

RECREATION

Hot Springs National Park affords many recreations and diversions. Here you may breathe the clear fresh air of the beautiful Ouachita Mountains, you may see new faces, hear new voices, enjoy genuine Southern hospitality, REST, RELAX and RUB ELBOWS WITH THE WORLD.

Lakes Hamilton, Catherine and Ouachita provide over 1,000 miles of shore-line for the fisherman or the devotee of swimming, boating and water sports. Indoor swimming is available at the local Y. M. C. A. and Y. W. C. A.

Three beautiful golf courses, with a total of sixty-three holes are open throughout the year.

Daily sightseeing trips are available throughout the Resort and surrounding mountain and lake areas, to points of interest and pleasure.

Miles of trails over adjoining mountains beckon those who enjoy hiking, horseback riding and cycling.

The hills of the Ouachitas are interesting to geologists, collectors of Indian relics and lovers of Nature. Specimens may be collected only in areas outside of Hot Springs National Park proper.

Miles of hard-surfaced and gravel roads wind about through the Ouachita National Forest within a fifty-mile radius of Hot Springs National Park, where beautiful mountain scenery, fauna and flora may be enjoyed throughout the year.

Come to the Lamar Bath House . . .

Leave the strenuous life of business, or work, for a time, and partake of the opportunity that is offered to regain your health.

Money spent for health is a good investment; for your health is your best asset. People who do not take care of their health, are like workmen who do not sharpen their tools.

At the Lamar Bath House, we sincerely hope to meet and to serve YOU, YOUR FRIENDS, RELATIVES and ASSOCIATES, in any way possible and at any time. If you know of any who might profit from our famous baths, pass the word to them. THEY WILL BE GRATEFUL.

For additional or special information, address

W. R. GRIM, Manager

501/623-4181

LAMAR Bath House

HOT SPRINGS NATIONAL PARK
ARKANSAS

Or Come Direct to Our Office
We Can Supply Your Every Need



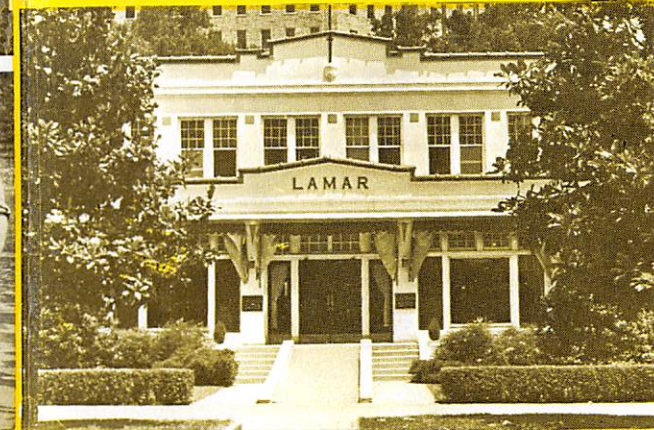
HOT SPRINGS NATIONAL PARK, ARKANSAS
Where the World Bathes and Plays

LAMAR BATHS

EST.
1888

W. R. GRIM, Manager

UNDER REGULATION OF THE U.S. GOVERNMENT



AT THE SOUTH END OF

Famous Bath House Row
HOT SPRINGS NATIONAL PARK
ARKANSAS

Where Nature and Your Government Unite
To MAKE and KEEP you WELL

BE SURE TO ASK ABOUT "WHIRLPOOL"

PURCHASING BATHS AND/OR MASSAGE

Our guests may take the baths or the whirlpool treatments and the massages in any number or combination as desired. Bath and massage tickets are available in booklets of eighteen, twelve and six tickets, and in single denominations for courses of three weeks, two weeks, one week, and for daily use, respectively.

All coupons, which are purchased but not used, may be returned to our office at the purchase price, at any time within one year from date of issue. Coupons may be used for service at any time.

Rates charged include the fees of attendants and operators.

NOW TRY "WHIRLPOOL"

And now, in addition to the conventional baths, for which Hot Springs National Park has long been noted, we offer "WHIRLPOOL" treatments. They give the added and superior effects of agitated, stimulating, relaxing thermal water, with more thorough and complete results, as well as more perfect preparation for the restoring, relaxing massage, which we recommend to follow in most cases.

THE LAMAR BATH HOUSE has the finest of equipment for giving baths and massages, including proper cooling, and a complete gymnasium. The entire building is air-conditioned, with complete change of air every ten minutes.

