

Bellefonte, Pa., Oct. 14, 1900.

The Hygiene of Sleep.

A Physician's Hints on "Tired Nature's Restorer."

One-third, or even in some cases, one-half, of our lives is spent in sleep. It was Kant, I think, who while advocating a decrease of the hours devoted to sleep asked, "Why try to prolong life if so much of it is to be spent in sleep?" I quote the proverb for the purpose of noting that too much sleep engenders pessimism. Sleep is the period of inactivity, and inactivity enfeebles. It is a law of nature that unneed structures shall degenerate. Abuse

fourth years, to fourteen hours; between the fourth and sixth years, to thirteen hours; between the sixth and ninth years, to twelve hours; between the ninth and

by persons in good health. Of course, this rule has its exceptions. Recuperation from sickness or from the effects of severe or unusual mental strain may make a longer sleeping period necessary.

The opinion of medical men that eight hours is sufficient sleep for a normal adult seems to be quite unanimous. It is a curious fact that men of genius have as a rule required a less number of hours for sleep than eight. For example, Napoleon, Mirabeau, Gothe and Humboldt all slept for an average period of less than eight hours. We learn, however, from those who surrounded them that when they did sleep oblivion was complete. Their recuperative powers seem to have been as remarkable as was their mental activity.

It is erroneous to suppose that old age requires a greater period for sleep than adolescence or middle life. It follows, therefore, that the tendency to drowsiness so frequently seen in aged persons should be combated rather than encouraged, lest habit tend to increase it more and more.

Sleep is the resting time of conscious-

habit tend to increase it more and more. Sleep is the resting time of conscious-

ness. A man exhausted physically or mentally recuperates those portions of his brain in which are located the centres presiding over the exhausted functions during the sleeping period. In these exhausted nerve-centres the unconsciousness presented a check. is deeper than elsewhere, in order that the rest may be more complete. This is best appreciated when we remember the effect of sleep upon the brain of a process.

But this woman, instead of saying haughtily, "I do not wish your acquaint-ance, sir," merely replied with an engaging smile. appreciated when we remember the effect of sleep upon the brain of a person who has suffered intense grief. When such a person sleeps grief is completely forgotten; no dream recalls the misfortune. Even on awakening it is a little time before the exact nature of the misfortune can be remembered.

"O, yes, you do, I think, I'm the 'redheaded old virago' next door to you, whose 'scoundrelly little boys' are always reaching through the fence and picking your flowers. When you started down town this morning your wife said: 'Now Henry,

In order to understand the causes of insomnia we must learn a little concerning how nature causes sleep. Sleep is accompanied by a contraction of the blood vessels of the brain. The blood is squeezed out of the brain, so to speak, and that organ becomes in a measure bloodless. This bloodless, or anemic, condition is a sine qua nou; without it sleep cannot be in-duced. Mental activity requires just the opposite condition. Severe mental labor must be fed by means of an increased blood supply. We recognize this when we notice how red and congested the face of any one who is making a mental exertion, a public speaker, for example. The mental energy exerted uses up force, which must be replaced at ouce. Nature, therefore, sends blood to the parts to resupply the cells

with vitality.

Anger and fits of passion use up more mental energy than work, no matter how exhausting may be the latter. It follows naturally that irritable, nervous people are victims of iosomnia. Repeated attacks of brain congestion which accompanies anger weaken the walls of the blood-vesnatural sleep. Complete insomnia is a very rare condition, and always results in death. Dr. Hammond reports a case of this in a patient who never closed his eyes for nine days. On the ninth day death ended his sufferings.

I have said in the same place."

'Jiminy!'' exclaimed the first boy, "teacher jumped on you pretty quick. Yanked you up and walloped you like lightnin' didn't he?"

"No," replied the other ruefully, "not like lightnin'. He hit too often in the same place."

sufferings.

I have said that anything tending to prolong an excessive congestion of the brain is the cause of this distressing condition. Extreme physical strain, nervous exhaustion, grief or anxiety, especially when they are experienced in the latter part of the day near bed time, are also causes. Mental work should be laid aside before retiring and the evening devoted to recreative enjoyment.

