By lames W. Barton, M.D.

WHY YOUR WEIGHT IS SO

IMPORTANT

accepted, an increased premium

and most unimportant tasks. They

man existed on his army pension, and

the wrong end of the quarter. In any

case, ten pounds would not make much

difference to the sum he had already

had apparently set out to make an im-

were persuaded that he had inherited

enough but for the fact that he evident-

America from leave, who were as thirsty

as they were impecunious, it became

obvious that his vanity was proving a

He had spent more and more time in

he was drinking more than was good

In the atmosphere of sycophantic

Toby more and more that she regarded

that in the present condition of affairs

leave her father while she fancied he

he felt that it would be wiser not to

(To Be Continued)

somewhat expensive luxury.

the required weight.

on the first night out.

and handed it over.

That

of

## DUTH ATLANTIC Sydney Parkman PUBLISHED BY SPECIAL ARRANGEMENT

Principal Charcters in the Story of British origin, mostly engaged on whole thing turned out to be a mistake!" merican coastal trade.

STEINER LEFTY FRENCH, sea- far! You said yourself that it wasn't proper acknowledgment of the debt. for one time sailed with Salter.

confides. brother living the life of a retired ed. "It's not a fair risk." reputable.

daughter and Tom Salter's niece.

Diana.

ican lawyer.

Salter. Arriving at his homestead the offices." by a man with a revolver.

LEFTY and FRENCHY, who make it trifle confusedly. clear that they are on a blackmailing visit, based on the fact that Salter in murmured lamely. "I'm-I'm very BORROWING FOR EXTRAVAGANCE characteristics of the thin individual. the past engaged in smuggling liquor glad." his money and papers.

Father Maloney.

had sent but which Diana had never know the thing I mean." received.

the letter seems to propose.

to the Major's counter-proposal.

Now read on! CHAPTER VII.

VOYAGE FOR THREE

tablecloth. "Well, there may be something in legal manner, Bishop?" that," he conceded at last. "I was only

if that's how you look at it . . .

Diana demanded.

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Irish priest in Cuba, in whom Salter chance on it, Di," Toby pointed out. , back if he had no proof of ever

his seafaring brother as slightly dis- moment that I would accept Bishop's getting it back from that estate." proposal if I wasn't fairly sure in my | The major agreed doubtfully. "It's a DIANA SALTER Major Salter's own mind that the results would justify far-fetched idea, of course . . . " And he it?" There was a note of reproach in paused and looked at Toby. TOBY BISHOP Hardworking, ambi- the major's voice. "Do you know me | "I think the murder idea is a little tious young man who wants to marry so little? I'll admit that my first re- far-fetched," the latter remarked with JULIAN BECKER mysterious Amer- ing it over, I've come to the conclusion -well, the chances are that we'll all be that I was wrong. I don't pretend to drowned together, aren't they?" know where your uncle obtained his re- | "Together!" Returning to the Havana port in sources, but I'm perfectly confident that staring at him; and Diana turned and which he had his home, Capt. Tom Sal- there is no danger whatever of our looked at him sharply, "Why, you ter interviews his bank manager in failing to repay our good friend here." surely don't mean-?" regard to a sugar estate which he (Sal- He turned to Toby with a complacent "Why-yes," Toby returned, meeting

ter) has decided to buy in preparation smile. "Not that that makes the slight- his gaze calmly. "I'm due to take Thereafter he sails a few miles up the your offer, my boy. And though I Cuba, I thought this was a good, the coastal villiage in which imagine I should not find any great chance." He glanced at Diana. "That he lives. He learns from his friend, difficulty in raising the necessary cash 'is-if you don't mind my company," he Father MALONEY, that a stranger from other sources, I shall be very added. has been in the village inquiring about happy to take advantage of your good | "I-we don't mind, of course," she

skipper is surprised to find that his He said this in a way that seemed to only that-when did you make up your housekeeper is absent and the place in indicate that it was he who was con- mind to take a holiday? You didn't darkness. Entering, he is confronted ferring the favour, and this tone to- say anything about it this afternoon." very thin applicants for insurance. And gether with his remarkable change of "No." he admitted, "But, then none The intruder turns out to be STEIN- attitude since the beginning of the of us knew that we were going away ER who summons his confederates, interview, caused Toby to blink at him a this afternoon, did we?"

