Democratic Watchman.

Bellefonte, Pa., Sep. 18, 1896.

The Kneipp Cure Our Newest Craze and What it Really is.

Father Sebastian Kneipp, parish priest in the little, unheard of village of Worishofen, in Bavaria, studied medicine that he might doctor the sick of his parish who could not afford to employ a regular practitioner. In the course of his reading he found a little book, one chapter of which treated of the uses and abuses of water in sickness.

That was nearly fifty years ago. From this beginning the priest developed his theory of curing diseases by water and "simples"—the common country herbs. Study and experiment convinced him that the drastic allopathic system of medicine then practiced in Germany was not only unnecessary, but harmful. From using baths as a general invigorator he proceeded to the making of local applications of water for the cure of specific ailments, believing that all disease being merely the harboring of foreign or impure matter or germs in the system, the fundamental principle of cure was to perfect the circulation of the blood. Thus, he argued, all impurities might be removed and the skin restored to a state of normal, healthy perspiration, to perform its share of the work.

He applied this simple system to the sick of his village. More and more he eschewed the use of drugs, employing only in the mildest forms the herbs which he gathered in the surrounding fields. The cures he wrought were miraculous. The fame of them made its way to the outside world. Worishofen, from a speck of a hamlet, became a city in population, and the greatest cure centre in Europe.

Princes and plutocrats, bent and crippled with disease, flocked in despair to Worishofen. The poor came, too, and were treated without money and without price. The town could not harbor the people who went to it in quest of health. Building after building was erected, newspapers were started to chronicle the progress of the Kneipp cure, and Kneipp societies, both of doctors and laymen, sprang up all over Europe.

Now America's turn has come.

HOW TO TAKE THE KNEIPP CURE.

To apply the Kneipp principles for the establishment of general health is a simple process. To treat with them the dangerous forms of disease which the doctrine is declared to be able to cure requires much greater skill, and should not be attempted without careful previous study of Mgr. Kneipp's books. Going barefoot is the first principle. After that comes wading in the coldest water. This should be done not for longer than four minutes. A further step is walking in new-fallen snow.

The four divisions of the water treatment proper are ablutions, baths, douches and bandages. There are three ablutions—for the whole body, for the upper body and for the lower body. In all these water applications the water should be as cold as possible, and the time of exposure as short as possible. Great care must be taken in dealing with children and old people. In all cases apply the water slowly, quietly, carefully, gently.

The Kneipp system prohibits rubbing or drying the body after using water, except upon the hair, which must, after douches have been used, be dried quickly and as thoroughly as possible. Except where the patient returns immediately to bed after the bath, some exercise is insisted upon to maintain a warmth and circulation.

Quickness is essential. A coarse towel is preferable to a sponge. In no case should the body be rubbed dry. These ablutions are especially useful to start perspiration in influenza. Severe colds and catarrh may be cured in this way. These ablutions should be taken two or three times a week.

The baths are the second steps in the system. They should be taken in a bathhouse with a stone floor. The first is the eye bath. Dip the forehead and eyes into the water with the eyes open, hold them there five or six seconds, and, when removing, wink the eye; repeat this three times at intervals of a minute.

The arm bath is used when gout attacks the joints of hands or arms. Abscesses and paralysis in cases of children may be cured by taking two warm baths and one cold one, and so continuing. The foot bath is better cold than warm, but should not be prolonged after the first sensation of cold has given place to a feeling that the water is no longer chilly.

The half bath reaching up to the chest, should not last longer than from two to six seconds. It braces and strengthens the body, develops heat, and has a greater influence on the circulation of the blood than any other application. Immediate exercise must be taken after coming out. This bath is efficacious in relaxed or inactive condition of the bowels and in cases of general weakness, but too much of it must be avoided.

The cold full bath is most powerful. Every part of the body except the head should be in the water. It is well to take from four to six seconds to step in and get thoroughly covered.

For the care of local difficulties—though Mgr. Kneipp declares that these ultimately affect the whole body, the douches are considered the best. The best baths and ablutions strengthen the general health, while these local cures are being affected. There are the upper douche, the head douche, knee douche, hip douche, back douche, arm douche and full douche. These are administered with a hose, or preferably with a sprinkling pot, and require considerable experience for the proper doing of them. The head douche begins on the right or left side, or behind the ear, and continues to the middle of the head. From this point the water must flow evenly over the whole head.

