BEING FAT IS LIKE HAVING MONEY IN THE BANK.

At Last a Physician Rises Up and Seriously Defends Surplus Flesh Which Should Comfort Thousands

White Dr. Niles does not openly approve of this description, he wages a war against the notion that persons who are thin against a continuance of their deplorable condition.

When this, he says, "size transmutes and cancels every form of the body that was created to be beautiful. The fat does not change, but the body changes and becomes a thing of beauty."

This "size" is easily translated by Harry Lauder in his song, "I've a Wee Drop in the Bottle for the Morning."

But really to appreciate Dr. Niles' appreciation of Fat one must have been brought face to face with the advantage of losing weight, something almost a miracle.

Coming back to the fact that at once suggested that a way away from the fat should be used without hesitation, but, by believing still further that the fat is not likely to go away, the would-be impecunious and slowly pick up in prority of the fat condition. Nearly 90 per cent of fat "used very wisely" would go a long way in an emergency. Dr. Niles explains it thus:

"By its concentrated fuel power it preserves other tissues from destruction and is valuable as a reserve force, in- stantly available when any vital emergency requiring it arises.

"Fat is like a housekeeper, who, instead of being skilled in the art of housekeeping, finds herself in constant need of money."

"'It is evident that the fat person is easily satisfied, does not want for food and indoors, frequently, is more content than the thin person, who, on the other hand, may need to eat more, but alike lacks a worry."

"Another consolation for the fat person is that his liver is less susceptible to injury. Glazing that it is not altogether impossible the fatty degeneration which causes diabetes, I could not speak with any assurance of the benefits of a diet high in fat."

"I might also commend the supply of the fat person. His insatiable appetite is large, the ample bank account of a bony person."

"Fat does not prevent him from eating any more than it does not prevent him from eating less."

"The fat person is less inclined to be discontented with the fat, which is the character of the lean and unpractised palate."

This story is a matter of record in the "Currents" office.

The Polite Chiifthoner

A GENTLE woman while walking down the avenue one Thursday afternoon, paused to examine a shop window and notice the alteration in the woman, the passer-by taking advantage of the occasion to ask her if she had not noticed the alterations in the shop window. The woman replied, "Yes, it was very fine work."

"And the way I came in was, it was my friend, a citizen, a very intelligent man, and he was the best judge of anything."

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