

Between The Covers Rare Books

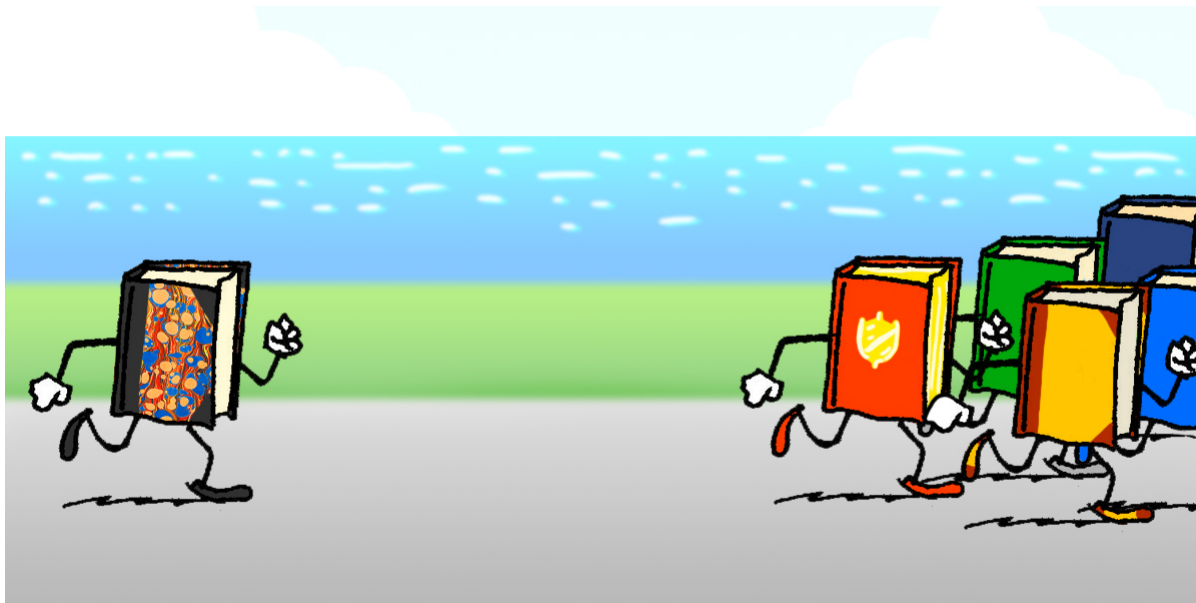


illustration by Tom Bloom

a Conversation between Tom and Ashley

A: *[setting up lights and a camera]*

T: What's all this?

A: It came to me in a dream

T: Doesn't it always?

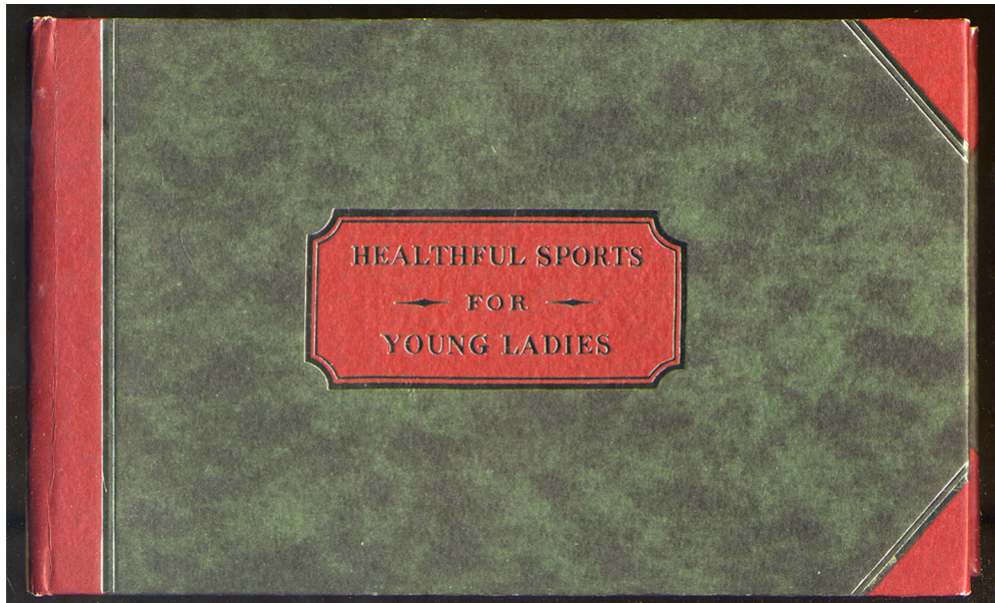
A: Ahem *[infomercial style voice]* Have you gained the "quarantine fifteen"?