Many cures for insomnia have been devised, and right here I would sound a warning against the use of hypnotic medicines. These are all injurious and should be used only under the best medical advice. The sleep so produced is neither natural or beneficial. There are, however, many harmless means of inducing sleep which may be tried until a successful one be found. What may be efficient in one case may fail in another. Cold compresses applied to head or packing the body in wet sheets is often successful. I have known a pair of thick woolen socks, wet and wrung out, worn on the feet to bring about the desired result when other means had failed. A hot bath taken at bedtime brings the blood to the surface of the body away from the brain, and will often induce re-freshing sleep. The bath should be hot, not lukewarm, and the patient should re-Chicago, Milwaukee & St. Paul railway, should

main in it about five or six minutes.

In some cases food eaten just before retiring will cause sleep. When food is thus eaten, however, it should be of the lightent most easily digested kind. Dr.

The four "Time Standards" which govern our entire time system and which are more or less entire time system and which are more or less entire time system and which are more or less entire time system and which are more or less entire time system and which are more or less entire time system. est and most easily digested kind. Dr.

Durham has noted that the introduction of food into the stomach increases anemia of the brain during sleep and consequently plained and illustrated by a series of charts, dia-

makes sleep more profound.

Perhaps the most commonly used remedy for insomnia is monotony. Many persons count themselves to sleep by repeating numbers until slumber comes. The roeking cradle and the monotonous lullaby are examples of the hypnotic influence of motony. Children are often put to sleep by monotonous patting with the hand.

We often see suggestion and habit play an

interesting part in connection with monotony. The child after a time falls asleep as soon as it is placed in the position where it has been accustomed to receive some monotonous hypnotic impression. Dr. Dane recommends the reading of dull, heavy books, or the keeping before the mind of some blank or wearying picture,

as a sleep-inducing means.

On the whole, I have obtained the best Wise Bedroom Conditions—Schemes for the Cure of Insomnia—Proper Number of Hours for Slumber.

Dr. Cyrus Edson, of New York, has an interesting article on "The Hygiene of Sleep" in the Cosmopolitan Magazine, in which he says in part:

One-third, or even in some cases, one-half, of our lives is spent in sleep. It was

enfeebles. It is a law of nature that unused structures shall degenerate. Abuse of sleep is as certain to cause physical degeneration as is the abuse of alcohol.

Of course, the amount of sleep necessary to recuperate the system varies somewhat with the age and manner of life of the individual. The infant during its first six months of life should not sleep less than about twenty hours daily; this period should be gradually lessened until the second year of life, when the time for sleep should be gradually lessened until the second year of life, when the time for sleep should be about seventeen hours daily. Between the second and third years the sleeping period may be gradually lessened to fifteen hours; between the second and third years the sleeping period may be gradually lessened fourth years, to fourteen hours; between the second and third years the sleeping period may be gradually lessened fourth years, to fourteen hours; between the second and third years the sleeping period may be gradually lessened to the sleeping lessened to the sleeping lessened to the sleeping lessened to the sleeping l

tenth years, to ten hours.

During the critical period between the ages of thirteen and sixteen at least ten hours should be spent in sleep. After this period, when adult life is well established, eight hours' sleep is all that is required by persons in good health. Of course, this period, when the period, when the period is all that is required by persons in good health. Of course, this period, we will be a site exceptions. Recuperation worning the course with a slightly persons in good health.

She Got Her Money.

"But I don't know you, madam," the bank cashier said to the woman who had

iug smile:
'O, yes, you do, I think, I'm the 'redheaded old virago' next door to you, whose if you want a dinner fit to eat this evening you'll have to lcave me a little money. I can't run this house on the city water and 10 cents a day-"

"Here's your money, madam," said the cashier, pushing it toward her and coughing loudly.

A THOUSAND TONGUES-Could not express the rapture of Annie Springer, of Philadelphia, when Dr. King's New Discovery cured her of a hacking cough that for many years had made life a burden. She says: "After all other remedies and doctors failed it soon removed the pain in my chest and I can now sleep soundly, something I can scarcely remember doing before. I feel like sounding its praises throughout the universe." Dr. King's New Discovery is guaranteed to cure all troubles of the throat, chest or lungs. Price 50c. and \$1. Trial bottles free at Green's drug store.