Including fees for attendants and operators, rates for our services are moderate and reasonable, as follows:

BATH RATES		MASSAGE RATES	
Single Bath	\$ 6.70	Single Treatment	\$ 7.80
6 Baths	39.65	6 Massages	46.35
12 Baths	78.50	12 Massages	91.80
18 Baths	116.90	18 Massages	136.35

For "Whirlpool" BATHS add \$1.50 per treatment to Bath Rates above

AT THE LAMAR BATH HOUSE

On normal operating days, our offices open at 6:00 a. m., and one may begin the bath any time from 7:00 to 11:45 a. m., or from 1:30 to 3:00 p. m.

On Saturdays, Bath Houses are closed at noon, and one may begin bath service from 7:00 to 11:45 a. m. only.

On New Year's Day, Washington's Birthday, Memorial Day, Labor Day, Columbus Day and Veteran's Day, the Bath Houses will close at noon, and one may begin the bath service at any time from 7:00 to 10:30 a.m. only.

On Sundays, July Fourth, Thangsgiving Day and Christmas Day, the Bath Houses will be closed all day.

The average time consumed in the daily bath, is generally 1½ to 2 hours. The total time may be shortened or lengthened somewhat according to the out-of-door temperatures, which control the necessary cooling time of the daily bath.

It is not necessary to have appointments for the baths. One may begin the bath at any time during the day as listed above.

A majority of our guests have no particular ailment except the fatigue, nervousness and hypertension of this rapid, everyday life. We call this condition, "OCCUPATIONAL FATIGUE".

Most frequently, we are asked at the Lamar Bath House, "For what ailments or conditions do you recommend your famous treatments of baths and massages?" We plan to do three basic things for the health of our guests. **First**, we expect to remove toxic conditions of the human body. **Secondly**, we intend to stimulate and relax the circulatory system — the blood carriers. **Thirdly**, we plan to relax and quicken the activity of the nervous and muscular system. Thus, an ailment of the human body which is based on one or more of the above causes should respond beneficially to hydrotherapy and treatment elements which we offer in The Lamar Bath House.

GENERAL INFORMATION

Rates for our services are fixed by the U. S. National Park Service. To protect our guests against loss of tickets, the coupons are not transferable, but are redeemable under the standard purchase rate which is fixed by the U. S. Government authorities.

Our attendants and operators are trained and certified under the U. S. National Park Service. They cannot be employed by us without first having proper certificates of qualification, including physical examination, following accredited courses of instruction, and service of an apprenticeship.

The baths may be taken either with or without a physical examination by a registered physician of Hot Springs National Park. While we do not hesitate to advise that best results may be obtained to our patrons by taking the baths under the direction of a licensed physician, we also offer a standard bath program which is established and approved by a Board of Physicians appointed by the Secretary of the Interior.

The question is often asked, "How many baths will I need to take?" Our best answer would be that a person in the upper age levels, with a condition of years duration would generally require more baths than would a younger person with a condition of shorter duration.

One bath or whirlpool treatment and massage each day is the normal program, but it is permitted to spread the total bath course over as much time as desired. The average time consumed in the daily bath is approximately two hours.

BATH EQUIPMENT

We furnish all equipment for the daily bath, except a bath mitt, which is used by the attendant in giving the daily under-water massage. This mitt may be secured at our office, or in local stores at nominal cost. These mitts make excellent wash cloths, and may be used in the daily baths at home, after you have finished your baths in Hot Springs National Park. Ladies taking the baths may wish to supply a shower cap, which may also be secured locally at cost.

LIVING FACILITIES

The city of Hot Springs offers all types of living facilities, with a complete range of rates from the lowest and up. These facilities include hotels, apartments, rooming and boarding establishments, courts and motels. Many of these facilities are within a few steps of the LAMAR BATH HOUSE.

Many nice cottage, court and motel establishments are to be found on one of the three beautiful lakes within a few miles of our House. These lake resorts supply all of the modern conveniences of the finest type to be found in the Nation. They include air-conditioning, electric refrigeration, boats and equipment for fishing and swimming, as well as the best of everything for Rest and Relaxation.

Although we are not permitted to recommend any certain establishment or individual in Hot Springs National Park, we are always glad to assist our friends in securing suitable living facilities for their comfort and convenience, at any time they may visit us.

Nearby parking areas are available at standard parking rates.