Feeling a little squishy in the middle? You need Bookseller-cise! Work on those core muscles with the bankers box squat, firm up those flabby arms with wine glass curls, and cool down with our patent-pending middle distance stare!

T: Gotta, go. I've got to do several reps of email deletions. *[starts to walk away]*

A: *[yells]* But wait, there's more!

eCatalog 64: Wellness



1. Healthful Sports for Young Ladies

Toronto: Friends of the Osborne and Lillian H. Smith Collections 1974

\$30

Facsimile of the 1822 French edition.

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2. [Broadside]: Berkeley Free Clinic

Community Health Needs Your Support

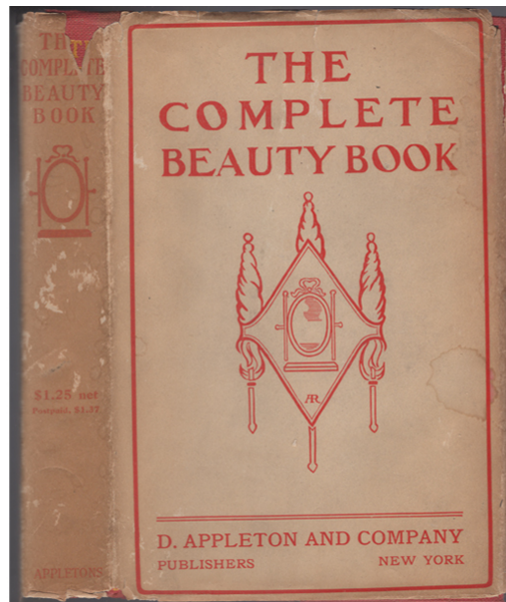
Donations are Tax Deductable[sic]

Berkeley: Berkeley Free Clinic [circa 1975?]

\$500

Illustrated broadside in color. Curiously, the clinic was founded in 1969 by two booksellers: Moe Moskowitz of Moe's Books and Fred Cody of Cody's Books.

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3. Elizabeth ANSTRUTHER

The Complete Beauty Book

New York: D Appleton and Company 1912

\$70

Second printing.

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4. (Boxing)

Marjorie GILLMORE

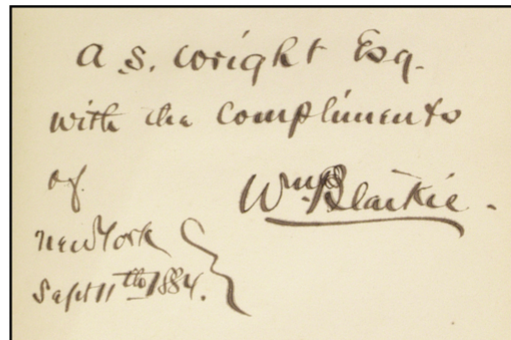
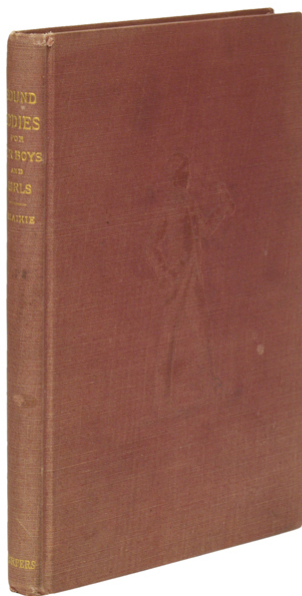
Cabinet Card of a Woman Boxer

Buffalo: Ginther [circa 1890]

\$500

Collodion print showing a well-dressed and coifed woman sitting in a chair with a punching bag and boxing gloves at her feet.

