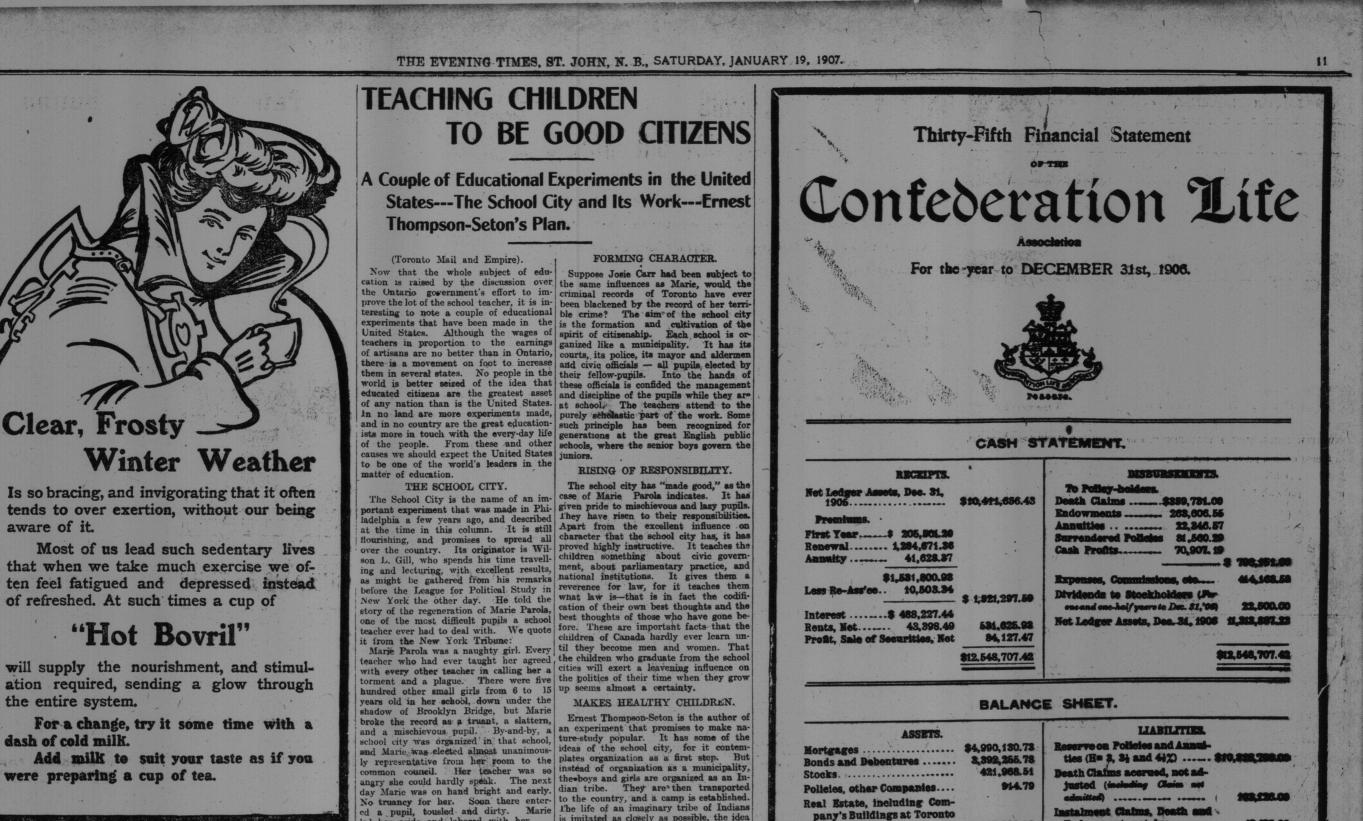
MC2289

POOR DOCUMENT



1 3

tends to over exertion, without our being aware of it.

that when we take much exercise we often feel fatigued and depressed instead of refreshed. At such times a cup of

ation required, sending a glow through the entire system.

dash of cold milk.

were preparing a cup of tea.