In fact, it is essential in all these douches that the water should spread evenly over the entire part involved. One can of water is sufficient for the head douche, which restores healthy condition in all parts of the head. The face douche is employed in case of ulcers, lupus and skin diseases which attack the face. The ear douche, for deafness, consists of pouring the water, first on one side of the head and then on the other, around about the ears. After this the head should be warmly covered until quite dry. It may be taken five times a week.

The breast douche is taken lying on the back. It should not be used by persons with heart trouble. Its mission is to loosen the mucus in the chest. The arm douche begins with the fingers, each one of which must be douched, and continues up to the shoulder. The whole process must not take more than a minute. In rheumatism, neuralgia, writers' cramp and paralysis, it is an excellent remedy. It may be taken every day. The upper douche, for heart, lungs, bronchial tubes and vocal chords, should be taken gradually. Vinegar should be mixed in the water at first.

"Kneipping" includes a complex system of wet bandages. They are head bandage, neck bandage, short bandage (for the upper part of the body), foot bandage, and, lastly, the full bandage, or "Spanish mantle." These bandages are the most difficult of the Kneipp applications. The cloths in all instances should be linen.

Catarrh.—Wash the body three times a week, from your bed or on rising, with perfectly cold water. But it must be done in a minute. Take also two cold half baths in the week, for one or two seconds, and wash upper half of body three times a week in early morning.

Consumption.—Begin with gentle knee douche, then hip douche, and upper washing, morning and evening. Mix vinegar with the water. Gradually arrive at back douche and full douche. Nourishing diet. Bandages, upper and lower, for night sweats. Fenugreek tea, alternated with salad-oil, twice daily for very bad cough.

Toothache.—Wade in cold water, to draw off blood. Upper douche and head douche daily. General water applications will insure result.

Rheumatism and Gout.—Alternate warm baths, of ten minutes' duration, with cold ones, increasing temperature of warm one each time. Use douches in locality of pain. Avoid acid or sweet foods.—New York *Journal*.

A Tolerated Intemperance.

If a man starts out for a journey he is accompanied by his appetite, and one of the first things he finds to be done is to cultivate the eating houses and the restaurants at the stations where the train stops to eat. In any place that he enters the dialogue is the same. He asks the waiter what is to be had to eat, and, after enumerating perhaps sandwiches and pie, the inevitable standby is coffee. It isn't sandwhiches and pie and milk or sandwhiches and pie and tea or buttermilk, or beer, unless his tour leads him to Bavaria, but coffee. If the train stops but a minute or two at the station, a coffee colored, shiny waiter heaves alongside and announces that he has hot coffee. And the traveler procures a cupful hot enough to burn the gullet out of the untrained, and drinks it with a feeling of satisfaction. The aged maiden who is of the party declares she does not care for anything to eat, but she wants a cup of coffee. The deacon, who wouldn't drink any savage beverage under any circumstances, is not particular about going out for a lunch, but he would like to have some coffee. Or, if you drop into a restaurant in town and ask for something to eat, when you have given your order, the waiter, if you have not specified it yourself, will say, "and coffee." At the hotel the same question is flung at you. The signs that confront you in the beaneries about town call the attention to the excellence of the coffee. The new boarder, who comes to your boarding house, overlooks the mysteries wrapped up in the hash, and the suspicious marks on the puddled pat of butter that tells how it was made of the remnants of the pats of yesterday, and fixes his attention on the coffee. The young woman of the family will tell you she can can make good coffee and without telling you whether she can make a bed or a biscuit or a corn cake or wash the dishes or cook a steak, will look at you as though she had confessed to an ability to satisfy all the needs of existence.

* * *

In the mining camps of Colorado, where everything that is eaten is carried with great difficulty into camp on the backs of burros, coffee is one of the first things to be considered in making up the pack. The next thing is sugar to sweeten it with, and then come in equal importance whisky, bread and stick tobacco. In Constantinople, where the religion of the Moslem forbids the use of wine, men sit in the cafes tippling on coffee as black as the Turkish morality, and smoking cigarettes to keep company. You go the Selamlik, where the Sultan performs his devotions, and as a guest you are expected to drink of the black coffee that is passed around, strong as tan liquor, and thick as soup. On the continent after you have dined you are offered a nasty little cup of black coffee, strong enough to destroy all the good in the dinner, and the most of the people drink it. The coffee we buy in the United States takes more money than our entire annual output of silver to pay for. Great Britian, France and Germany follow not far behind. Raising coffee is the chief occupation of the whole Brazilian republic.

