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Persons who have headache or whose eyes are causing discomfort should call upon our Specialist, and they will receive intelligent and skillful attention.

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Democratic Watchman.

Bellefonte, Pa., May 13, 1892

Physical Culture.

And What Are the Benefits to be Derived From It.

During the last two years we have heard and read a great deal about Physical Culture. What is "Physical Culture?" and what are the benefits to be derived from it? A great many people considered it a "fad," something with which idle people choose to kill time. Boston, Chicago, Cleveland and and many other cities have introduced physical exercise into the public schools; and none of our first class private schools consider their faculties complete without an instructor in physical culture. It is not likely that they would take up with a passing fancy. "It has been truly said, that mankind has grown weaker and wiser." At all exents it is a plain fact we are not as strong and enduring as we should be. God surely sent man into the world a perfect animal but he has wandered so far from nature's laws, and he suffers the consequence in a physical condition far short of what it might be. On every hand we hear of nervous prostration, general debility, etc., showing that the average man and woman are not prepared to meet the duties and responsibilities of life.

In times past educators have cultivated the mind, often at the expense of the body, and disregarded the delicate and complicated mechanism of the physical being.

The body should be under the complete control of the will, every joint and muscle a will servant. This control is of great value to those of a nervous temperament, and it is the aim of physical culture to give it, and in so doing promote health and grace.

The exercises will give what we need in our every day life; the intention is not to make the hard and knotty arm of the pugilist but to give flexibility and strength that is more enduring, and to promote the efficiency of the circulatory and respiartory functions, and increase the volitional control of the body. We want as a foundation good lungs and chest expansion, and to form a habit of good, deep breathing. In an inspiration oxygen is supplied to the blood in the lungs, the blood having been sent to the lungs from the heart for the purpose of receiving the life-giving oxygen, and giving off carbonic acid and the waste and impurities from all parts of the body. In an expiration the carbonic acid and waste from the tissues is expelled from the lungs, and thus the the blood is purified. The more completely this refuse is expelled from the lungs, and the larger the quantity of oxygen supplied, the better and purer the blood will be. The exercises used by almost all systems of physical culture are the energizing and the relaxing. The energizing exercises are very beneficial in equalizing the circulation, thus invigorating the muscles and building new tissue. They are also very useful in cultivating a graceful carriage of the body.

In relaxing exercises we learn not to use our muscles. We teach the muscles to mind their own business. A good example of the interference of muscles is often seen in a person doing some muscular work with the hands, and at the same time contracting the brows and compressing the lips.

There are a great many people who keep certain muscles at work during the hours of sleep; some clasp a pillow tightly, or keep a leg drawn up. A lady of my acquaintance holds her tongue hard and tense in the roof of her mouth while sleeping. All parts of the body need the rest and relaxation that should come during the hours of sleep. In order to breath correctly and secure good chest expansion the body should be carried so as to give the greatest freedom to the lungs. It is impossible to have free lungs with contracted chest and drooping shoulders. Women who wear corsets with long backs, can never carry the body properly. The aim of all exercise is to promote a gradual graceful and healthful development of the whole body. Certain exercises induce flesh while others reduce corpulency.

CANNED PEA SOUP.—Drain the liquid from the can of peas, and put these over the fire in enough cold water, slightly salted, to cover them. Simmer until soft, and rub through a colander. Have ready two coffeecupfuls of hot milk, thickened with a tablespoonful of butter, rubbed smooth in as much cornstarch. Add the strained peas to this, and let them cook together about five minutes. Pour upon slice of fried bread laid in the tureen. It is well to put a pinch of soda in the milk before adding the peas. If preferred, you could use any kind of soup stock in place of the milk.

SPINACH.—Spinach requires more care in picking and washing than most other vegetables. Wash it several times drain the water well away; put it into a pan of boiling water; add salt and a very small piece of soda; boil quickly and skim it; when quite tender spread a clean cloth over a colander; pour in the spinach, and squeeze the water from it; chop, and put it into a saucepan wet a little butter and salt; stir it on the fire one or two minutes; put it on a hot, flat dish, put another hot dish over it to smooth the surface, cut or mark it in squares, and serve immediately.