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5. (Children)

William BLAIKIE

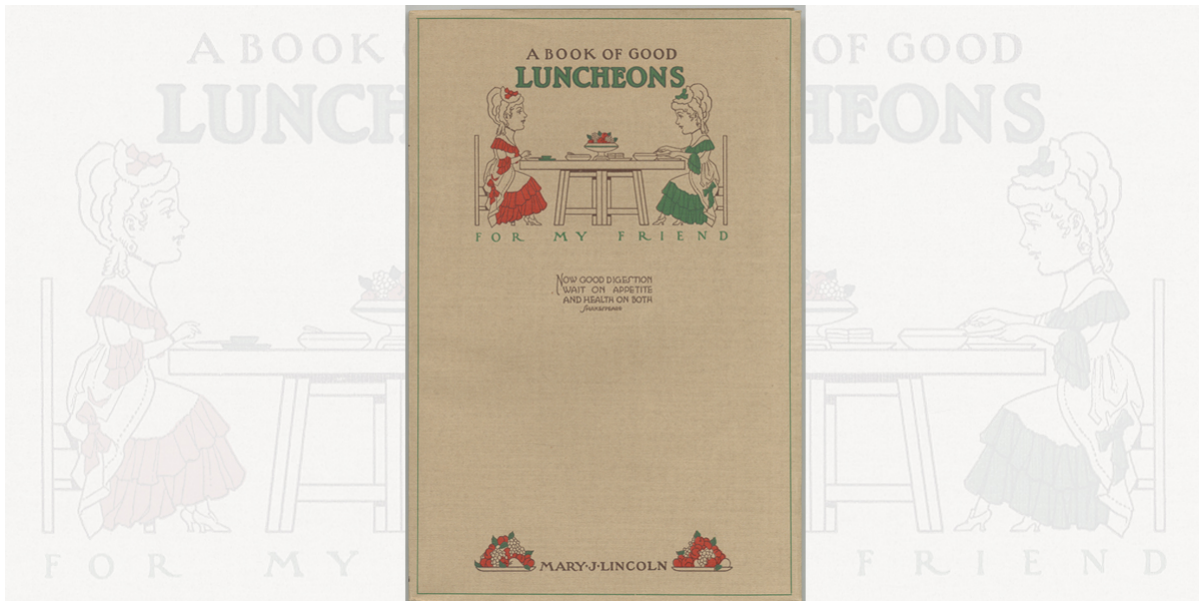
Sound Bodies for Our Boys and Girls

New York: Harper & Brothers 1884

\$225

First edition. Inscribed by the author.

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6. (Cuisine)

Mrs. Mary J. LINCOLN

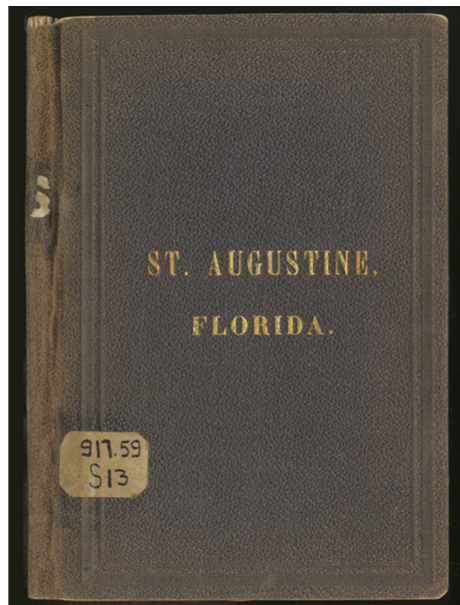
A Book of Good Luncheons, Or, "What to Have for Luncheon"

New York: Dodge Publishing Company (1916)

\$100

Second edition? Tall octavo. Fine in illustrated wrappers in original fine unprinted dustwrapper. Curiously, laid into a good, repaired box meant for a box from the same series *A Book of Good Dinners* by Fanny Merritt Farmer.