* * *

The coffee habit is a comparatively new one among civilized mankind. It was unknown in Western Europe three hundred years ago, although its use in Africa and Asia has been traced back nearly a thousand years. The effect of coffee on the human system is a question of dispute among men who profess to know. Some, with apparent reason, argue that its use is highly beneficial, both in affording elements that are requisite to the bodily needs, and in aiding the natural functions, while other insist that it is a dangerous drug, exerting a deleterious influence on the vital organs, and productive of disease. Possibly both sides of the argument have some justification, as coffee is known to contain an active principle that is marked in its action when used by itself. The heart under its influence is excited, and in excess serious dangers threaten. On the other hand, the berry of the coffee tree contains some nutritious principles, and perhaps they aid digestion and assist the assimulation of the food. All of which does not say whether the expenditure of millions of dollars annually for coffee is a good investment or not. In all probability the use of coffee is carried to an extreme as intemperate as the use of whisky, although, a it is hardly to be presumed that the one kind of intemperance is followed by the evil results of the other.

——Few persons are aware that the safety owes its origin to the fact that a certain little Englishman had an abnormally short pair of legs and a vaulting ambition to ride the whirling wheel. J. H. Lawson, of Coventry, England, is a man of diminutive proportions, with the nether limbs of a four-year-old. About twenty years ago when the murderous high-wheeled 'ordinary' was in vogue as the only known form of the bike, Mr. Lawson became filled with a consuming desire to risk his neck on that perilous machine along with the rest. His short legs barred him out, so he set his wits to work, had an ordinary cut down to suit his own peculiar build, and out of the result was evolved the chain-driven safety, practically the same in principal and construction as the wheels now in use. And that is the true story and beginning of a social revolution.

——Read the WATCHMAN.

Elephant Stories.

They Go to Show That the Great Beasts Can Reason—How One of the Huge Fellows Amused Himself at the Expense of a Hippopotamus—Protecting Themselves From Annoyance.

In my opinion the elephant is the most intelligent of all animals. He thinks for himself, and no matter in what position he may be placed, or what emergencies he may be called upon to meet, he seems to be endowed with enough common sense to be equal to all occasions. He has also a strong sense of humor, which at times is so marked as to be almost human.

This sense of the humorous was unusually well developed in an elephant I knew in the Jardin des Plantes in Paris. He was kept in a great inclosure out in the open air, so that he had plenty of room to roam about. In the same inclosure was a large hippopotamus, for whose comfort and amusement a great stone basin had been built and filled with water, and the hippopotamus in turn furnished amusement for the elephant. It was quite early one morning—before the hour for admitting the public to the garden—when I noticed the elephant walking around on the stone edge of the basin watching the hippopotamus.

I felt quite sure that the elephant was up to some prank, and I was not mistaken; for, just as soon as the ears of the hippopotamus came in view, the elephant quickly seized one of them with his trunk and gave it a sudden pull. The enraged hippopotamus lifted his ponderous head clear of the water and snorted and blew, but every time he rose to take breath the elephant would recommence his antics. Around and around the beast would go, keeping a sharp lookout for the little ears of the hippopotamus, which he would seize the moment they appeared. His evident delight in teasing his huge neighbor was very comical, and there could be no doubt that he thoroughly enjoyed it.

Again, one day the keeper placed some food for the hippopotamus in a corner of the inclosure, and at once the hippopotamus began to leave the water to get it, but the elephant slowly ambled over to the same corner, and arriving there first he placed his four feet over the favorite food in such a way that the hippopotamus could not get at it, gently swayed his trunk back and forth and acted altogether as though he were there quite accidently, until the garden was thrown open to the public and he went forward to receive the daily contributions of bread, cake, pie, etc., which were always offered him by his host of admirers.

Elephants appear to take much enjoyment in life and exhibit a good natured spirit, even while at work. In the animal's quarters at Bridgeport, some time ago, two little elephants showed evident pleasure in the tasks that were set for them. Even in their stable, when no trainer was about, one little elephant would stand on its head just as it was used to doing in the circus and the other would look anxiously on until its own turn came to stand on its head and be admired by the other.

In his native clime, during the hot hours of the day, the elephant usually seeks the friendly shade of a grove of trees so as to shield himself from the burning rays of the sum. Some time ago in Central park the elephants in summer were kept in an open inclosure where there were no trees or shade of any kind, and during the hot days, when the mercury was well up in the nineties, the heat was almost unbearable. Intently watching the elephants there were always many persons carrying sunshades or umbrellas to protect themselves from the sun's rays.