PLAIN COOKIES.—Half a cupful of butter, one cupful of sugar, one-fourth cupful of milk, one egg, two teaspoonfuls of baking powder, flour to roll out thin. Sift the baking powder with two cupfuls of flour; cream the butter, add the sugar, milk and beaten egg, mixing to a dough with the sifted flour. Add sufficient flour to enable you to roll it out. Cut and bake about ten minutes, rolling only a little of the dough at a time.

——Some Boston hotel managers have issued a very unpopular order commanding their waiters to remove their beards.

Art In Chicago.

"There are people in New England who need to be told that it is not just or right to represent the great capital of the West, with its million people, as a city utterly devoted to the materialities, living in the pell-mell of private greeds, with no organized or considerable intellectual life, and no real or creative sympathy with the things that make for the ideal advance of mankind," says Edwin M. Mead in the Editors' table in the May *New England Magazine*.

"It is not true of Chicago,—it is as every man who is not ignorant knows, ridiculously untrue,—that 'her public spirit is still unborn,' that only from the 'next generation' of her people can we expect large benefactions for the good of the community, or that the vulgar ignoramous who cries out in a public meeting that Chicago 'Don't want no art; she'll have a hundred acres of cattle show, and Paris didn't have no cattle show,' is to be taken as a representative of men who lead the life of Chicago to-day, the men who have secured for her the World's Fair, and who will direct it. These men have even thought something of a department of 'art.' For art is one of the things that Chicago *does* want. She has a better public art collection to-day, when she is not yet sixty years old, than Boston had twenty years ago, at the age of two hundred and forty years. Her art institute is one of the most beautiful buildings in the country; it is already too small for the demands upon it, and the corner-stone of a magnificent new museum, to cost a half a million of dollars, will be laid the present year. The great art school which has its headquarters at the Art Institute, and whose excellence is presumably certified by the fact that a Massachusetts man, Mr. French, a brother of the talented Concord sculptor, is at its head, has not room enough to accommodate all the students who throng to it—in greater numbers than those in attendance upon Boston's own chief art school—but swells over into adjoining buildings."

Is Catarrh Incurable?

Answer No, and for the Following Reasons.

The various kinds and modes of local applications for catarrh, such as sprays, atomizers, douches, inhalants, fumigations, creams, ointments, lotions, gargles, etc., etc., have in many cases a soothing effect on the inflamed surfaces, and are sometimes useful to assist a cure; but neither of them nor all of them together ever did or ever will cure a case of catarrh. These things may give temporary relief, but it is useless to expect a cure of them. Catarrh is not a local disease, hence can not be cured by local treatment. The only hope of success in the permanent cure of a case of chronic catarrh is to devise some remedy that will stimulate the nerves which supply the capillary blood vessels. There is but one one remedy that has the most desirable effect, and that remedy is Pe-ru-na. This remedy strikes at once at the root of the catarrh by restoring to the capillary vessels their healthy elasticity. Pe-ru-na is not a temporary palliative, but a radical cure. Its action is necessarily slow, but permanent.

The reason that there are any failures is either because the catarrh is complicated by some organic disease or the patient does not take the medicine long enough. The majority of people expect to be cured in a week or two of catarrh that has run for ten or fifteen years. Such people are nearly always disappointed. Pe-ru-na will cure a recent case of acute catarrh in a few days or weeks, but when the disease becomes chronic it takes longer. In no case should anyone leave off taking Pe-ru-na until after writing Dr. Hartman, as a letter from him is almost sure to point out the cause of the failure.

A valuable pamphlet of thirty-two pages, setting forth in detail the treatment of catarrh, coughs, colds, sore throat, bronchitis and consumption, in every phase of the disease, will be sent free to any address by The Pe-ru-na Drug Manufacturing Co., of Columbus, Ohio.

DANDELION SALAD COLD. — Wash and pick nicely a quart of dandelion heads, and dry them in a napkin after well shaking them in the salad-basket. Tear the large leaves in two. Make a dressing of one egg beaten well, to which add the juice and puld of two tomatoes (the canned will serve) well beaten, two tablespoonfuls of salad oil, a teaspoonful of mixed mustard, a teaspoonful of sugar, salt, and white pepper. Mix thoroughly, and add the meat of half a dozen walnuts (or hichory nuts are better still) broken fine, then two tablespoonfuls of vinegar. Pour the dressing over the dandelion, and let the salad stand 15 minutes before using.