His Faulty Figure of Speech.

—The best thing money can buy should be your aim in chosing a medicine, and this is Hood's Sarsaparilla. It cures when others fail, work work

What Shall We Have for Dessert?

This question arises in the family every day. Let us answer it to-day. Try Jell-O, a delicious and healthful desert. Prepared in two minutes. No boiling! No baking! Add boiling water and set to cool. Flavors:—Lemon, Orange, Raspberry and Strawberry. At your grocers. 10 cts. 45-1 BUCHANAN MICH., May 22nd. Genesee Pure Food Co., Le Roy, N. Y. :

Gentlemen:—My mother has been a great coffee drinker and has found it very injurious. Having used several pack ages of your GRAIN-O, the drink that takes the place of coffee, she finds it much better for herself and for us children to drink. She has given up coffee drinking entire. J. We use a package of Grain-O every week. I am ten years old. Yours respectfully, FANNIE WILLIAMS 45-26

Tourists.

"What's the Time ?"

The Shortest and Quickest Line to Den-

Is from St. Louis via the Missouri Pacific Railway leaving St. Louis at 9:00 a. m., and arriving at Denver II o'clock the next morning—only one night out. Pullman sleepers, superior service. For complete information address, J. R. James, C. P. A., Pittsburg, Pa. Or H. C. Townsend, G. P. & T. A., St. Louis, Mo.

\$35.5 Round Trip to Denver, Colorado Springs and Pueblo.

From Chicago via Chicago, Union Pacfic and North-Western Line, September 4th and 18th, good returning until Oct. 31st. Also very low rates on the same dates to Glenwood Springs, Ogden, Salt Lake City, Hot Spring, Deadwood and Rapid City, S. Dakota, Casper, Wyo. Quick-est time. Best service. All agents sell tickets via Chicago & North Western R'y. For full particulars address, A. Q. Tallant, 507 Smithfield street, Pittsburg, Pa.

New Advertisements

WHY IT SUCCEEDS. BECAUSE IT'S FOR ONE THING ONLY, AND

Nothing can be good for everything.
Doing one thing well brings success.
Doan's Kidney Pills do one thing only.
They're for sick kidneys.
They cure backache, every kidney ill.
Here is Bellefonte evidence to prove it:

BELLEFONTE IS LEARNING THIS.

Mrs. J. Cowher, of Bishop street, says:
"I was verylbad with my back and head. I suffered pain, in both and was very restless nights besides being so tired all the time that I could hardly keep myself about. I was very lame across my kidneys and bending over or being on my feet much was extremely painful. Reading about Doan's Kidney Pills and seeing them so highly recommended for these troubles I procured them from F. Potts Green's drug store. They gave me positive relief, causstore. They gave me positive relief, caused me to sleep well, stopped the pains, removed the lameness and invigorated me generally."

For sale by all dealers. Price 50 cents. Foster-Milburn Co. Buffalo, N. Y., sole agents for the U. S. Remember the name Doan's and no substitute

Restaurant.

Do you get HUNGRY?

> Of course you do. Every body does. But every body does not know that the place to satisfy that hunger when in Bellefonte is at Anderson's Restaurant, opposite the Bush House, where good, clean, tasty meals can be had at all hours. Oyster: and Game in season

If you do, you will find excellent Pool and Billard tables, in connec-tion with the Restaurant.

DO YOU USE BOTTLED BEER?

> If you do, Anderson is the man to supply you. He is the only licensed wholesale dealer in the town, and supplies only the best and purest brands. Will fill orders from out of town, promptly and carefully, either by the keg or in bottles. Address JOHN ANDERSON, Bellefonte, Pa

Green's Pharmacy.

New Advertisements.

OU TAKE NO CHANCES

> -IN USING-"CYDONINE"

for chapped hands, lips and face and for use after shaving. It COSTS ONLY 15 CENTS and our guarantee, "Your money if not satisfied," goes with it. Try AROMATIC TOOTH WASH price 25c. has no superior at any price. Give these articles a trial.

Full Line of 1 100 HOT WATER BOTTLES

from 85c. to \$1.25.

GREEN'S PHARMACY, HIGH STREET,

BELLEFONTE, - PA.

Prospectus.