I wonder how many of those onlookers realized that the elephants were carrying sunshades, too, for such was really the case. On the very hot days the great quadrupeds would take the hay that was given them, or, when they could get it the newly mown grass, and completely thatch their backs with it to shield themselves from the sun. They will sometimes do this same thing in fly time to protect themselves from being bitten, for, strange as it may seem, the elephant's skin is very sensitive.

In Africa there grows a tree called the heglik tree, which bears fruit known by the name of lolobes. Now the elephant is very fond of lolobes, but the fruit grows so high up as to be quite out of the animal's reach. Of course that does not deter the elephant from trying to get it. True, he cannot climb a tree, but he has a big bump of ingenuity and we may rest assured that he gets the fruit by some means or other.

Sir Samuel Baker, the great African traveler, was fortunate enough one day to see an elephant in the very act of getting the fruit. The elephant would retire a short distance from the tree and then rush at the trunk at full speed, striking his head against it with such force as to make the tree tremble in every limb and so shake down the fruit, repeating the charge again and again until enough lolobes had fallen to satisfy his appetite.—*Our Animal Friends.*

Li's Farewell to America.

Now on Board the Ship That Will Take Him to China.

At 11 o'clock Sunday morning Li Hung Chang arrived at Vancouver, B. C. The Chinese residents had erected a handsome arch on the bridge leading to the wharf, and a long line of Chinamen stood in line waiting to bow to him. A carriage drawn by four white horses and draped with union jacks, waited to convey him the short distance from the train to the steamer. The viceroy seemed delighted with the demonstration in his honor. He went on board the steamer Empress of China, which sailed for Hong Kong Monday.

The Unpleasant Part of It.

"Well, Johnnie," said the visitor. "I suppose you'll begin going to school again very soon."

"Yes."

"Do you like going to school?"

"Yes; it's staying there after I get there that I don't like."—From *Harper's Round Table.*

Illuminating Oil.

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THE BOOKLET ON "LIGHT"

AND

{BURN CROWN ACME OIL.}

GIVES THE BEST LIGHT IN THE WORLD.

AND IS ABSOLUTELY SAFE.

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Painted Desert and its Mirage.

Wonderful Visions of Desolate Plains of Northern Arizona—Only Reptiles Live There—Legends and Natural Dangers Make the Place One to be Shunned—Of Interest to Geologists.

North of the junction of the Little Colorado with the great river of the same name is that wonderful region of northern Arizona called the Painted Desert. From the land of prodigious canons, where in abyssmal depths the mighty rivers roll on forever, and the surrounding landscape looks like the wreck of some blasted world, the traveler emerges on a vast elevated plateau stretching away to the north and northeast far beyond the range of ordinary vision even in the rare atmosphere of that elevated clime. The blue sky of Arizona—famous over all the world for its dazzling depths of liquid clearness—overarches all that wide expanse of dreary, desolate plain.

Over the parched rocks and burning sands, between scattered clumps of cactus, the traveler whose curiosity is proof against oppressive heat, discouraging loneliness and eternal silence must wearily plod his way. At every step his path reveals some strange looking fossil relic of the hoary ages of geological antiquity. Great silicified trunks of mammoth trees with dazzling scintillating crystallized cores are scattered here and there like the dismembered parts of the body of some mighty python cut clean by the sword of some fabulous Titian of old.

The shells of paleozoic crustaceans and mollusks, with the long, tapering chambered ortoceras, and huge convoluted remains of marine creatures of the past, that resemble great coiled serpants, are thickly embedded in the bed rock, but easily observable rising above the level of the softer sandy matrix in which they were covered up uncounted ages ago by the action of the restless waves of the now extinct carboniferous sea.

Rattlesnakes, fierce, venomous and lethargic, hiss and rattle ominously as they glide away from the adventurous intruder, and apparently wonder what kind of a new and rash being it is that has come to invade their hot, dessicated domain. The hideous Heloderma Horridus, better known as the Gila monster, basks in the glaring, blinding sun, or blinks torpidly beneath the scanty cactus shade. All around, beneath, above there is silence—silence deep, lasting, oppressive and seemingly eternal.

But what is it that the startled traveler observes in the distance? What great walled city is that, with its arched gates and equestrian statues above the portals, and giant sentries guarding the approaches? Far away sweep the buttressed, battlemented walls, and above them rise towers, turrets, cupolas and massive pyramids in amphitheatric perspective, all mingled in indescribable chaotic vastness of extent and half concealed by a misty, hazy shroud that seems to be in constant motion, rising, falling and swaying with an irregular motion. Like a great panoramic scene the figures are ever changing. Armies with banners raised appear drawn up in battle array. Histrionic statues, rising above the ghostly warriors of the mists, stand as silent as the Sphinx. Other fierce-looking statuesque figures in oratorical attitude admonish the heterogeneous assemblage in silent eloquence, and with fixed and terrible expressions of hatred and ineffable scorn. Guant maidens, with loose robes flowing with the wind, and petrified with some Delsartian, rigid form of expression, defy the distant enemies or urge the spirit hosts of defenders to hasten to the fight.