"Well-er-that's all right then." he

struggle in which the captain is shot genially. "And if we 'strike lucky' as fast-vanishing Jamaican coastline, everything and seems to put the last dead, after the men have overhauled the miners say, you won't find me un- "Perfectly lovely! What a pity Daddy ounce of energy into doing the simplest NORANDA'S FIRE LOSS FOR generous in the final settlement. But didn't come ashore with us." Some weeks later, in Sussex, Salter's that's a matter we can go into later. Toby looked at her with a smile. As niece, Diana receives a letter from Gad! There's a touch of romance about far as he was concerned, the absence him. this kind of thing that comes like a of the major had been one of the prin- It had not occurred to Toby that he Neither Diana nor her father, Major breath of fresh air to an old campaign- cipal attractions of the day, but he fore- would be called upon to supply the Salter can fully understand the letter. er like me! What does Kipling say: bore to say as much. It contains references to an earlier 'We're outward bound on the old trail; "Yes-it's been a nice break," he voyage till that warrior tackled him on letter which apparently the captain the er-something trail . . . You agreed. "Ten days at sea is quite the subject immediately before dinner

It seems that his property should go as though with a belated recollection of tested. "You must remember that I've advance me a little money—just for curto his next of kin, the major, but he the circumstances, grew suddenly grave never been out of England before. It's rent expenses," the major had said. has no money to go to Cuba to make again. "But it's a dreadful business, for all new to me. I shall feel quite sorry don't care about asking for it, but I very his claim nor to allow Diana to go, as all that," he went on. "Poor Tom! I've when we get to Havana." often wished we could have seen more 'So shall I," he told her truthfully. the bank before I left, and what with TOBY BISHOP offers to finance such of one another. And now, poor fellow "But then I haven't got your incentive one thing and another. You know how a visit. The Major, who, with a snob- he's dead. Shot down in cold blood in for going there. You ought to be burst- these little things mount up . . . bish arrogance, dislikes Toby, is willing his own house!" His voice quivered a ing with impatience to get to this other to accept assistance from the young little with emotion at the thought, but place-Carbonaras."

of means, doesn't it?" a moment, he went on: "Well, let's get such fun."

"No; possibly not," the major res-

be as you wish. A gentlemans agreement is good enough for me.'

"If you're really going through with this thing, I think some kind of written contract, or whatever you call it, is absolutely essential," Diana put in shortly. "Personally, I think the whole Phone 2525 scheme's mad, but at least Toby ought to have that much protection."

man, but only in respect of a visit by almost immediately, he added: "By the, "Well, I'm not," she declared. "Somehimself. Toby's idea is a trip by all way, that seems to show that he must how that part of it doesn't thrill me at three of them, and he is not agreeable have had a local reputation as a man all. Up to now it's just been a gorgeous The major frowned heavily at the to business. I take it this-er-loan "No, I suppose not," he said. "Still, expended on his behalf, and he thought thinking of the additional expense. But necessity for that, sir," Toby observed, this in future." glancing at Diana in some "But, Daddy! You're not thinking embarrassment. "After all, it isn't as seriously about doing this, are you?" though we were complete strangers." "I most certainly am!" the major told ponded with a judicial air. "But I her emphatically. "And why not, thought perhaps . . . However, it shall

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"My dear girl?" her father remon-"But think of our position if the strated, "Protection from whom?" "Not from anyone in particular," she she protested. "It's ail guesswork so returned. "But there ought to be a

men and women who will tell you, and faring man of doubtful repute, who at worth the risk. It's heads we win, tails all that. Supposing we got murdered, or it is absolutely true, that they eat what the ship went down, or something like they like and yet their weight has not FATHER FRANCIS MALONEY, an But I'm perfectly willing to take a that. How would be ever get his money changed in 10 to 20 years. Thus to see "Yes, but I'm not all willing that you having lent it? But if he can produce a Tom Salter's should take the chance!" she counter- document showing that the money was just as bravely to increase weight is advanced with Uncle Tom's estate as source of amazement and often "My dear, do you imagine for one security, at least he'd have a chance of amusement to them also.

action was unfavourable, but on think- a smile. "And if the ship goes down

est difference to my appreciation of holiday, and as I've never been to

responded, regarding him oddly. "It's

CHAPTER VIII

"Well, it has been a lovely day." into the United States. There is a "Not at all!' the major responded Diana declared, gazing astern at the at the least noise or sound, tries to do