READ THE TIMES

Philadelphia's Only Democratic Newspaper

BRYAN

STEVENSON!

SEE THESE TESTIMONIALS FROM BOTH THE CANDIDATES AND THE GREAT PARTY LEADERS.

Special Dispatch to the Editor of the Times.

The Democracy of this entire country is to be congratulated upon your editorial of this morning. It is an inspiration to the defenders of our free institutions. WOODER THE STEVENSON.

Special Dispatch to the Editor of the Times. Chicago, Ill., October 1st.

I am greatly gratified by the action of your paper, and sincerely thank you for it. I am sure that the cause of Democracy will be greatly aided, not only in Pennsylvania, but in New Jersey. Delaware and Maryland, by your course, and patriots everywhere will rejoice.

JAMES K. JONES. Chairman National Democratic Committee.

Pittsburg, Pa., October 1st.

I voice the sentiment of hindreds of thousands of Democratic voters in Pennsylvania when I most heartily congratulate you on your announcement that henceforth you stand committed to the advocacy of those Democratic sentiments upon the success of which the welfare of our country depends. At no time in the politics of the State could this change have been more opportune. You can and will aid greatly in both our national and State affairs, and your faithful adherence to the Democratic party will insure you the position of the greatest political paper in the eastern part of our State. I ask of the Democratic organization, as well as the rank and file of the party within the State, their hearty co-operation and support in making the Times a most successful and influential Democratic organ.

J. M. GUFFEY. Special Dispatch to the Editor of the Times.

J. M. GUFFEY. Pennsylvania Member of the Democratic Na-

Special Dispatch to the Editor of the Times. Special Dispatch to the Editor of the Times.

Erie, Pa., October 1st.

In advocating the cause of Bryan and Stevenson and the principles of the Democratic party you are performing a noble duty, for which you deserve the gratitude of the great mass of the common people, whose cause you uphold. You have come to the defense of our country when its very foundations are being undermined. The seeds of empire that have already been sown by the present vacilitating administration must be uprooted. You are bound to be the greatest newspaper in Pennsylvania, and every Democrat ought to subscribe to your paper. I wish you abundant success.

JOHN S. RILLING,
Chairman Democratic State Central Committee.

Chairman Democratic State Central Committee

Special Dispatch to the Editor of the Times. Reading, October 1st.
Express one thousand marked copies of today's issue. Hearty congratulations from the
Gibraltar of Pennsylvania Democracy. sanball area amod s JOHN F. ANCONA. Mr. and Mrs. David Frants, of Skelplevel,

mbris, Co., are visiting friends in this

ich pleased with their new home in the Special Dispatch to the Editor of the Times. New York, October 1st.

Accept my hearty congratulations for the Times support of Bryan and its clear annunciation of its stand against imperialism, militarism and McKinleyism. The Times editorial of to-day will appeal to the true American people.

RICHARD CROKER.

Mrs. Mary B. Gates is making ber annua

turn visit to her daughter Kata Erb in

ck State, and if the wintry blasts do Special Dispatch to the Editor of the Times. The Democracy of New York, October 1st, the Times will support the National standard bearers. The cause is growing every day all over the Union, Accept my congratulations.

DAVID B. HILL.

Our stock man A. M. Brown, shipped a Special Dispatch to the Editor of the Times, but

Reading, October 1st.

I am very glad to know that we have once more a strong and popular newspaper in Philadelphia advocating the cause of the Democratic party and the election of William Jennings Bryan to the Presidency. I congratulate the Philadelphia Times in the earnest and manly stand it has taken in advocating the interests of the common people, and its patriotic attitude in favor of the maintenance of a Republican government and the institutions under which this country, became great and prosperous. At this critical moment in the life of the Republic, the assistance which the Philadelphia Times can, and I know will, give in advocating a true American policy, and in defending the Stars and Stripes as the flag of the free, teaching a lesson of liberty, equality and humanity to the downtrodder and oppressed of all nations, and holding out to them the blessings which have been achieved under it is much needed, and I know your paper will receive a cordial welcome from those who hold patriotism above McKinley commercialism. Very truly, HENRY D. GREEN. Member of Congress from the Ninth Pennsyl-

Special Dispatch to the Editor of the Times. Easton, October 1st.