Wonderful mirage! Strange desert hallucination this, which puzzles the mind of the beholder and makes him entertain the gravest doubts of his own sanity. No one who has not seen the place can begin to conceive the bewildering power of deception on the human eye. Even dogs are affected, showing signs of unrest and dread, and sometimes, after gazing ahead at the astonishing collection of unrealities, will turn tail and flee.

The sudden changes that come over the mirage-producing region are really startling. At times the whole cavalcade of prodigious deceptions seem to be suddenly possessed of motion, and sweep away to oblivion in a mad, precipitate charge. With a rush like that Ney's troopers at Waterloo the figures of the mist disappear and are gone forever. Following them, cyclopean centeaurs, with sunlit and flashing scimetars, charge to the imaginary battle.

The mirages and the motions are supposed to be the result of the flashing of the sun's rays over the variegated rocks, which are of all shapes and forms, standing in profusion over all the wide extent of plain, and the effect on the eyes is to create hallucinations which affect human beings, dogs and horses apparently alike, as the latter become bewildered in the presence of the strange, unreal visions, and show a tendency to rush headlong from the scene.

Approaching closer to the remarkable desert plateau one beholds a most marvelous collection of natural forms. The great soft friable carboniferous sandstone stratum has been carved into the most grotesque shapes by the action of wind and storm and the chemical attributes of the atmosphere reacting on the peculiar chemical properties of the rock. There are red, white and green layers of stone all firmly cemented together, and standing in the form of statues, buildings, walls and towers as far as the eye can see. The strong rays of the sun and the peculiar kind of misty Indian summer haze that hangs over the elevated tableland have the effect of giving the scene a fantastic, chaotic and indescribably startling weirdness of aspect. The enchantment lent by distance heightens the effect on the eye and imagination of the beholder.

The Indians call the place the Land of Departed Spirits, or the Spirit Land, and refuse to enter or approach it. They tell of a party of warriors that once ventured within the walls and were never more heard of. This tradition may be founded on some actual occurrence as related, because the danger of getting lost in the labyrinthine passsages and perishing from thirst and hunger is possible when the nature of the strange country is taken into consideration.

The Painted Desert is shown on all the ancient maps of Arizona. It is one of the greatest wonders of that wonderful land of deep canons, towering mountains, petrified forests and mysterious historic ruins.

T. E. MALONE.

Death of ex-Senator Payne.

The Millionaire Who Represented Ohio for One Term.

Hon. Henry B. Payne, ex-United States senator, died at Cleveland, Ohio, last Thursday at his home, No. 595 Euclid avenue. His death was directly due to a stroke of paralysis, with which he was attacked last Saturday morning.

Hon. Henry B. Payne was father-in-law of William C. Whitney, ex-secretary of the navy, and was born in Madison county, N. Y., Nov. 30, 1810. Mr. Payne was graduated at Hamilton college in 1832; then read for the bar in Canandaigua, N. Y., and in 1834 moved to Cleveland, O., where he practiced law for the ensuing twelve years. In 1848 he was a presidential elector, and in 1849 was elected United States senator, serving until 1850. He was nominated for United States senator in 1851, but was defeated. In 1856 he was one of the staunchest supporters of Stephen A. Douglas, and a year later was defeated for governor of Ohio. Mr. Payne retired from his profession and became largely interested in manufactures, railroads and various other enterprises, and amassed a large fortune. In 1884 he was elected to the United States senate, succeeding George H. Pendleton and served one term.

——The income of the emperor of Russia for one day is $25,000, sultan of Turkey $10,800, emperor of Austria $10,000, German emperor $8,000, king of Italy $6,500, Queen Victoria $6,500, king of Belgium $6,500. president of France $5,000, president of the United States $150.

——Twenty-two properties were sold by the sheriff at Easton yesterday, more than half being located in the town. Five farms were included in the sale.

——Druggists say that their sales of Hood's Sarsaparilla exceed those of all others. There is no substitute for Hood's.

New Advertisements.

INVESTIGATE THIS.

