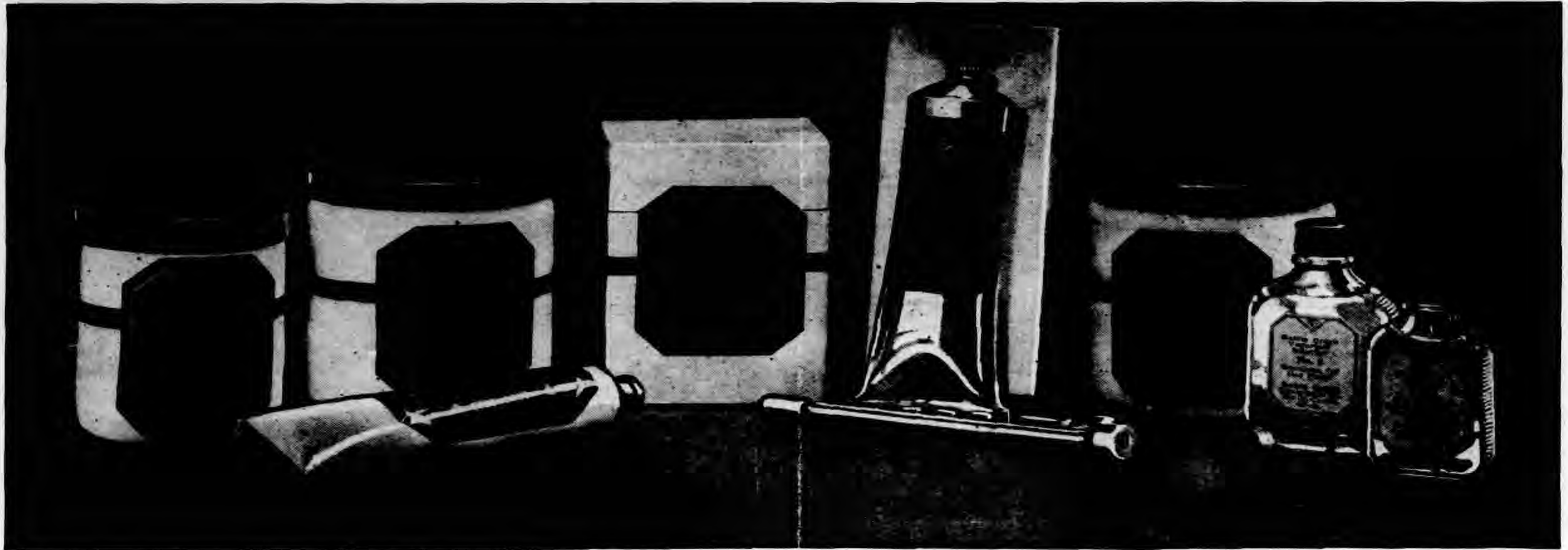


# START RETAKES

DEPARTMENT		DIVISION	
ROLL NO. #4	JOB	John Harvey Kellogg	

CORRECTION	<input checked="" type="checkbox"/>	RETAKES	<input type="checkbox"/>
OMISSION	<input type="checkbox"/>	ADDITION	<input type="checkbox"/>

# Greetings of Health



To Our Thousands of Friends — Past, Present, and Future:

We supply those who want the best. You have undoubtedly heard of the outstanding quality of the famous Battle Creek Health Products, wonderfully efficient and satisfactory. We number our grateful customers by the thousands.

Not only can you get the BEST in health equipment in Battle Creek, but you may have from another department health aids as vitally important (especially to women) as are the methods dealing with anatomy, physiology, and diet.

Over a period of years these unusually fine preparations have been perfected. Some of these preparations deal especially with hygiene and with the cultivation of a beautiful, attractive complexion and fine skin texture.

THE SKIN IS THE MIRROR OF THE BODY, and while good health of the body as a whole is essential, the man or woman who wishes to appear at their best at all times, must devote some special attention to the skin. The skin, being the largest organ in the body, has naturally received a great deal of our study. It compares in importance with the heart, liver, lungs, or any other organ.

The purpose of the skin is to protect the body, give warmth; regulate the body temperature; carry the tubes and circulation system of the blood vessels and sweat glands, and the "electric" wires of the nerve system. It also contains the oil glands which keep the skin soft and smooth. It is the FINISHING TOUCH to your body, the part which keeps you looking youthful and attractive, ADDING PERSONALITY PLUS.

The name "BATTLE CREEK HEALTH PRODUCTS" assures you of better products, the dependable kind that will give you the best possible results. Our physicians and chemists really know creams and hygiene preparations, and blend them with just the correct percentage of the very choicest grade of ingredients. They are so extremely well balanced that your utmost protection and value is assured with each application.

BATTLE CREEK AND SATISFACTION ARE SYNONYMOUS: We want you to order with confidence and we wish you to expect something unusual—because these BATTLE CREEK health and hygiene aids are better—they should be—we cannot afford to use or sell any inferior products. Insist on BATTLE CREEK HEALTH PRODUCTS—accept no substitutes.

