

**WOOD AND COAL**

**Heat Better—and Cook as Well with**

**EMMERSON'S SPECIAL**

A quick-lighting, free-burning soft coal that heats comfortably, gives a steady, even oven, and is unusually good value at the price.

Phone Main 3938

**Emmerson Fuel Co. Ltd.**  
115 CITY ROAD.

**JUST RECEIVED**

A large shipment of Dry Hard Wood, excellent quality.

Phone your order and have it sawed any length.

**D. W. LAND**

Hanover Street Siding  
Phone M. 4055 or M. 574.

**WELSH Semi-Anthracite**

Sootless, Smokeless and Stoneless

Suitably sized for use in

**FURNACES**

or in any stove other than Self-feeders

**CONSUMERS COAL CO. LIMITED**

68 Prince William St.  
Phone M. 1913

**Welsh Anthracite**

STOVIOIDS

To arrive 1st of October

**PETROLEUM COKE CANNEL COAL**

**OLD MINE SYDNEY SPRINGHILL**

in stock

**R.P. & W. F. STARR, LIMITED**  
49 Smythe St. 159 Union St.

**Dry Wood**

Where you get the value of your money in wood.

Heavy Soft Wood, Kindling, Hardwood—all cut ready for use, and dry.

**City Fuel Co.**  
257 City Road Phone 468

**Hard-Coal—Soft Landed Cargo High Grade AMERICAN SOFT COAL**

Also cargo BRITISH ANTHRACITE COAL suitable for Self-Feeders, and in all sizes.

**Maritime Fuel Co., Limited.**  
Coal Dept.  
Phone M. 3233

**6-Bags Soft Coal, 1 Load Dry Wood, quarter cord to the Load, \$5.00**

Phones 1813 and 3177

**L. S. DAVIDSON**  
27 Clarence Street

**Pictou, Victoria and Sydney Soft Coal.**

BEST GRADES WELL SCREENED. Hard Wood, Soft Wood, Kindling Dry and Sound.

Good goods promptly delivered.

**A. E. WHELFLEY,**  
Tel. M. 1227. 226-240 Paradise Row.

**FOR SALE—Dry Cut Wood, \$2.50**

large truck—W. P. Turner, Eastern Street Extension, Phone 4710.

**FOR SALE—All kinds of Soft Coal and Coke, Wood and Kindling—J. S. Gibbon & Co., Ltd., 6½ Charlotte St., Tel. M. 504. Open evenings, No. 1 Union St., Tel. M. 2636. 371-10-4**

**½ CORD DRY SOFT WOOD \$3.00**

½ cord sawed \$2.25. Coal by the ton, bag or barrel. H. A. FOSHAY, 148 Harrison, Phone M. 3808.

**FOR SALE—At Golden Grove, N. B., 100 Cords of Dry Slab and Edging Wood, \$3 per Cord, cash—Eugene J. W. Willis, Woolen Mills, or Thos. McLaughlin, Wells P. O., where wood is sold.**  
124-10-7