AND ITS IN BELLEFONTE, NOT IN SAN FRANCISCO. ANY CITIZEN CAN VERIFY THIS.

"Honesty is the best policy." That old adage has always been a characteristic of the article endorsed by Mr. Jared Harper, the Allegheny street grocery man. Not only has honesty been the mainstay of the claims made for the old Quaker remedy but it is the bulwark of the testimonials published in its behalf when you know that a citizen, perhaps a neighbor prefaces his statement with a tribute like that which follows, the testimony not only is interesting, remarkably strong but it carries with it that irresistible influence that sweeps away every vestige of increduality. What do our readers think of this? "I have so much confidence in Doan's Kidney Pills that after I get my first box at Green's Pharmacy I went back and bought six more." What more can the greatest scoffer at proprietary medicines in Bellefonte want. Read the rest of Mr. Harper's testimony. "Besides running this grocery I have to look after three estates. This constant strain has told on me and as time passed by I find that my health is not what it was at one time. I am troubled with kidney complaint. It shows itself in backache, headaches and scanty yet frequent urination. While I am not laid up I suffer a great deal. Now I do not claim that Doan's Kidney Pills have cured me—for they have not—but I received so much benefit from one box I determined to continue their use. I believe from the progress made that I will eventually eradicate every vestige of troubles for my appetite has improved and I can rest comfortably at night."

Doan's Kidney Pills are for sale by all dealers. Price 50 cents. Mailed by Foster-Milburn Co., Buffalo N. Y., sole agents for the U. S. 41-7

Travelers Guide.

BEECH CREEK RAILROAD.

N. Y. C. & H. R. R. R. Co., Lessee.

Condensed Time Table.

READ UP. EXP. No. 37	READ UP. MAIL. No. 33	May 17th, 1896.	READ DOWN. EXP. No. 30	READ DOWN. MAIL. No. 36
P. M.	P. M.		A. M.	P. M.
	1 55	Ar.....Patton.....Lv		†3 30
	1 34	.....Westover.....		3 52
9 25	1 10	.....Mahaffey.....	†5 00	4 15
9 00	12 35	Lv.....Kerrmoor.....Ar	5 25	4 42
8 50	12 25	.....Gazzam.....	5 35	4 52
8 43	12 18	Ar.....Kerrmoor.....Lv	5 41	4 58
8 38	12 13	.....New Millport.....	5 46	5 03
8 32	12 07	.....Olanta.....	5 52	5 09
8 25	12 00	.....Mitchells.....	5 58	5 15
8 05	11 40	Lv...Clearfield Junc....Ar	6 15	5 34
7 55	11 31	.....CLEARFIELD.....	6 25	{5 45 / 6 10}
7 45	11 21	Ar...Clearfield Junc....Lv	6 35	6 19
7 37	11 12	.....Woodland.....	6 45	6 29
7 31	11 05	.....Bigler.....	6 52	6 34
7 23	10 58	.....Wallaceton.....	6 57	6 40
7 15	10 50	.....Morrisdale Mines....	7 06	6 48
7 07	10 41	Lv..... ..Munson.....Ar	7 15	6 57
6 35	10 16	Lv } PHILIPSBU'G { Ar	7 40	7 27
7 27	11 01	Ar }	6 55	6 35
7 05	10 36	Ar..... ..Munson.....Lv	7 17	7 00
7 00	10 32	.....Winburne.....	7 22	7 03
6 40	10 12	.....PEALE.....	7 40	7 25
6 20	9 50	.....Gillintown.....	7 57	7 44
6 13	9 43	.....SNOW SHOE.....	8 04	7 52
5 18	8 48	.....BEECH CREEK.....	8 48	8 42
5 05	8 33	.....Mill Hall.....	9 01	8 53
4 58	8 25	.....LOCK HAVEN.....	9 07	8 58
4 47	8 15	.....Youngdale.....	9 16	9 07
4 35	8 00	JERSEY SHORE JUNC.	9 29	9 18
4 30	7 55	.....JERSEY SHORE.....	9 30	9 20
†4 00	†7 05	.....WILLIAMSPORT.....	10 05	9 55
P. M.	A. M.	Lv. Ar.	A. M.	P. M.
P. M.	A. M.	Phila. & Reading R. R..	A. M.	P. M.
†2 40	*6 55	Ar.....W'MSPORT.....Lv	†10 20	*11 30
†8 35	*11 30	Lv.....PHILA.....Ar	5 08	7 10
†4 30		Lv....N. Y. via Tam...Ar	6 00	
	§7 30	Lv...N. Y. via Phila....Ar	b 7 25	‡9 30
A. M.	A. M.		P. M.	A. M.