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7. (Florida)

An English Visitor [Maria Theresa Longworth]

Saint Augustine, Florida

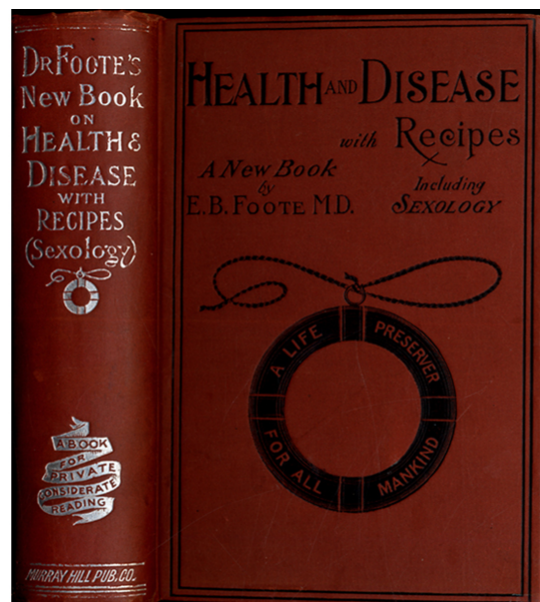
**Sketches of its History, Objects of Interest, and Advantages as a Resort
for Health and Recreation**

New York: G.P. Putnam & Son 1869

\$125

First edition.

[Read More](#)



8. Edward B. FOOTE

Health and Disease: With Recipes, Including Sexology

New York: Murray Hill Publishing Co. 1901

\$75

Treating of the human system in health and disease, of hygiene and sanitation - causes, prevention and home treatment of chronic diseases, including private words for men and women, and 250 practical prescriptions.

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9. Lyle T. GINN

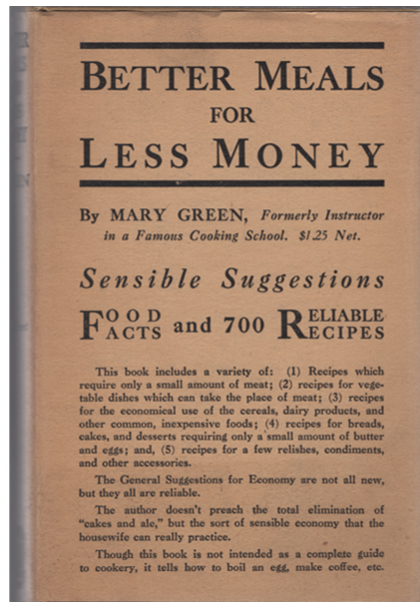
[Photo Album]: Lone Wolf Colony Health Ranch and Western Movie Filming

Death Valley, California: 1939-1940

\$3500

An interesting collection of photographs kept by Lyle T. Ginn while staying at the Lone Wolf Colony Health Ranch in California between 1939 and 1940.

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10. Mary GREEN

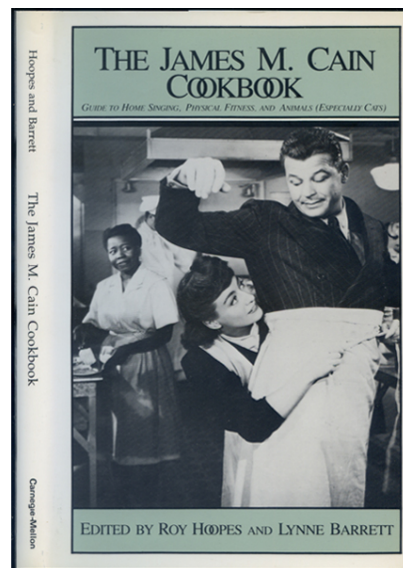
Better Meals for Less Money

New York: Henry Holt and Company 1917

\$300

Cost effective recipes by a "formerly instructor in a famous cooking school."

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11. Roy HOOPES and Lynne Barrett (James M. Cain)

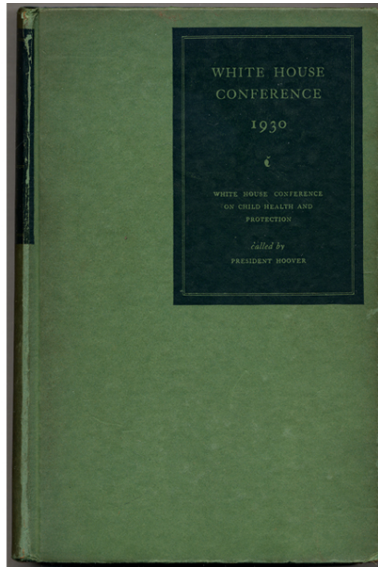
The James M. Cain Cookbook: Guide to Home Singing, Physical Fitness, and Animals (Especially Cats)

Pittsburgh: Carnegie Mellon University Press 1988

\$35

Nicely Inscribed to Lynne Barrett to author Nicholas Delbanco.

