


Fat Folks Read This Story



Recently, in the city of Chicago, a prominent man, burdened with excessive fat, went upon the operating table and had over sixty pounds of flesh carved from his huge, cumbersome body. Years ago the formula for fat reduction was "diet" and "exercise." Today it is "Take Marmola Prescription Tablets." Friends tell friends—doctors tell their patients, until thousands know and use this convenient, harmless method. They eat what they like, live as they like, and still lose their two, three or four pounds of fat a week. Simple, effective, harmless Marmola Prescription Tablets are sold by all druggists—a good size box for one dollar. If you prefer, you may write direct to the Marmola Company, 58 Garfield Street, Detroit, Mich.

Some Famous "Fasts."

These fugitive from justice lived five months with neither food nor drink.

Shoulders bent, cheeks painfully sunken, forehead lined by deep furrows, his dark eyes as mournful as those of a beaten dog.

This is a quotation from a description of Sacco, the professional fast-man, who at the time had completed twenty-eight days' abstention from food. It was when, in 1907, he was trying to break the professional fasting record, which then stood at forty days.

All day long the public visiting sympathy flattened their noses against the window of Sacco's hut, to gaze at the man who was dying by inches for their amusement and beastly spectacle, and of a type which, thank goodness! has since gone out of fashion except among freaks and fanatics.

In the previous year, 1908, this man, Sacco, had actually fasted in all during 187 days. At Worthing he had completed a thirty days' fast. He lost forty pounds weight, but regained it all in the next three weeks.

Year earlier the American Dr. Tanner, not to be confused with the Irish I.P. of the same name, had fasted for forty days. But Tanner, to do him justice, believed in fasting as a cure for most human ills, and acted on his belief. He lived to be nearly eighty.

Sacco The Wonder Man.

There are five sorts of fasting people. First, the professional faster out for money; second, hunger strikers, whose object is notoriety or strike, or the hope of escaping just punishment for their misdeeds; third, compulsory fasters unable to eat through illness, such as typhoid fever; fourth, some religious fasters, exemplified by certain Hindu yogis or mystics; and fifth, people forced to abstain from food simply because they can't get it—such as shipwrecked sailors and men shut up in mines or caves.

The length of time during which a human being can exist without food is very considerable. In the year 1813 Chester iron-worker named A. E. Fow, completed a fifty days' fast, and recovered. The record of Sacco, already mentioned, was forty-five days.

A woman, Madame Auguste Christian, is among the professionals. Some twenty years ago she completed thirty days' fast in public at the old Royal Aquarium. She only lost about

a pound weight a day, afterwards picked up rapidly on beef-tea and gruel.

So far as the writer of this article can ascertain, the absolute record in fasting belongs to a Chinaman. The story is almost incredible, yet the fullest details are given in a copy of the "South African News" of October, 1906.

On October 12th faint groans were heard beneath the boarded floor of a house on the New Comet Mine, near Johannesburg. The board was lifted, and a thing that looked like a mummy and was thickly covered with dust was lifted out.

It was a Chinaman who had disappeared from the mine on the previous April 17th. He had been one of a gang "wanted" by the police. He had no flesh on him, and his body weighed only five stone, his eyes were fixed in a glassy stare, and though alive when got out, he died as he was being carried to the hospital.

A Five-Month Fast!

The only explanation of his having survived a fast of five months is that, for the greater part of the time he was in a state of trance or suspended animation.

Another somewhat similar case occurred at Messina. After the awful earthquake of 1908, search went on for days among the ruins, and some living and many dead bodies were taken out.

On February 5th, 1909, some Italian officers, passing through the ruins, heard faint cries or groans, and at once set men to dig. Digging went on all night, and in the morning there was discovered an emaciated form lying insensible in an underground vault.

This man had been thirty-seven days without food, but had found drink in the shape of some bottles of mineral water. He survived, and with proper medical attention pulled round all right.

The case of Captain Monte is a curious one. This French officer was staying at a Brussels hotel in the spring of 1901, when he heard that a company in which he had invested all his money had failed.

He paid his bill and disappeared.

Twenty-two days later one of the hotel servants, going up to a hay-loft not often visited, found Captain Monte lying there, apparently dead.

A doctor was summoned, and managed to restore the unfortunate man. The latter remembered going up to the loft, but nothing afterwards. He had been without food or drink for three weeks.