The Times for Bryan makes Pennsylvania
Democracy rejoice. Its editorials to-day are like
a blast from the bugle that calls to battle. Trusts
and Imperialism are sure to find their heads hit
hard by this champion of the people and defender of the Declaration of Independence.

Next Congressman from the Tenth District.

HOWARD MUTCHLER.

Herman & Co.

THE TRUE

SUCCESS are the thousands of people who have had their eyes properly fitted by our specialist. The eyes of the public have been opened to the fact that the word OPTICIAN means something different than the ordinary man who sells spectacles. This is why our specialist is more successful than the majority of others. He is a graduate of one of the largest optical institutes in the United States. His knowledge and experience is at your command. Call and see him. Consultation free, is at your comman Consultation free,

FRANK GALBRAITH'S, JEWELER, -BELLEFONTE, PA. TUES. OCT. 16th 1900

H. E. HERMAN & CO., Consultation Free.

Harness Oil.

EUREKA .... HARNESS

A good looking horse and poor looking harness is the worst he street set kind of a combination aut.

EUREKA HARNESS OII. not only makes the harness and

BUY PURE BEER.

BOTTLED BEER-

Shoes Etc

A C HEVERLY.

GRAND CLOSING OUT

In order to make room in our

SALE OF OXFORDS.

already overcrowded store we must close out the balance of our Ox-fords. Prices to suit everybody from forty cents to \$3.00 per pair. Come early and get your size as s Daniel and Miss Mary M. of Tyrone

The finest line of shoes ever a brought to Centre Co., in the for fall. They will be here early. Milliant See them. belouband elem bas ....

ablituit moll le a We have the best line of Farmers and Workingmens Heavy Goods for fall and winter ever brought to Bellefonte. See them before buying elsewhere.

POWERS SHOE CO.

Bush Arcade, BELLEFONTE. PA P. S. Free Shines to our Customers. 43-48-6m

Travelers Guide. CENTRAL RAILROAD OF PENNA. Condensed Time Table.

READ DOWN Jan. 21st, 1900. READ UP. No 1 No 5 No 3 a. m. p. m. p. m. Lve. Ar. p. m. p. m. a. m.
17 10 16 30 12 40 BELLEFONTE. 9 02 5 10 9 40
7 22 6 42 2 52 Nigh. 8 49 4 57 9 27
7 28 6 48 2 58 Nigh. 8 49 4 57 9 27
7 33 6 53 3 03 HECLA PARK. 8 38 4 46 9 16
7 35 6 55 3 05 Dun kles. 8 36 4 44 9 14
7 39 6 59 3 09 Hublersburg. 8 32 4 40 9 10
7 43 7 03 3 13 Snyderto n. 8 22 4 30 9 00
7 46 7 06 3 16 Nittany. 8 25 4 33 9 03
7 48 7 09 3 18 Huston. 8 22 4 30 9 00
7 51 7 12 3 21 Lamar. 8 19 42 7 8 57
7 53 7 15 3 23 Clintondale. 8 16 4 24 8 54
7 57 7 19 3 27 Krider's Siding. 8 12 4 19 8 49
8 02 7 24 3 32 Mackeyville. 8 06 4 13 8 43
8 08 7 30 3 38 Cedar Spring. 7 59 4 07 8 37
8 10 7 32 3 46 Salona. 7 57 4 05 8 35
8 15 7 37 3 46 MILL HALL 7 52 14 00 18 30

110.55 A. M. Sunday. PHILADELPHIA SLEEPING CAR attached to East-bound train from Williamsport at 11.30 P. M., and West-bound from Philadelphia at 11.36. Travelers Guide.

DENNSYLVANIA RAILROAD AND BRANCHES. Schedule in effect May 28th, 1900.

BRANCHES.
Schedule in effect May 28th, 1900.

VIA TYRONE—WESTWARD.

Leave Bellefonte, 9.53 a. m., arrive at Tyrone 11.10 a. m., at Altoona, 1.00 p. m., at Pittsburg 5.50 p. m.

Leave Bellefonte 1.05 p. m., arrive at Tyrone, 2.15 p. m., at Altoona, 3.10 p. m., et. Pittsburg, 6.55 p. m.