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12. Herbert HOOVER, edited by

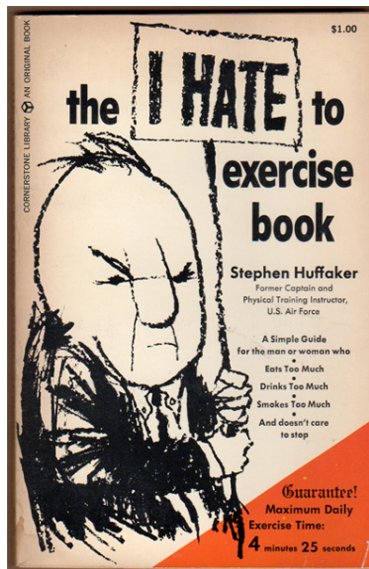
White House Conference 1930 on Child Health and Protection

New York: Century (1931)

\$80

First edition.

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13. Stephen HUFFAKER

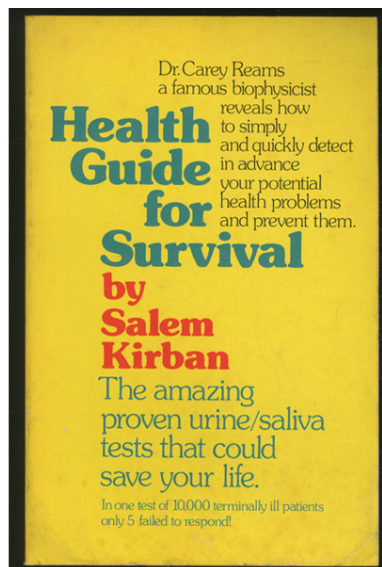
The I Hate to Exercise Book

New York: Cornerstone Library (1968)

\$20

Former physical training instructor for the U.S. Air Force writes as an early proponent of the less than ten minute daily workout.

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14. Salem KIRBAN

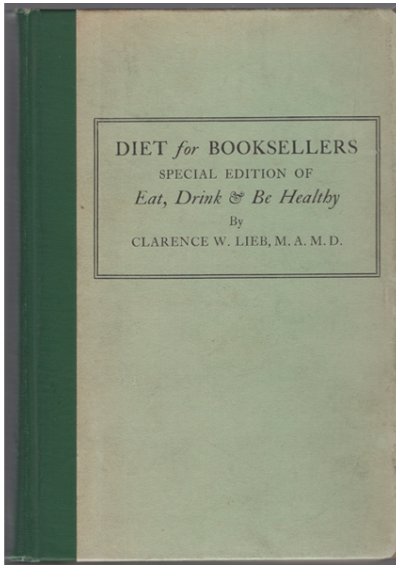
Health Guide for Survival

Huntington Valley, Pennsylvania: Salem Kirban 1976

\$60

Signed by Kirban. Biophysicist, Dr. Carey Reams, reveals how to simply and quickly detect in advance your potential health problems and prevent them.

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15. Clarence W. LIEB

Diet for Booksellers

Being a Special Edition of Eat, Drink & Be Healthy

New York: John Day Company (1928)

\$225

One of 250 copies prepared for booksellers.

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16. Bernarr MACFADDEN and others

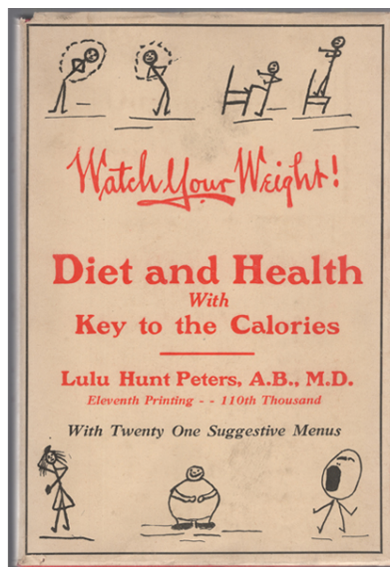
***Electrotype and Printing Blocks Featuring Male Body Building
Advertisements from the 1920s-1950s***

[Circa 1920-1950]

\$2500

A substantial collection of electrotype and printing blocks featuring body builder advertisements from the early 1920s to the 1950s.

