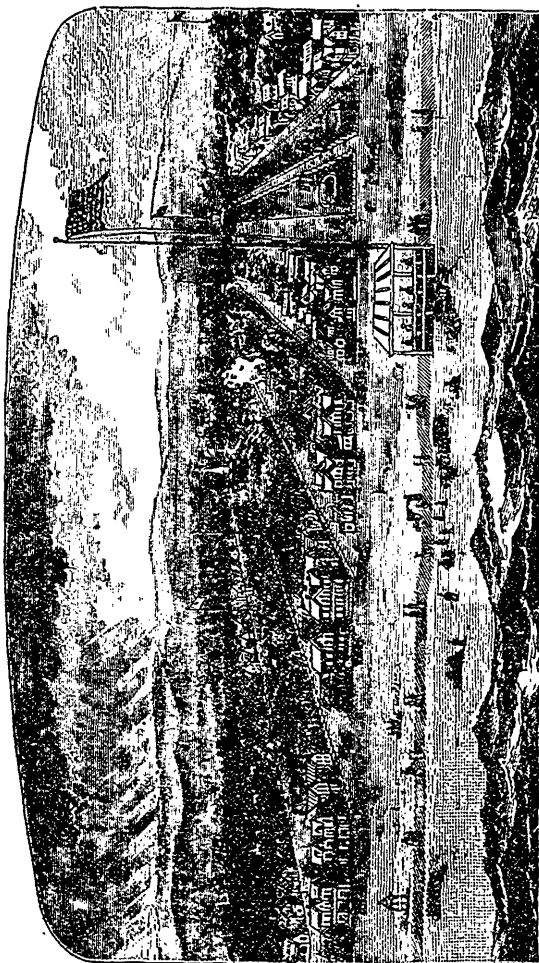


bathing costumes. The Saratoga trunks are got out and refurbished and packed. Maps are scanned, time-tables consulted, routes are discussed, trains and steamboats are crowded, and the whole world, it seems, is on the wing.

The intense strain of modern business, the enervating character of domestic cares and city life, renders this annual relaxa-



OCEAN GROVE FROM THE SEA.

tion an almost essential necessary to mental and physical health. Yet it is not always easy to make a wise choice of a summer resort. In seeking health and rest, one requires the comforts and conveniences of home, and wholesome diet. These things