**FINANCIAL**

**NEW YORK MARKET**  
(By direct private wires to McLaughlin & Cowans, 28 King street, City.)

	New York	Oct. 2	High	Low
Am Beet Sugar	45½	45½	45½	45½
Allied Chem	83½	84½	84½	83½
Allis-Chalmers	35½	35½	35½	35½
Am Car & Pkry	186	186	186	186
All Gulf	30	30	30	30
Am Int Corp	35	35	35	35
Am Loco	123½	123½	123½	123½
Am Sumatra	39½	39½	39½	39½
Am Smelters	61½	61½	61½	61½
Am Telephone	121½	121½	121½	121½
Am Tobacco	161½	161½	161½	161½
Amalgamated	32½	32½	32½	32½
Balt & Ohio	54½	54½	54½	54½
Bald Loco	184½	184½	184½	184½
Beth Steel	78½	78½	78½	78½
Butte & Sup	73½	73½	73½	73½
Brooklyn	24½	24½	24½	24½
Boech	41	41	41	41
Coca Cola	143½	143½	143½	143½
Can	69½	69½	69½	69½
Chandler	63	63	63	63
Can Leather	40½	40½	40½	40½
Cuban Cane	14½	14½	14½	14½
Calif Petr	68½	68½	68½	68½
Ches & Ohio	72½	72½	72½	72½
Endicott John	84½	84½	84½	84½
Famous Players	97½	97½	97½	97½
Gen Electric	177	177	177	177
Gen Motors	134½	134½	134½	134½
Great Nor Pfd	92½	92½	92½	92½
Guantanamo Sugar	10½	10½	10½	10½
Houston Oil	80½	80½	80½	80½
Hudson Motors	21½	21½	21½	21½
Inspiration	39	39	39	39
Inter Paper	67½	67½	67½	67½
Indus Alcohol	63½	63½	63½	63½
Intricate	15½	15½	15½	15½
Imperial Oil	111½	111½	111½	111½
Kennecott	34½	34½	34½	34½
Kelly Spring	42½	42½	42½	42½
Keystone Tire	81	81	81	81
Lehigh Valley	68½	68½	68½	68½
Lackawanna	80	80	80	80
May Stores	132	132	132	132
Marine Pfd	58	58	58	58
Mack Truck	34	34	34	34
Mex Petroleum	182	182	182	182
Mex Seaboard	20½	20½	20½	20½
Middle States	18½	18½	18½	18½
Mid States Oil	13½	13½	13½	13½
Mo Pacific	22½	22½	22½	22½
New Haven	80½	80½	80½	80½
Northern Pac	86½	86½	86½	86½
N Y Central	96½	96½	96½	96½
Nor & West	120½	120½	120½	120½
Panama Canal	94½	94½	94½	94½
Pennsylvania	48½	48½	48½	48½
Pan American	77½	77½	77½	77½
Pease Arrow	13½	13½	13½	13½
Punta Sugar	47	47	47	47
Pure Oil	31½	31½	31½	31½
Pullman	102½	102½	102½	102½
New Marquette	37½	37½	37½	37½
Pacific Oil	56½	56½	56½	56½
Reading	77½	77½	77½	77½
Rep I Steel	56½	56½	56½	56½
Roy Dutch	57½	57½	57½	57½
Rock Island	44½	44½	44½	44½
Retail Stores	82½	82½	82½	82½
Ry Steel Springs	117½	117½	117½	117½
Rubber	62½	62½	62½	62½
Sugar	80½	80½	80½	80½
Sinclair Oil	34	34	34	34
Southern Pac	93½	93½	93½	93½
Southern Ry	25½	25½	25½	25½
St Paul	32½	32½	32½	32½
Studebaker	127½	127½	127½	127½
Steel Foundries	44½	44½	44½	44½
San Francisco	28½	28½	28½	28½
Texas Company	47½	47½	47½	47½
Transcontinental	13½	13½	13½	13½
Tex Pac C & O	25½	25½	25½	25½
Union Oil	18½	18½	18½	18½
Union Bag & P	73	73	73	73
Union Pacific	150½	150½	150½	150½
U S Steel	102½	102½	102½	102½
Utah Copper	68½	68½	68½	68½
United Drug	79	79	79	79
United Fruit	180	180	180	180
Vanadium Steel	46½	46½	46½	46½
Westinghouse	62½	62½	62½	62½
W Maryland	14½	14½	14½	14½
Wood	99½	99½	99½	99½
Sterling	438½			

**Periodical Valuation of Investments**

Many financial institutions make it a practice to have their investments valued periodically.

This free service is available to the smaller investor also, and it is just as important that he should ascertain regularly the position and value of his holdings.