An even more astonishing case of amazing vitality is afforded by another Frenchman, Corporal Andre Desarts, of the 2nd Regiment of Colonial Infantry. On February 24th, 1901, this man accidentally fell into a pit on the hill above Brest.

The pit was nearly a hundred feet deep, and the fall alone would have finished most men. But not only did he survive the fall, he also succeeded in fighting off the rats that attacked him.

Discovered on the Sea-Shore.

It was twenty-eight days before he was found—twenty-eight days, during which not a mouthful of food or water had passed his lips. Yet he, too, like Captain Monte, survived this terrible ordeal.

A servant-maid named Frances Stanley was staying with her employers at Shegness, and one day took the children down to the sea. Leaving them on the beach, she walked straight in through the water.

The children went home and told

Astonishing Change, States Mrs. Allen.

In Three Weeks Time Toronto Woman Gains Fifteen Pounds—Like New Person Since Taking Tanlac.

"In just three weeks' time Tanlac has relieved me of indigestion, nervousness and general weakness and added fifteen pounds to my weight," was the truly remarkable statement of Mrs. James Allen, of 66 West Ave., Toronto, the other day.

"About eight months before taking Tanlac I got into a badly run-down condition. My appetite was so poor I didn't eat enough to keep up my strength, and my stomach was so out of order even a little bit of food seemed to do me harm than good. I felt as if I was nothing but a bundle of nerves and all my clothes were too tight for me. My nerves were all shot, and when I went to bed at night it was next to impossible for me to get to sleep again. I almost out of the question to get my house-work done, for I had to stop and rest again and again before I got through with anything I undertook.

"Well, after I had tried a number of medicines that failed to bring relief, a friend told me of how Tanlac had helped her husband, and so I started taking it, and I declare, it was simply astonishing the way it took hold of my troubles. I began to improve immediately, and by the time the second bottle was gone the last one of my troubles was gone too."

"I tell you, I am always ready to eat now when mealtime comes, and what I eat agrees with me too, for I have been built up in weight and strength until I can do my house work with ease. My sleep is sound and restful and I feel like a different person altogether. Tanlac is truly a wonderful medicine and I am glad to tell of what it has done for me."

Tanlac is sold in St. John's by M. Connors, in Paradise by Mrs. Martin E. Byrne, in Upper Gillies by Heber Andrews, in Portland by H. C. Haines, in St. Joseph, Salmonier, by Mrs. J. Gushue, in Millertown by E. J. Valley Royal Stores, Ltd., in Flat Island by William Samson, in Jamestown by Christopher Haines, and in Lewisporte by Uriah Fraeke.

Aeroplane Crash.

Pilot and Four Passengers Killed.

Five persons were killed and a sixth fatally injured through the crashing of a passenger aeroplane near the Northolt Aerodrome, Middlesex.

A two-engine aeroplane belonging to the Central Aircraft Company left Northolt Aerodrome with a pilot and five passengers—two men and three ladies—for a complimentary flying trip around the aerodrome. It had been in the air not more than five minutes when, from some unexplained cause, the machine got out of control and came crashing to earth over 1000ft. beneath, off Shavell Lane, Hayes. The pilot, two men, and two women were killed outright and the sixth passenger—who was quite a girl—was badly injured.

The names of the killed are officially given as follows:—

Captain F. P. Castleman (24), chief pilot of the Central Aircraft Construction Company, who had served in France as a bomber in D.H.Q. machines. He was afterwards R.A.F. instructor at Salisbury Plain.

Miss Isolda de Trafford (22), who had the distinction of being the first woman to pass the tests of the Air Ministry.

Mrs. Mary Elizabeth Wilkinson (45), wife of Mr. W. Wilkinson, caterer at Northolt.

Gladys Sybil Wilkinson (16), daughter of Mrs. Wilkinson.

Ex-Sergeant C. Rowlands (43), caretaker at Northolt Military Aerodrome.

Helen Rowlands (11), daughter of Sergeant Rowlands.

The White Man's Burden

A despatch has been received at Washington which charges the United States marines have indulged in the "indiscriminate killing" of natives of Haiti. The report has come in the form of a confidential letter written by the commander of the corps. What the circumstances of the case may be, whether or not it is even true, there is as yet no means of knowing, but the matter most certainly demands the investigation which has been promised.

