

inherent in the individual, we do not believe that it is obtainable by potions swallowed. The diet question receives particular attention. Science has demonstrated the unhealthfulness and danger of modern dietetic habits. Exercise, by its influence on all animal life, is recognised as a natural restorative agent. Owing to the noted damage caused by stimulants of all kinds, the work is conducted on lines of absolute temperance. In a word—the aim is to go back to Nature and obey the laws of Nature. It is confidently believed that the application of the plans of treatment employed puts the patient in an environment which is the most conducive to health. The homelike air of the place is very beneficial, and in itself conduces in this direction. The methods of treatment have been well tested, and have been in use in similar institutions for many years.

CITY HOTEL, DUNEDIN, J. A. TURNER, PROPRIETOR.—Is one of the oldest established and most comfortable hostels in the Edinburgh of the South. Telephone 603, P.O. Box 212.

CLARK, THOMAS, CAVE ROCK HOTEL, SUMNER.—Is always ready to welcome visitors. The spacious balcony commands a splendid view of the sea, the liquors are first-rate, and the charges are strictly moderate.

CLIFFORD, PHOTOGRAPHER, 171, CASHIEL STREET, CHRISTCHURCH.—Is not to be beaten in New Zealand. Clients may make appointments for sittings at any hour between 10 a.m. and 4 p.m. The specimens of work which are exhibited in the vestibule speak for themselves. Tourists should remember Clifford, 171 Cashiel Street, who is always to be found during business hours at Telephone 1096.

COATES, MESSRS. G., AND CO., WATCHMAKERS AND JEWELLERS, OF 218 COLOMBO STREET, CHRISTCHURCH.—Started business at Nelson in 1851, removing to Christchurch ten years later. They are sole agents for the Lazarus Specialite Spectacles and Eye-glasses, are practical and artistic gold and silversmiths, and keep a large and varied stock of clocks, watches, chains, and rings of every description. Special attention is paid to the repair department.

COOK, FRANK A.—The photograph on page 46 represents an ordinary day at Frank A. Cook's, the carts being just despatched with the morning's first delivery of groceries. This establishment holds the record for keeping the best and largest assortment of table delicacies in the colony, many demands being made from others in the trade

BALLANTYNES IMPORT OFFICERS' EQUIPMENTS.

both in the North and South Islands. Mr. Cook also exports on account of clients in Calcutta, Straits Settlements, &c., large quantities of hams, bacon, butter and cheese, and holds unsolicited testimonials as to quality of the same. In connection with the Christchurch business a dairy factory is worked at Cheviot, and has been very successful on several occasions in securing first prizes at the Agricultural and Pastoral Shows. Bacon cured from pigs fed at Cheviot is in great demand, being of splendid flavour and quality. Mr. Cook has also started—for the colonies—a new industry, viz., the preserving of meats in glass jars which more than favourably compare with the imported article. They comprise ham and chicken, turkey and tongue, boar's head, English brawn, oysters in aspic, etc., etc.

CRAIG, D., AND COMPANY, BOOKSELLERS, STATIONERS, PRINTERS AND NEWSAGENTS, 210 COLOMBO STREET NORTH, CHRISTCHURCH.—Have a large assortment of books of Christchurch and New Zealand views. Tourists should call and inspect their stock of New Zealand and Maori pictorial post-cards, their leather purses, wallets, and pocket books, their writing-desks and photo albums, and their tourists' road maps. All leading magazines, newspapers, and the best brands of stationery stocked.

CRITERION HOTEL, AKAROA, G. B. MACKAY, PROPRIETOR.—Is one of the leading hotels in Akaroa. Well sheltered, and close to the sea, it is an ideal spot for the visitor or tourist. The charges are strictly moderate, and both host and hostess spare no pains to accommodate their guests.

CROSS, FREDERICK, AND SON, 164 HEREFORD STREET, CHRISTCHURCH.—Has at the head of the firm a gentleman whose name has been a household word in business circles for many years. The specialty of Fredk. Cross and Son is as Brokers for New Zealand grain, seeds, and produce, and as financial agents for farmers, but to these the firm adds agencies for British and foreign manufacturers, several agencies for special brands of spirits, such as that for Teacher and Sons' Highland Cream Whisky, the Admore (Aberdeenshire) Distillery, Tennant's Pilsener Lager Beer, and Allsopp and Sons, India Pale Ales and Stouts.

CROWN BREWERY, THE, ANTIGUA STREET, CHRISTCHURCH.—Is one of the oldest established breweries in Christchurch, and supplies most of the leading hotels and clubs. This brewery has taken more

BALLANTYNES' STOCKS ARE MODERATE IN PRICE.