

evidently solved the vexed question of a palatable non-intoxicating beverage, and I am glad to find that many cyclists and athletes at large are using it in preference to other non-alcoholic beverages.

To sum up, it is evident, both from the results of chemical analysis and from physiological considerations, that in Robinson's Patent Groats and Patent Barley we have two natural foods which present us with the full nutritive value of the plant products whence they are derived. Their value in this respect is trebly enhanced by the fact that both for the child and for the adult they are to be regarded as foods which, being easy of assimilation, will nourish and satisfy when other articles of allied nature utterly fail.

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#### APOLLINARIS.

During the recent exhibition of the British Medical Association Apollinaris had a prominent place. This famous water is bottled at the spring at Neuenahr, Rhenish Prussia, Germany, and only with its own natural gas.

Medical men state that its anti-acid properties successfully combat dyspeptic conditions. By reason of its slight alkalinity and its sparkling character, it is very suitable for mixing with wine, etc., on account of its taste and in its qualities of heightening the flavor of the most delicate wines. It is now universally preferred as a dietetic and refreshing beverage.

A special commissioner of the *London Lancet* was recently sent to the Apollinaris Spring. His detailed report shows that notwithstanding the enormous annual output of 30,000,000 bottles there is no evidence whatever of the water and gas diminishing, but that the quantity is far in advance of the present needs. His report also shows the careful manner in which the water is collected from this Spring and bottled for exportation so as to retain all of its natural properties, and of the trouble taken to preserve the cleanliness of the water. It is also maintained that the effects of salts in natural mineral waters cannot be obtained from any artificial imitation of them.

Apollinaris has invariably obtained the highest recognition wherever it has been exhibited, for example:—

At the Paris International Exhibition, 1879, when it received the gold medal; at the International Health Exhibition, 1884; at the Centennial International Exhibition, Melbourne, 1888; at the Paris Universal Exhibition, 1889; at the World's Fair, Chicago, 1893; at the Antwerp Exhibition, 1894; and at the Dusseldorf Exhibition, 1902, where it received the highest awards accorded to natural mineral waters.