Camel Back" Mountain is seen, humped up along the sky.

Through the medium of our complete laboratory facilities, a very thorough investigation of the case of every patient is made possible. This ensures as accurate a system of diagnosis as modern science affords. Each patient's case is given careful and professional consideration and attention. From the moment patients enter Desert Inn, they are imbued with confidence, a feeling of hope and cheerfulness and an inspiration to get well. Particular attention is devoted to courses of treatment for business and professional men and women who can only stay at the Inn for a limited period. Drugs are seldom used for it is only by modern physiological means that a thorough body reconstruction can be accomplished.



A LOBBY AT DESERT INN

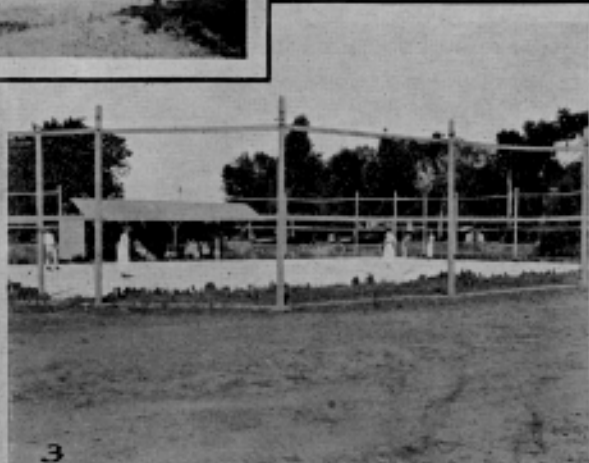
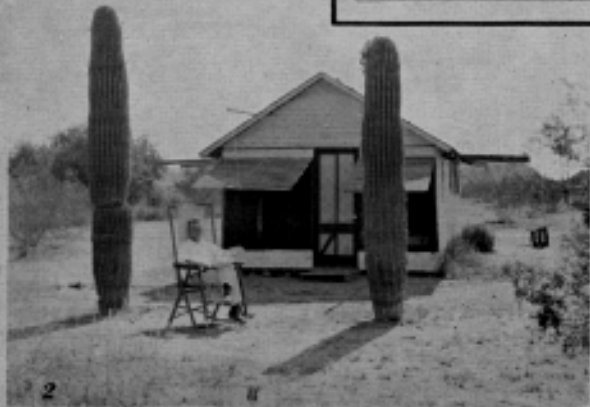
Arizona has 5 inches of rain a year and an average humidity of 40%—almost a world's record. So in rainy days the guests frequent the lobbies, music room and pavillion, whiling away these few hours indoors. Here is one of the few cities in the world where you can spend practically all your winter hours out-of-doors without being bundled up with heavy clothing, such as overcoats, heavy wraps, muffs, leggings, steamer rugs, etc.

Nature, Life and Health

NATURE creates and maintains; she must therefore be able to cure and rebuild. All that physicians and remedies can do is to help remove the causes of disease and replace them with conditions that are conducive to recovery. The healing powers of the body can be and are wonderfully stimulated and controlled by such natural forces as Sunlight, Air, Water, Electricity, Massage, Exercise and Diet. These are the agents which accomplish most in the restoration of health, and by the aid of modern science, these essentials have been practically and efficiently applied at Desert Inn. This institution is recognized as one of the finest and best equipped in the West, and employs systems and methods that have proven best in the leading health institutions of the world.

Blood is life, hence any agent which tends to assist in improving the quality of the blood helps in the elimination of disease. Drugs, at best, can give chronic ailments only temporary relief. A permanent cure requires a radical change in the life and habits of the patient and a regeneration of the vital tissues of the body. The treatment at Desert Inn anticipates this need and meets its every requirement.

By a combination of treatment, diet, exercise and many other physiologic and psychologic measures, the nerves, tissues and glands are renewed, strengthened and rebuilt, disease is swept away and the patient feels and practically is recreated. Special emphasis is laid on outdoor life and patients are urged to remain in the open, to take daily walks, indulge in healthful diversions and forget home cares, worries and anxieties. Life at Desert Inn never grows lull or monotonous. Everyone is so busy getting well that no chance intervenes for homesickness or depression. Here life is made so fascinating that the golden days pass all too quickly in an atmosphere that is ever conducive to good spirits and wholesome, cheerful occupation of mind and body.



1. Desert Inn touring cars at entrance to the Inn.
2. A bungalow on the desert—one of our colony.
3. Tennis court and shaded seats for those who want to watch.

Treatment and Climate



WE are especially equipped to carry out any instructions of physicians by whom patients are referred to Desert Inn, such as administering the autogenous vaccines, tuberculin, producing and continuing artificial pneumothorax with nitrogen. Helio-Therapy, being recognized more and more, as of decided value in the treatment of tuberculosis, we are prepared to give suitable cases the maximum benefit of this treatment.

The United States weather report shows that out of a possible 308 hours of sunshine, Phoenix has 296 sunshine hours. Also the Desert Laboratory run by the Government in this State has proven conclusively that the important rays of the sun in Helio-Therapy—the chemical rays—are found to be more intense and more beneficial at lower altitudes, such as that of Phoenix, where the humidity is likewise very low.

Desert Inn is especially suited to benefit incipient bronchial and pulmonary cases, and convalescents from Influenza, La Grippe, Pneumonia and any other extremely debilitating diseases. The conditions here are very favorable for rebuilding those who are nervously "run down," and all others who need the advantages of a simple natural life, with pure air, pure food, wholesome rest and recreation, and the supervisory care of an experienced physician. Advanced cases in the contagious states are not received at Desert Inn.

The Desert Inn season extends the year round and the terms are as reasonable as the cost of upkeep and medical nursing service permits. The services of the resident physician are always available and special nursing arrangements can be made for any case requiring it.

On the Highway to Health

IF YOU are contemplating a change of climate or a change of living conditions, for your health, you cannot do better than to come to Desert Inn. Here you will enjoy the best of care in a wonderful climate amidst some of the most cultured and delightful people of the world. The Desert Inn cars run frequently between Phoenix and the Inn. Automobile parties are arranged for the guests so that they can enjoy all the wonderful scenes of the locality from the comforts of luxurious touring cars. Saddle horses are available for those able and desirous of participating in this healthful pastime.

Guests having children and wishing them to continue their education, during their stay at Desert Inn, will find desirable governesses or tutors here. Should guests prefer to send their children to the public schools, there are two within a mile of the Inn and automobiles are furnished for their transportation to and fro. Children are provided with their own separate dining and recreation quarters apart from the adult guests.

Phoenix has railroad connections over the Southern Pacific and Santa Fe with all points of the country. The Rock Island connects with the Southern Pacific at El Paso. Reduced railroad rates may frequently be had during the fall, winter and spring months. To be certain of accommodations at the Desert Inn, it is most practicable to make your reservations as far in advance as possible. Please address all communications to

DESERT INN

F. H. REDEWILL, B.S., M.D.

Resident Physician

PHOENIX, ARIZONA.