Newspapers catering to a certain class in the United States have let no opportunity go by to preach on the "horrors" of British rule in India, with special emphasis laid upon the Amritsar incident. British military authorities have been pictured as bloodthirsty monsters, worthy successors to Nana Sahib, in whose hands the life of no native is safe, and the affair at Amritsar, bad and all as it was, has been magnified by them as an example of the oppression to which India has been subjected.

Whatever may be the findings of the enquiry into the affair in Haiti, the people of this country and the people of Great Britain will never believe that "indiscriminate killings" of natives is any part of American foreign policy. They are quite prepared to agree that American occupation of Haiti—even though brought about with a complete disregard for the sacrosanct principle of "self determination," so dear to the hearts of candidates for office just before elections, and even without the sanction of Congress—is for the ultimate good of the people of the island. They know that the history of Haiti has been one long record of blood-stained oppression, misery and confusion, and that under American direction its wretched peoples are being given their first glimpse of order and security. They know—at least the people of Great Britain know, having had some experience in dealing with native populations—that very regrettable things sometimes happen, and that the man on the spot, particularly if he inherits the military tradition and be suddenly brought face to face with a crisis, does not always act with the restraint and suavity of the trained diplomat. Sometimes there is no time. Sometimes he believes that immediate sternness may prevent the spread of trouble and the necessity of greater and more widespread severity. Sometimes he is guilty of a plain blunder—a thing not wholly unknown to the best of us.

Whatever be the consequences, other nations are not going to accuse the United States of a policy of bloody oppression in Haiti. In any event, let us hope that the incident may tend to curb a little the poisonous activities of the anti-British propaganda in the United States.—Montreal Daily Star.

Cash's

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Highest Market Prices. Special Prices for Cow Hides.

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Chrysanthemum Time

is here, and we have some beautiful plants, hardy, profuse and refulgent, in all colours. Our Cut Chrysanthemums and other Fall flowers are in excellent condition this year and are bound to please.

Call or phone us when in need of flowers and you'll find our service satisfactory.

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THE KODAK STORE,
Phone 131. 309 Water St.

'Nuf Said.

An Irishman came home one night with a blackened eye, a broken nose, and a split lip.

"Tim Sullivan done it," he told his wife as he began to bathe the wounds.

"Shame on ye!" Bridget cried, "big feller like you to be licked by a hard-drinking cockroach like Tim Sullivan! Why, he—"

"Whist," said Pat, "don't spake evil of the dead."

Cigars!

ABOVE ALL IN QUALITY.

Just received from Havana a shipment of the world renowned Henry Clay and Bock & Co.

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Regalia Chica Tina
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Ladies and Gentlemen, we have opened up an up-to-date Dye Works and are now ready to handle your dyeing. Bring it along and we will do the rest.

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200 Duckworth Street
(Opp. T. & M. Winter's).
C. J. O'KEEFE, Clothes Doctor.

Notice!

Closing Sale

1. We aim to have our business wound up not later than October 31st, and with this end in view we are marking down all our goods to practically cost price. This is a splendid opportunity for housewives, shopkeepers, etc., to acquire A1 goods at rock bottom prices. Special prices for quantities. These cut prices apply to cash transactions only.

2. All persons indebted to the estate of the late T. J. EDENS are requested to make payments, and all persons having claims against the said estate to furnish particulars of their claims to

F. A. EDENS,

3. For sale or to rent the Shop and Premises on which the business of the said T. J. EDENS is carried on. Also Horses, Vans, Sleighs, etc., at bargain prices. For particulars apply to

F. A. EDENS,

ON THE PREMISES.

Window Glass.

On Spot:

600 Boxes

Sizes: 8 x 10 to 24 x 24.

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Harris & Elliott, Ltd.

Wholesale Hardware Dealers.
McBride's Cove.

BIG SALE NOW ON.