We shall be pleased to do this for you, if you will call on us or write—

**Royal Securities Corporation Limited**  
72½ Prince William Street  
Montreal Toronto Halifax Winnipeg

**MONTREAL MARKET.**

	Montreal	Oct. 3	Open	High	Low
Abitibi Com	59	60	58½		
Abitibi Pfd	4	4	4		
Ames Holden Pfd	4	4	4		
Asbestos Corp	69	69	69		
Asbestos Pfd	84	84	84		
Atlantic Sugar	21	21	21		
Bell Telephone	116	116	115½		
Braslian	41½	42	41½		
B Empire 2nd Pfd	94½	94½	94½		
B Empire 1st Pfd	75	75	75		
B Empire Com	13	13	13		
Brompion	38	38	38		
Can Car Com	28	28	28		
Can Car Pfd	57½	58	57½		
Can Cement Pfd	97	97	97		
Can Converters	89½	89½	89½		
Can Cottons	102	102	102		
Can Cst Pfd	94	94	94		
Can Gen Electric	81½	81½	81½		
Can S S Pfd	19	19	19		
Can S Mining	26½	26½	26½		
Can Steel	68½	68½	68½		
Dom Bridge	78	78	78		
Dom Cement	38	38	38		
Dom Glass	74	74	74		
Dom Steel Corp	87½	87½	87½		
Dom Textile	170½	170½	170½		
Lake of Woods	163½	163½	163½		
Calendering	84	84	84		
Loyal Can	43	43	43		
McDonalds	14	14	14		
Mackay	100½	100½	100½		
Mon L H & P	97½	97½	97½		
Mon Tramways	162½	162½	162½		
Nat Breweries	54½	54½	54½		
Deville Milling	240	240	240		
Ont Steel	40	40	40		
Ottawa L H & P	92	92	92		
Pennans Ltd	112½	112½	112½		
Price Bros	44	44	43½		
Quebec Railway	27	27	26½		
Riverdale Paper	75	75	75		
Shawinigan	111	112	111		
Spanish River	89½	89½	89		
Span River Pfd	102	102	102		
Steel Canada	74	74	74		
St Law Flour	77	77	77		
Toronto Railway	89½	89½	89½		
Tuckett Tobacco	36	36	36		
Twin City	57	57	57		
Wabaco Cotton	78	78	78		
Waygamack	37½	37½	37½		
Winning Rice	36	36	36		
Banks					
Montreal—221.					
Royal—186.					
Molson—157.					
Nova Scotia—258.					
Union—186.					
Commer—186.					
1922 Victory Loans—100.					
1924 Victory Loans—88.					
1926 Victory Loans—88.					
1927 Victory Loans—100.90.					
1928 Victory Loans—102.90.					
1929 Victory Loans—102.90.					
1930 Victory Loans—104.					

**TO GO ON A DIET CALLED BAD HABIT**

It is Growing Among the Middle-aged and May be Dangerous, a Physician Warns.

One physician at least has dared to defy the apostles of dieting and to declare that it is a bad habit and that it may become a dangerous one. He says he has investigated the results of dieting and finds them unfavorable. Those who "go on a diet" defy nature, he declares, and if on strict diets look ill and anxious.

Concurring with a common lay opinion, he says that the foods one wants or craves are the ones that do him good, and, conversely, the ones he does not like do him no good. The man who says these things is one who is considered a "medical expert." He is the medical correspondent of The London Times.

The habit of "going on a diet" seems to be growing among middle-aged men, he says. It is a bad habit. It may also be a dangerous habit if persistence is carried beyond the bounds of reason. For the truth is that, with possibly a few exceptions, what we want to eat is good for us and what we do not want to eat will never do us any good, the physician declares.

Diet, in spite of the oracles, is not a matter of proteins and carbohydrates. It is not even a matter of vitamins. It is a matter of nourishment, he says. Our bodies are wonderfully intelligent in expressing their own wants. Their voices are the voices of appetite, and appetite, in general speaking, is a safe guide, in his view.

Taken at Its Face Value.

We recognize this quite clearly in one direction. Thirst, for example, is usually accepted at its face value, and any one who proposed to eliminate all fluids from the daily intake would be disregarded, he asserts. With this single exception there is almost no natural inclination which some doctor or some intricate mechanism of the body is to nature at defiance, he adds.

Nature reverts herself for this ill-use, consequently the history of modern medicine is full of records of discarded and discredited dietetic systems. The physician says he is constantly watching for symptoms of consumption. Most of them, too, look anxious, as though their minds were not at ease. The writer is persuaded that they are engaged in risky experiments and that their apprehensions are justified.

of a very striking character. Thus, a fit though rather stout man succeeded in reducing his weight, but found that after this he was never free from boils. When he was at length persuaded to return to his normal habit the boils rapidly disappeared.