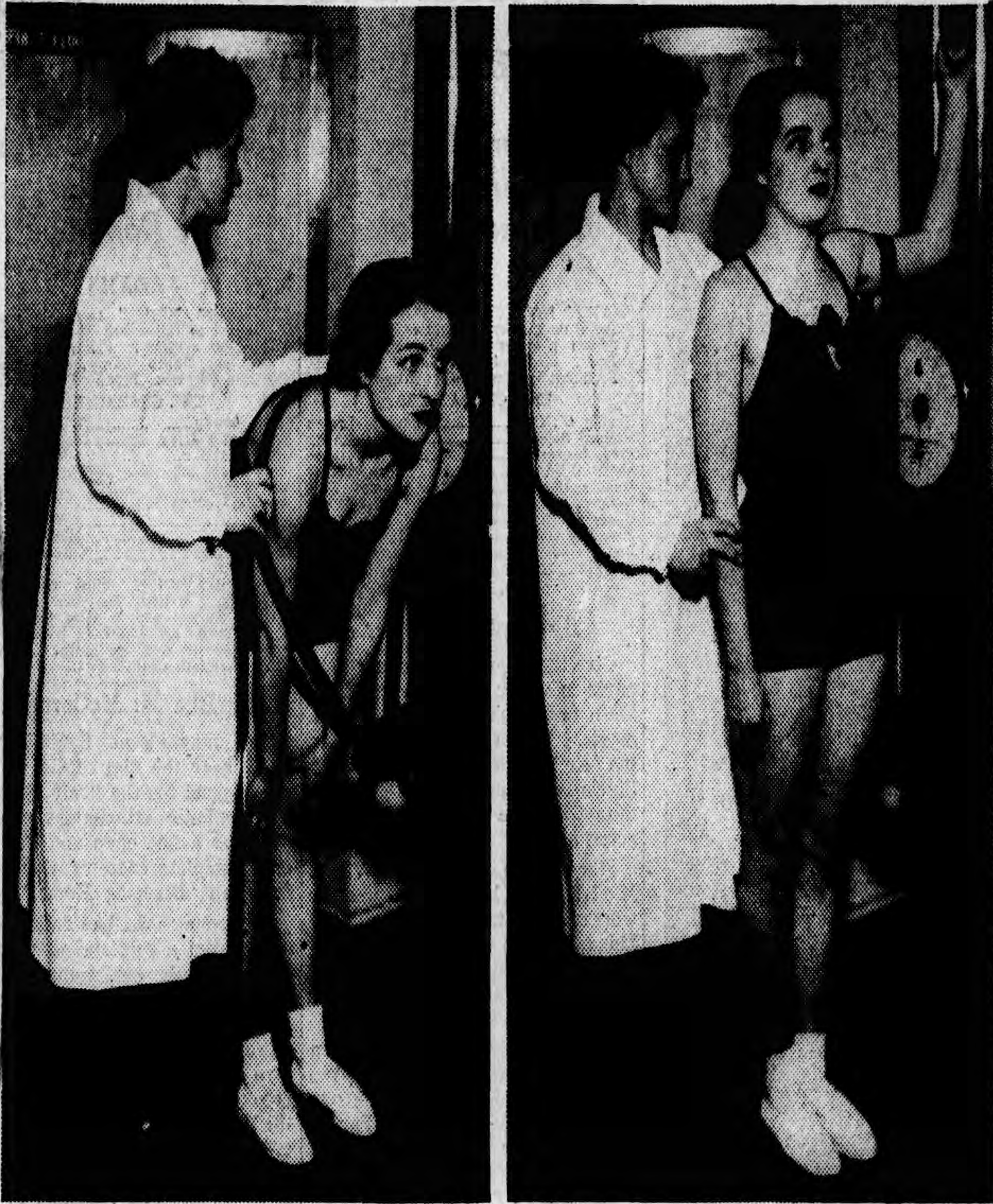
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## Battle Creek Health Products

# Legislators Threaten to

## Science Streamlines Co-Ed Figures at Battle Creek



Gertrude Delaney, sophomore from Oneida, N. Y., demonstrates "muscle-exploding" on the universal dynamometer, while an attendant reads the chart.

### Symmetry in Cap and Gown Is Goal for Graduation Day

BATTLE CREEK, March 12—There's more to streamlining the feminine figure than straightening rounded shoulders, easing out misplaced bulges and ironing the kink out of a lop-sided hip.

Co-eds at Battle Creek College, where health ideals are stressed, take posture correction and body symmetry improvement along with their arts and sciences.

Four times a year strength tests are given on the universal dynamometer. The aim is not to measure the amount of musculature, but to determine how quickly the muscle "explodes" to nerve stimulus.

This machine operates by pressure exerted against a column of mercury, and the strength reading is taken directly from the dial.

Twenty-five large-muscle groups of the body are tested, as well as the breathing capacity. Among the important groups considered are the shoulder, abdominal, and lower back muscles.

Almost without exception, the leg strength of the girls tested is normal. Since the strength of the muscles is in proportion to the use given it, this indicates that modern youth walks more than is usually supposed by fathers who never find the car in the garage when they want it.

When the groups of muscles have been measured, the results are made into a graph. Using this as a guide, exercises are prescribed to strengthen the groups of weak muscles, and these exercises are carried out in a "body mechanics" class.

To complete the streamlining, trained dietitians prepare menus for girls who are over or underweight.

The fact is stressed that an educated body is a beautiful body, and that personality is expressed through posture and physical vitality. That health and beauty dovetail doesn't lessen the satisfaction of the co-ed who finds herself with a symmetrical figure to put inside her cap and gown on graduation day.

# END RETAKES

DEPARTMENT		DIVISION	
ROLL NO. <i>#4</i>	JOB	<i>John Harvey Kellogg</i>	

CORRECTION	<input checked="" type="checkbox"/>	RETAKE	<input type="checkbox"/>
OMISSION	<input type="checkbox"/>	ADDITION	<input type="checkbox"/>