*Daily. †Week-days. §6.00 P. M. Sunday. ‡10-55 A. M. Sunday. "b" New York passengers traveling via Philadelphia on 10.20 A. M. train from Williamsport, will change cars at Columbus Ave., Philadelphia.

CONNECTIONS.—At Williamsport with Philadelphia and Reading R. R. At Jersey Shore with Fall Brook Railway. At Mill Hall with Central Railroad of Pennsylvania. At Philipsburg with Pennsylvania Railroad and Altoona & Philipsburg Connecting Railroad. At Clearfield with Buffalo Rochester & Pittsburg Railway. At Mahaffey and Patton with Cambria & Clearfield Division of Pennsylvania Railroad. At Mahaffey with Pennsylvania & North-Western Railroad.

A. G. PALMER, Superintendent. F. E. HERRIMAN, Gen'l Passenger Agent, Philadelphia, Pa.

Travelers Guide.

PENNSYLVANIA RAILROAD AND BRANCHES.

May 18th, 1896.

TYRONE AND CLEARFIELD, R. R.

NORTHWARD. EXPRESS.	DAY EXPRESS.	MAIL.	May, 18, 1896.	SOUTHWARD. EXPRESS.	DAY EXPRESS.	MAIL.
P. M.	P. M.	A. M.	Lv. Ar.	A. M.	A. M.	P. M.
7 30	3 15	8 20	.....Tyrone.....	6 35	11 20	6 12
7 36	3 21	8 26	...E. Tyrone.....	6 29	11 14	6 06
7 38	3 23	8 28	.....Tyrone S.....	.....	11 14	6 04
7 41	3 26	8 31	.....Vail.....	6 25	11 09	6 01
7 51	3 36	8 42	...Vanscoyoc....	6 18	11 02	5 53
7 55	3 40	8 47	.....Gardner.....	6 15	10 59	5 50
8 04	3 49	8 57	...Mt. Pleasant..	6 07	10 51	5 41
8 11	3 55	9 05	.....Summit.....	6 00	10 44	5 34
8 16	3 59	9 09	..Sandy Ridge...	5 54	10 38	5 27
8 18	4 01	9 11	.....Retort.....	5 51	10 35	5 23
8 19	4 02	9 13	.....Powelton	5 49	10 33	5 21
8 27	4 08	9 21	.....Osceola.....	5 39	10 23	5 10
.....	4 11	9 28	..Osceola Junc..	.....	.....	5 06
8 31	4 16	9 31	.....Boynton.....	5 35	10 19	5 03
8 35	4 19	9 35	.....Steiners.....	5 31	10 15	4 58
8 36	4 23	9 42	...Philipsburg...	5 30	10 14	4 57
8 41	4 28	9 47	.....Graham.....	5 26	10 09	4 52
8 46	4 33	9 52	.....Blue Ball.....	5 21	10 04	4 46
8 52	4 39	9 58	...Wallaceton ...	5 16	9 58	4 39
8 57	4 44	10 04	.....Bigler	5 11	9 53	4 33
9 03	4 50	10 10	.....Woodland....	5 06	9 47	4 27
9 06	4 53	10 13	... Mineral Sp...	5 05	9 44	4 24
9 10	4 57	10 17	... ...Barrett.....	5 01	9 40	4 20
9 15	5 02	10 22	.....Leonard.....	4 56	9 35	4 15
9 19	5 06	10 28	.....Clearfield.....	4 52	9 31	4 09
9 24	5 11	10 34	... Riverview.....	4 58	9 26	4 03
9 30	5 17	10 41	...Sus. Bridge...	4 43	9 20	3 56
9 35	5 22	10 46	..Curwensville ..	4 39	9 15	3 51
.....	.....	10 52	.....Rustic.....	.....	.....	3 35
.....	.....	11 02	.....Stronach.....	.....	.....	3 25
.....	.....	11 06	....Grampian.....	.....	.....	3 21
P. M.	P. M.	A. M.	Ar. Lv.	A. M.	A. M.	P. M.

BALD EAGLE VALLEY BRANCH.