DANDELION TOT-PAIT (quickly done). —Take a pint of well-washed dandelion leaves, using the young buds too, a half-dozen potatoes of medium size cut in halves, half head of celery, white stalk root, and green leaves, torn or cut into inch pieces, two tablespoonfuls of chopped parsley, four onions, salt, white pepper, a tablespoonful of butter, and a cupful of milk. Pour on these a quart of boiling water, and boil all rapidly for half an hour.

DANDELION SALAD, HOT.—Fry a pint of well washed and dried dandelion-leaves in oil or butter, turning them thoroughly till heated through. In another pan fry a pint of cold sliced potatoes in butter, with a shred of an onion (a thin slice). When both are done, mix them in a heated bowl and add a tablespoonful of vinegar. Put again in the pan, fry till quite hot, and serve hot.

——Mrs. Hicks. Dick was tried today, found guilty, and I had to give him a sound thrashing.

Hicks. What was the charge?

Trespassing upon my preserves.

——Peter Avrell Browne Widener, the traction twenty-millionaire, was named for Peter A. Browne, one of Philadelphia's most learned lawyers. Mr. Widener's Broad street "palace" stands near where he used to stand in his mutton stall in the Girard avenue market. In the polite social circles "north of Market street," is not considered quite the thing when Mr. Widener is present to use the phrase *revon, ons d nos moutons!*

——Rev. Wm. Hollinshed, pastor of the Presbyterian church of Sparta N. J., voluntarily writes strongly in favor of Hood's Sarsaparilla. He says: "Nothing I know of will cleanse the blood, stimulate the liver or clean the stomach like this remedy. I know of scores who have been helped or cured by it."

Medical.

THE TRUTH

THE WHOLE TRUTH

AND NOTHING BUT

THE TRUTH

Every testimonial in behalf of Hood's Sarsaparilla will bear the closest investigation. No matter where it may be from, it is as reliable and as worthy your confidence as if it came from your most worthy neighbor. Below we give the original testimony from Mrs. Blackman, of Boston, followed by a very recent letter, both of which

YOU OUGHT TO READ.

"Boston, Jan. 12, 2892.

"My little boy had Scarlet Fever when four years old, and it left him very weak and with blood poisoned by canker. His eyes became inflamed, his sufferings were intense, and for 7 weeks he

COULD NOT OPEN HIS EYES.

I took him twice during that time to the Eye and Ear Infirmary on Charles Street, but their remedies failed to do him the faintest shadow of good. I commenced giving him Hood's Sarsaparilla and it soon cured him. I have never doubted that it saved his sight, even if not his very life. I am always ready to praise Hood's Sarsaparilla because of the wonderful good it did my son." ABBIE F. BLACKMAN.
2888 Washington street, Boston.

Boston, April 14, 1892.

"C. I. Hood & Co., Lowell, Mass: I have had a great many inquiries about the testimonial I recently sent you. I have but one reply for all, and that is, that the statement in the papers over my name is the truth, the whole truth and nothing but the truth. And I can add that my testimony was entirely voluntary and NOT bought and paid for, nor a small fact polished up and enlarged. And the case of my boy is not the only one I know of where

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Has accomplished a great cure. Wishing you continued success, I remain, respectfully.

ABBIE F. BLACKMAN."

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A particle is applied into each nostril and is agreeable. Price 50 cents at Druggists by mail, registered, 60 cts.

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SHEET IRON & STEEL MANUFACTURERS in all its branches for BUILDING PURPOSE. INTERIOR & EXTERIOR. Circulars and prices upon application. G. M. RHULE, Ag't.
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TO THE PUBLIC.

In consequence of the similarity of the names of the Parker and Potter Hotels the proprietor of the Parker House has chang the name of his hotel to

o——COAL EXCHANGE HOTEL.——o

He has also repapered, repainted and otherwise improve it, and has fitted up a large and tasty parlor and reception room on the first floor. WM. PARKER,
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This new and commodious Hotel, located opposite the depot, Milesburg, Centre county, has been entirely refitted, refurnished and replenished throughout, and is now second to none in the county in the character of accommodations offered the public. Its table is supplied with the best the market affords, its bar contains the purest and choicest liquors, its stable has attentive hostlers, and every convenience and comfort is extended its guests.

☞Through travelers on the railroad will find this an excellent place to lunch or procure a meal, as all trains stop there about 25 minutes. 24 14

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