He beamed upon them both, and then, to "Oh, but I've loved it all," she pro- "I was wondering if you could

ning, but he had known that the elder

holiday, but when we get there we'll he assumed that he had been caught at The other two made no reply to this have to start interviewing lawyers and flight of deductive reasoning, and after people like that. And that won't be had better be drawn up in a proper if friend Maloney hasn't been leading no more about it at the time.

you up the garden path, you may find In the course of the following days, "Oh, I don't know that there's any that you can afford more holidays like however, he had found that the major wonder!" she said, musingly. "I pression in his chosen circle, and had still can't quite believe it, you know, so far succeeded that a number of the

Daddy does; but then he's much more denizens of the bar and smoking-room of an optimist than I am." "Yes-I've noticed that," he said.

one of the richest estates in Cuba. This, Something in his tone made her look in itself, might have been harmless. round at him quickly.

"Hes always been like that," she ly thought it necessary to display a said defensively. "It's a good thing generosity befitting the part he had in a way, for he's had a lot of disap- assumed; and as there were a number pointments. But this time I'm hoping of men aboard returning to South he's really got reason for it."

"I hope so, too," he said cautiously. "But I think it's possible that he's got an exaggerated idea of the value of this mentioned, it seems to have grown the smoking-room, and though he carsugar plantation. Each time I hear it larger."

"Yes, I know," she said with a little for his health or his pocket. laugh, "Still, it wouldn't be Daddy if he didn't exaggerate it a bit in his adulation with which he had surroundmind. Personally, I don't care how ed himself, his manner towards Toby small it is as long as we can make sure had undergone a change for the worse, of paying you back all that we owe you. too. He now affected an air of tolerant That's the only thing that worries me." patronage towards the younger man

"Oh nonsense!" he rejoined hastily, which was distinctly offensive, and "It's just a business proposition as far though Toby had borne it so far withas I'm concerned. And if you make a out displaying any signs of resentment, fortune out of it, I shall demand a it was only the knowledge that it would heavy rate of interest on my outlay!" | cause pain and embarrassment to the

"You are a dear, Toby!" she said girl which had acted as a curb. softly. "I was scared stiff when you | She had more than once attempted first proposed this trip and Daddy an apologetic defence of her father's jumped at it as he did. But I'm glad attitude, but it was evident that she you decided to come along with us, too." was painfully conscious of it and tried As she spoke, she slipped a hand over to make up for it in her own way. one of his which was resting on the rail Nevertheless, it was borne in upon and gave it a slight squeeze.

It was an affectionate little gesture, herself as being bound closely to him but he made no attempt to respond to by ties of filial duty, and he realized

"Well, I thought I ought to keep an he was faced with a hopeless situation. eye on my capital investment!" he told It was evident that she would never her with mock seriousness.

She laughed, and after a moment needed her, and in the circumstances

It was queer how things worked out, precipitate an issue-however great the he reflected when she had gone. His temptation. primary idea in accompanying them on It would be better, he concluded, to this trip had been in order to be with see the outcome of this affair before her, and he was conscious that he had taking any further action. If there gained ground with her steadily. It was really was something behind this man all going as he had hoped it might, in Maloney's communication-and he fact; and yet . . . it wasn't.

thought it was more than likely-then In the course of the last few days it the whole situation might be materialy had been borne in upon him that the affected, and he would have to readmajor presented a problem which would just his plans accordingly. It was only have to be definitely settled before he a matter of a few days now, and once could hope to put his fate to the final he knew for certain, he would be in a test. He had had a rather better oppor- better position to decide finally upon tunity of studying the major at close a course of action. quarters than he cared about, and the

more he saw of him, the less he liked Florida's Prayer for keep tensed so much-nerves and muscles-that they are soon tired or even exhausted. Naturally they have to eat to live but they are so often tired or tensed when they eat that they have no appetite for food, and the tiredness or tenseness interferes with the proper flow of the digestive juices. There follows often therefore constipation usually and sometimes diarrhoea, which weaken the system and allow wastes to accumulate in the blood.