In another case a diet was drawn up for the purpose of lowering what was regarded as a high blood pressure. The result was a condition of depressed spirits of so marked a nature that the diet was eventually discarded. Thereupon happiness and buoyancy were restored.

"These diets were all constructed on the 'omission' principle. Some special food element had been carefully excluded because it was supposed to exercise a harmful effect. Yet in no case was there any evidence worthy of the name that the symptoms it was sought to remove bore a direct relationship to the banned food element. The diets, in fact, like most diets, were guesswork. They represented a mixture of prejudice and pseudo-science. In one case 'animal food' was excluded because human beings are supposed to be grinders of teeth like horses (and so, presumably, ought to live exclusively on oats); in another all starches were excluded because fat is created largely out of starch and sugary food elements.

"In both cases the patients were un-people whose unfitness bore no relation whatever to their food. Yet because they were unfit their digestive organs were weak. The 'diets' achieved nothing except fresh disturbances of the organs. This, however, is no argument against a general reduction of the quantity of food eaten. There are very few people who cannot, with advantage, eat less than they do. That is the true and valuable form of diet. For the quality remains the same.

Accumulated Experience.

"Quality, in this case, represents habit—probably the habit of a lifetime. In other words, it represents the accumulated experience of all the organs of the body. To tinkering with that experience in middle age is exceedingly unwise. For in middle age the 'margin of safety' is growing narrow, and mistakes are likely to be paid for at a high price.

"This is more readily understood when it is borne in mind that our food is not only for nourishment. Part of it, at least, is spent just as part of the national revenue is spent, in measures of defence.

"We are assailed all our lives by the ever-present germs of disease, but a most intricate mechanism of defence of resistance protects us. This is constantly being renewed and strengthened, and many food elements are employed in the process. To cut these out of the diet may well produce such a weakening of defence that the enemy will enter to issues or even blood stream. In that event serious illness, or even fatal illness, may supervene.

"Most men on strict diets look ill. Most of them, too, look anxious, as though their minds were not at ease. The writer is persuaded that they are engaged in risky experiments and that their apprehensions are justified.

**Ball Player Weds.**

Los Angeles, Oct. 3.—Jimmy O'Connell, outfielder of the San Francisco Club of the Pacific Coast League, who was sold this season to the New York Giants for \$75,000, and Miss Esther Margaret Doran, of Casper, Wyoming, were married here yesterday.

**The Writer's Experience.**

"The writer, indeed, is prepared to go further than that. He has been at pains to collect instances of the rapid deterioration of health produced by 'diets' of various kinds. Some of these

**BE CAREFUL**

- HAVE your flues examined and made safe.
- HAVE your electric wiring and gas pipes examined and made safe.
- HAVE all rubbish removed from within and around your premises.
- TEACH yourself and children the danger of fire.
- USE safety matches.
- OBSERVE good housekeeping rules.
- KEEP your premises clean.
- TELL your neighbor to do the same.
- HAVE an extinguisher or bucket of water, for fire purposes only, always handy.
- KEEP the gasoline you have to use in a self-closing metal can, and use it out of doors only.
- KEEP matches in a metal box.
- WATCH the careless smoker and do not allow him to impose on you.
- CALL the Chief of Fire Department or local inspector when in doubt. (He knows.)
- HELP the Fire Department to fight your fire before it starts

New Brunswick Fire Prevention Board,  
H. H. McLellan, Fire Marshal.

**WAR GAS EXONERATED.**

Ex-soldiers who were exposed to poisonous gases during the World War have been led to believe that they are likely to develop tuberculosis as a result of such exposure. Hence, although in good health, they are constantly watching for symptoms of consumption.

"Neither fact nor sound opinion affords any basis, apparently, for this fear," says The Journal of the American Medical Association. "An investigation of this subject was made by the Chemical Warfare Service, and the results have been published. The investigation covered experiments with mustard gas and phosgen on laboratory animals, a study of 2,000 gas cases by a board of officers, the views of many officers of large experience in treating gassed soldiers, and a study of the reports of several European countries. It was stated in the British report

**"Every leaf used in the making of this cigar is grown in Cuban soil, gentlemen—"**