## Thr $\geqslant$ Star.

VOLUME 2.
REYNOLDSVILLE, PENN'A., WEDNESDAY APRIL 4, 1894.

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| ".Johnsonburg railroad. |  |  |
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|  | man to death when I did not even know what ward bo voted in, and so I slam- med things around and created consid- |  |
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| $\text { ATLOss. } \quad\left\|\frac{\text { No. } 1 .}{\text { N }}\right\|$ |  | Oar , thoght he be swampling- -Baton |
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| that "too, too solio flesh." Fat or No Fat In an Antifat Dlet Profenalonally Dtecussed. |  |  |
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| Spenking in a paper on the snbject of the various diet cures for fatnose, theeminent nuthority, Dr. Andrew Wikon, says: |  |  |
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| Donbtlese starches and sugara, repro- |  |  |
| rice, tapioca nad the like, aro fat form-eos, The living body ban thus n powerof making fat out of that which is not |  |  |
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| bdatition to the diet of a corpulent person because it has a power properly ad- |  |  |
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| ministered of burning off food excess. |  |  |
| tion fat is, therefore, administered as an ersential part and parcel of the diet |  |  |
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| care. It is said that when tat, atarches and sagars are all ent off redaction ofwoikht talea placo much fanter than when fat in allowed in the dietary scale. |  |  |
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| This may be so, but I strongly question the wisdom of the proceeding. |  |  |
| All we know about fat points to it as an absolately essential clement of our |  |  |
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| it, and if decrease in weght rapidyytollows its elimination from the diet |  |  |
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| the very rapidity of the reduction is an argament against ita satety. Besides, starch and sagnr largely omitted from |  |  |
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| the food, with a moderate quantity of fat allowed and a slight increases of tho fleah foode wiw incompishneeced more gradailly, but 1 nloo hold |  |  |
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| more anfely for the patient. Tho (esmon of physiology, therefore, to |  |  |
|  food. They asist the nesimination ofother foodid and aro eesentinl for tho body's nutrition. I thonld not believo in any asstem of ordinary diot or ofweithtr reduction which neglected fat on Whe one hand or insisted that its absence was esesential for the cura of corpulenco on the other.--New Yorl Times. |  |  |
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| south Ameriean Pollenear. |  |  |
| traveler in Peru to see the prettily uniformed young women collecting fares |  |  |
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| on the street railways, but when he visit the second city in Mexico, Gundalajara, and witnesses the refined courtesice practiced by the mule condactors on the |  |  |
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| fore taking your seat bowing, hat in hand, to your fellow passengers, none of whom you have ever sieen before. |  |  |
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| of the driver.havo witnesed such exhibitions of politeness convince me that it is one of the customs of the conntry.-New YorkJonrmal. Jonrnal. |  |  |
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| Description of a vilinge Choir. <br> Dr. "YVustminater" Bridere, the end |  |  |
| of a musical lecture in London, gave an account of hise experiences of a village |  |  |
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| choir in Soffolk. The local talent was hus described: " A few boys who हcared rooks, a blacksmith whose tenor voice |  |  |
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| was as metallic in sound as his anvil, a boy alto who had in his youth, it was roported, swallowed a whistle, which |  |  |
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| apparently had lodged in his laryox and heiped to produce gounda of a most on |  |  |
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| earthly character, and a miller who had five low notes, and only five, which had |  |  |
| always to fit into the chant or hymn being sang and which made a sort of rombling accompaniment, not anlike |  |  |
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| the soung of his own millistones, The rook boys came and went, though the miller anang on forever."-London Tit |  |  |
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| Chief Quanal Parker of the Comanche Indians possesses some odd traits of character. Ho occupies, with his five |  |  |
| wives, a handsome house of 30 rooms near the reservation, and whenever he |  |  |
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| leaves for a journey be turns his wivesout of doors beeause they "have no more |  |  |
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| burn down in his absence." Quanal is |  |  |
| 42 years old, very rich and inclined to tent of wearing its cloths, driving a team of fast horses and serving on histable the best that the market affords. |  |  |
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| table the best that the market affords. - New York World. |  | ter and Chatham (Engliand) Stundard. |
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| steam railroad was projected, all sorte of objections were made. "The smoke |  |  |
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| would set the houses on fire," "Passengers could not breathe in a train |  |  |
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| moving Eo rapidly," "."The railroad would kill ail the kame." $"$ Thousands of coachmen would bo thrown out of employment. <br> The English spirit |  |  |
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| A lleminden,New Father-in-law-Well, sir, the ceremony is over, and now that you arethe husband of my daughter I want to give you a little udvice. What would you do if you should wako up some night and find burglara in the house?Bridegroom- 1 ahould tell them that my father-in-law forgot to give my wifoa wedding dowry, and they'd go away. -London Punch. |  |  |
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