I have 500 Ladies' Winter Coats, slightly soiled, from \$6.90 to \$15.00; Ladies' Sealette Ostrich Coats, good quality, \$29.00 each; Misses' Coats from \$8.00 to \$12.00; Ladies' Sweater Coats, Navy Blue and Cardinal, from \$3.50 to \$5.90; Ladies' Raglans from \$4.90 to \$12.00; Ladies' Skirts, assorted colors, from \$2.50 to \$8.00; Ladies' Dresses, Serge and Cloth, from \$8.00 to \$7.90; Ladies' Nightdresses from \$3.50 to \$8.90; Men's Pants from \$3.90 to \$7.15; Men's Suits, good quality Serge and Tweed, from \$15.00 to \$35.00; Boys' Suits, to fit a boy 15, from \$11.00 to \$15.00; Men's Sweaters from \$2.90 to \$3.90; Men's Top Shirts from \$1.10 to \$2.50; Men's Raincoats from \$7.90 to \$11.00; Men's Hose from 25c to 65c; Ladies' Hose from 30c to 50c; White Bed Spreads from \$4.50 to \$4.90; also Big Bargains for wholesalers. I have also left over 500 dozen Murray's Assorted Chocolate Bars, 40c. dozen.

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194 New Gower St. (East of Springdale St.)

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All our Coal is now sold, but we will have a small cargo in November.

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THOSE who now find floor polishing a real task—because they have not yet adopted the easy O-Cedar way—will find a new joy in housework when they do install an O-Cedar Polish Mop and put it to work.

Quickly it removes the foot marks, the dust and the dirt.

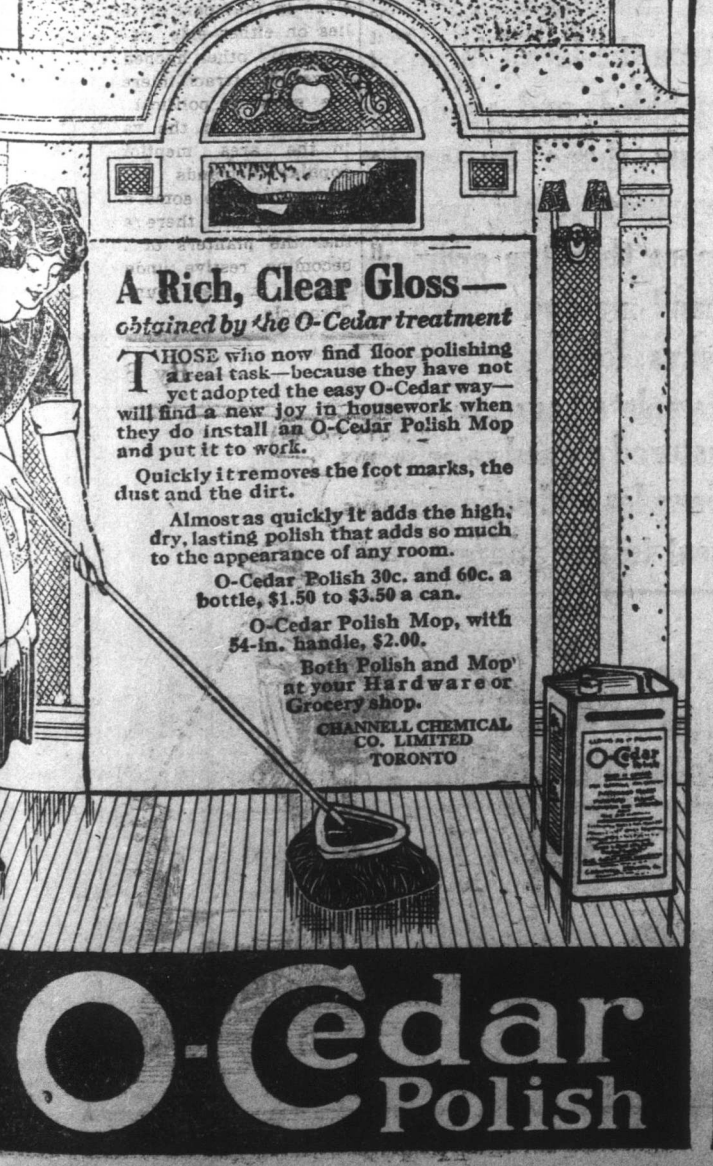
Almost as quickly it adds the high-dry, lasting polish that adds so much to the appearance of any room.

O-Cedar Polish 30c. and 60c. a bottle, \$1.50 to \$3.50 a can.

O-Cedar Polish Mop, with 54-in. handle, \$2.00.

Both Polish and Mop at your Hardware or Grocery Shop.

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