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17. Lulu Hunt PETERS

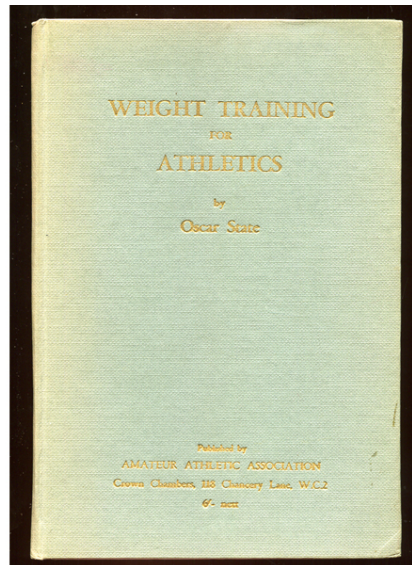
Diet and Health With Key to the Calories

Chicago: The Reilly and Lee Co. (1922)

\$150

Includes sample menus and recipes.

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18. Oscar STATE

Weight Training for Athletics

London: Amateur Athletic Association (no date - circa 1949)

\$45

First edition.

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19. (Women, Photography)

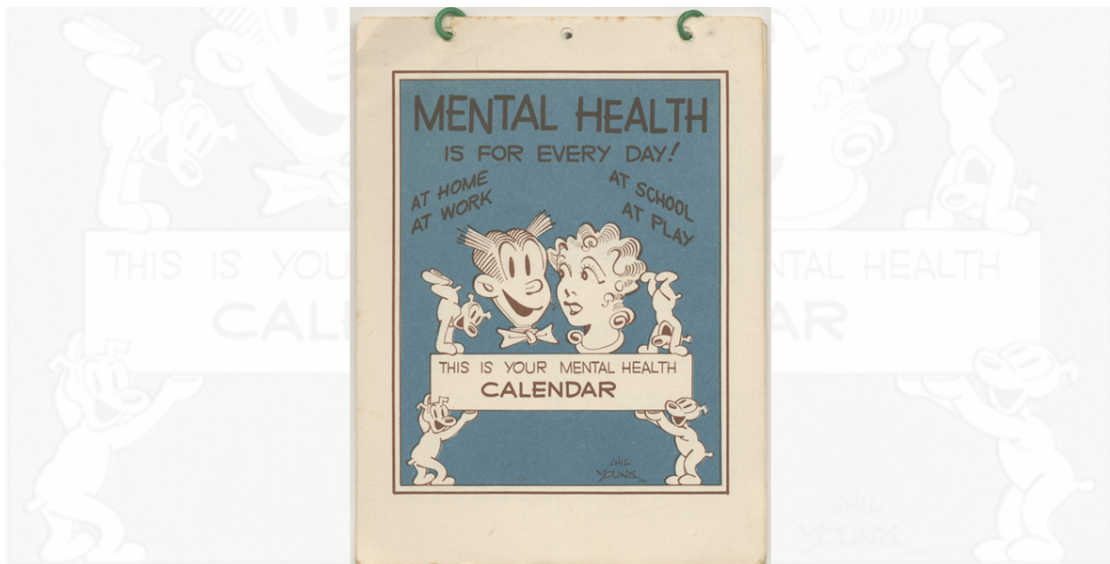
(Alsie AYKROYD)

Photographic Portrait of Alsie Aykroyd, Winner of the Boston Light Swim in 1911

\$225

Portrait of Aykroyd in bathing suit striking a diving pose, with interested male admirers looking on. Aykroyd's bathing cap and lips have been heightened with (probably contemporary) red color.

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20. Chic YOUNG

[Mental Health is for Every Day! This is your Mental Health Calender](#)

[Albany: State of New York Department of Mental Hygiene \(1952\)](#)

[\\$200](#)

Includes monthly calendars for 1953 and 1954, along with 12 illustrations (including the cover image) of Blondie and Dagwood. Except for the cover image, each of the illustrations is a single panel with word balloons giving examples of the characters in mental health dilemmas or quandaries.

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