Thus with tiredness and weakness there is not the strength to withstand the common ills of life and so thin The man and woman of average blood (anaemia), and tuberculosis most weight in good health cannot underoften develop in thin individuals. They stand why so much is said about the are therefore poor risks for insurance.

dangers of overweight, and to a less With those who are overweight the extent about underweight. There are opposite conditions are found. They are not energetic, anxious to work or exercise, and as their overweight interferes with getting around easily, they become content to sit around and those who are overweight struggling let the world go by. With less exercise bravely to reduce, and others struggling and a good appetite (they are so often healthy individuals), the weight continues to accumulate and they become less inclined toward mental and phy-However with the figures of insursical work. Naturally the food not beance companies before us, it is easily ing used for work, must be stored seen that underweight up to the age somewhere and is stored as fat on the of 30 is a handicap and a liability to surface of the body, around the organs. health and life, and overweight after This means a great amount of extra thirty is even more of a handicap and work for the heart, blood vessels and liability. Insurance figures are true be- kidneys

cause companies, whether mutual or Instead of diseases of the stomach otherwise, cannot remain in business (ulcer) and lungs (tuberculosis), the if they insure those who are likely to diseases due to overweight are heart pass away early. The insurance comdispase, hardening of the arteries with panies have found that a certain high blood pressure, resulting in a weight for a certain age and height stroke or sudden heart failure, and means health and longer life, and that diabetes. Prof. E. P. Joslin, Harvard being heavier or lighter than this University, has shown that overweight is a forerunner of diabetes, and You have only to know or even look that when there is a family history of at the very thin or the very fat in- diabetes the individual should not dividual to see certain conditions of allow himself or herself to become mind and body that make you realize overweight as it is practically inviting that the insurance companies with diabetes. thousands of case investigated are

So, as you think about your weight justified in refusing the very fat or the and your health, remember how important it is to keep somewhere near the when these thin or fat individuals are proper weight for your age, height and build. Keeping within 5 to 8 pounds charged, until they more nearly reach of this "ideal" weight should help to ward off infection, increase your work-We have all noticed some of the ing ability and lengthen your life. (Registered in accordance with the He or she is usually very nervous, jumps Copyright Act.)

YEAR TOTALLED \$45,325

Last week's Rouyn-Noranda Press had the following paragraph:-

"Noranda's fire loss in the twelve months ended October 1st totalled \$45,major with spending money for the 325, most of which was in December, A fire at Bucovetsky's brought a loss of \$40,000 and one week later in the same month a fire at Dessane's studio accounted for most of the remainder. The per capital loss approximates \$6.50. higher than in many previous years. The fire brigade, of which Ernie Mcfoolishly forgot to draw enough from Cormick is chief, answered a total of 115 calls during the year, 89 of which were for chimney fires. There were five false alarms and five calls outside Toby had extracted a ten pound note the limits of the town. Sixteen were incipient. It had not been an auspicious beginVisitors from Canada

The following was published in "The To every stricken heart and home Week in Lakeland," a bright little newspaper issued at Lakeland, Florida, A visitor from Timmins to the south treasured a copy of the little journal containing this poem, feeling that this "prayer in verse" was, perhaps, the most impressive possible evidence of For those who minister and heal, friendship with which to greet the "Visitors from Canada."

TO OUR CANADIAN VISITORS "FOR ALL WHO SERVE" GOD-KING-COUNTRY

Lord God of Hosts, whose mighty hand Dominion holds on sea and land, In Peace and War Thy will we see Shaping the larger liberty.

Nations may rise and nations may fall, Thy Changeless Purpose rules them

When Death blasts earth and sky and Keep all our hearts firm-stayed on

Console and succor those who fall, And help and hearten each and all! O, hear a people's prayers for those Who fearless face their country's foes!

For those who weak and broken lie. In weariness and agony-Great Healer, to their beds of pain Come, touch, and make them whole

O, hear a people's prayers, and bless Thy servants in their hour of stress!

We pray Thy tender welcome home. .The toil, the bitterness, all past,

We trust them to Thy love at last, O, hear a people's prayers for all

Who, nobly striving, nobly fall!

O. come! In tenderest pity come! To anxious souls who wait in fear, Be Thou most wonderfully near! And hear a people's prayer for faith To quicken life and conquer death!

And spend themselves, their skill, their zeal-

Renew their hearts with Christ-like faith: And guard them from disease and

And in Thine own good time, Lord,

death.

Thy peace on earth till Time shall

-John Oxenham, Tune- "Melita" - "Eternal Father, Strong to Save."

The above poem contributed by Mrs. George B. Hiller, Cooperstown, N. Y., and is published here for the first time.

## CHIMNEY FIRES

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