WESTWARD. EXPRESS	EXPRESS	MAIL	May 18, 1896.	EASTWARD. MAIL	EXPRESS	EXPRESS
P. M.	P. M.	A. M.	Arr. Lv.	A. M.	P. M.	P. M.
6 17	2 40	11 10	.....Tyrone.....	8 10	12 35	7 25
6 11	2 34	11 04	..East Tyrone...	8 16	12 41	7 31
6 07	2 30	11 00	....Vail.....	8 20	12 45	7 35
6 03	2 26	10 56	...Bald Eagle....	8 24	12 49	7 39
5 57	2 20	10 49	.....Dix.....	8 30	12 55	7 45
5 54	2 17	10 46	.....Fowler.....	8 33	12 58	7 48
5 52	2 15	10 44	.....Hannah.....	8 35	1 00	7 50
5 44	2 07	10 36	..Port Matilda..	8 42	1 07	7 57
5 36	2 00	10 28	..... Martha.....	8 49	1 14	8 04
5 28	1 53	10 20	.....Julian.....	8 58	1 22	8 13
5 19	1 44	10 11	.....Unionville...	9 07	1 30	8 22
5 12	1 37	10 04	Snow Shoe Int.	9 15	1 37	8 30
5 09	1 33	10 01	...Milesburg.....	9 18	1 40	8 33
5 01	1 24	9 53	....Bellefonte....	9 28	1 49	8 41
4 49	1 12	9 41	.....Milesburg ...	9 41	2 02	8 53
4 41	1 04	9 34	.....Curtin.....	9 49	2 11	9 01
4 37	1 00	9 30	..Mount Eagle...	9 53	2 15	9 05
4 31	12 54	9 24	.....Howard.....	9 59	2 21	9 11
4 22	12 45	9 15	.....Eagleville....	10 08	2 30	9 20
4 19	12 42	9 12	..Beech Creek...	10 11	2 33	9 23
4 08	12 31	9 01	.....Mill Hall.....	10 22	2 44	9 34
4 06	12 29	8 59	....Flemington...	10 24	2 46	9 36
4 02	12 25	8 55	...Lock Haven..	10 30	2 50	9 40
P. M.	P. M.	A. M.	Lv. Arr.	A. M.	P. M.	P. M.

LEWISBURG & TYRONE RAILROAD.

EASTWARD. MAIL.	EXP.	May 18th, 1896. Stations. Lv. Ar.	EXP.	WESTWARD. MAIL.
P. M.	A. M.		A. M.	P. M.
2 15	6 20	.....Bellefonte.....	8 55	4 15
2 21	.....	.....Axemann.....	8 50	4 10
2 24	6 28	.....Pleasant Gap.....	8 47	4 07
2 27	6 31	.....Peru.....	8 44	4 03
2 34	6 33	....Dale Summit.....	8 37	3 58
2 38	6 43	.....Lemont.....	8 32	3 53
2 43	6 47	.....Oak Hall.....	8 28	3 48
2 48	6 52	.....Linden Hall.....	8 23	3 44
2 55	7 00	.....Gregg.....	8 16	3 37
3 02	7 06	.....Centre Hall.....	8 09	3 31
3 10	7 14	.....Penn's Cave.....	8 02	3 23
3 17	7 21	.....Rising Spring.....	7 55	3 17
3 25	7 30	.....Zerby.....	7 45	3 08
3 32	7 38	.....Coburn.....	7 38	3 02
3 38	7 45	.....Ingleby.....	7 31	2 56
3 41	7 48	.....Paddy Mountain.....	7 27	2 53
3 49	7 57	.....Cherry Run.....	7 18	2 45
3 52	8 01	.....Lindale.....	7 14	2 41
3 59	8 08	.....Pardee.....	7 07	3 34
4 07	8 17	.....Glen Iron.....	6 58	2 25
4 15	8 25	.....Milmont	6 50	2 18
4 17	8 27	.....Swengle.....	6 47	2 16
4 22	8 33	.....Barber.....	6 42	2 12
4 27	8 38	..... Mifflinburg.....	6 37	2 07
4 35	8 47	.....Vicksburg.....	6 28	1 58
4 39	8 52	.....Biehl.....	6 23	1 53
4 47	9 00	.....Lewisburg.....	6 15	1 45
4 55	9 10	.....Montandon.....	5 40	1 35
P. M.	A. M.	Ar. Lv.	A. M.	P. M.

LEWISBURG & TYRONE RAILROAD.

WESTWARD. Mixed.	Mixed.	May, 18, 1896. UPPER END.	Mixed.	EASTWARD. Mixed.	
	P. M.	A. M. Ar. Lve.	A. M.	P. M.	
.....	4 40	9 20 .....Scotia.....	10 00	4 50	.....
.....	4 23	9 03 ....Fairbrook....	10 19	5 07	.....
.....	4 17	8 57 .....