Leave Bellefonte, 4.44 p. m., arrive at Tyrone, 6.00, at Altoona, 7.35, at Pittsburg at 11.30.

VIA TYRONE—EASTWARD.

Leave Bellefonte, 9.53 a. m., arrive at Tyrone 11.10, at Harrisburg, 2.40 p. m., at Philadelphia, 5.47, p. m.

Leave Bellefonte, 1.05 p. m., arrive at Tyrone, 2.15 a. m., at Harrisburg, 6.45 p. m., at Philadelphia, 10.20 p. m.

Leave Bellefonte, 1.05 p. m., arrive at Tyrone, 6.00 at Harrisburg, at 10.00 p. m.

Leave Bellefonte, 9.32 a. m., arrive at Lock Haven, 10.30 a. m.

Leave Bellefonte, 9.32 a. m., arrive at Lock Haven, 2.43 p. m., arrive at Williamsport, 3.50 p. m.

Leave Bellefonte, 1.42 p. m., arrive at Lock Haven 10.30, leave Williamsport, 12.40 p. m., arrive at Harrisburg, 3.15 p. m., at Philadelphia at 6.23 p. m.

Leave Bellefonte, 1.42 p. m., arrive at Lock Haven 10.30, leave Williamsport, 12.40 p. m., arrive at Harrisburg, 3.15 p. m., at Philadelphia at 6.23 p. m.

Leave Bellefonte, 3.31 p. m., arrive at Lock Haven 2.43 p. m., arrive at Williamsport, 3.50, leave 4.00 p. m., Harrisburg, 6.55 p. m., Philadelphia at 6.52 a. m., arrive at Harrisburg, 3.55 a. m., arrive at Philadelphia at 6.52 a. m., arrive at Lewis burg, at 9.05 a. m., Montandon, 9.15, Harrisburg, 11.30 a. m., Philadelphia, 3.17 p. m.

Leave Bellefonte, 2.16 p. m., arrive at Lewisburg, 4.47, at Harrisburg, 6.55 p. m., Philadelphia at 10.20 p. m.

TYRONE AND CLEARFIELD, R.

TYRONE AND CLEARFIELD, R. R. MAIL. MAY 58th' 1000 RY PRES. PAU. 

BALD EAGLE VALLEY BRANCH. WESTWARD. EASTWARD. May 28th, 1900. May 28th, 1900. The Bellefonte Brewery has earned a reputation for furnishing only pure, wholesome, beer. It proposes maintaining that reputation and assures the public that under no condition will doctoring or drugs be allowed. In addition to its sale by the keg it will keep and deliver

TLED BEER—

TLED BEER—

MATTHEWS VOLK, y Proprietor Bellefonte Brewery.

Shoes Etc

May 28th, 1900. 

Marr. 

Lv. 
A. M. M. P. M. 

Marr. 

No. M. Arr. 

Lv. 
A. M. D. P. M. 

Main and Ass. 

Main and Ass. 

Marr. 

No. Marr. 

No

4 02 12 26 9 12 ...Beech Creek... 10 11 2 269 13 3 51 12 16 9 01 ...Mill Hall... 10 22 2 37 9 24 3 49 .... 8 59 ...Flemington... 10 24 2 39 9 26 3 45 12 10 8 55 ...Lock Haven... 10 30 2 43 9 30 P.M. P. M. A. M. Lv. Arr. A. M. P. M. P. M. LEWISBURG & TYRONE RAILROAD. EASTWARD. May 27th 1900. WESTWARD. MAIL. | EXP. STATIONS. P. M. A. M. Lv. 2 15 6 40 ...... 2 21 6 45 ...... ...Bellefonte. Lemont.....Oak Hall.....Gregg......Centre Hall..... .Penn's Cave.... .Rising Spring..

7 57 7 50 7 43 7 40 7 31 7 26 7 19 7 09 7 02 6 59 6 55 6 50 6 42 6 38 5 40 LEWISBURG & TYRONE RAILROAD. WESTWARD.

P. M. A. M. Ar. Lve. A. M. P. M. 4 30 9 40 ... Scotia... 10 20 4 446 ... 4 30 9 40 ... Scotia... 10 20 4 446 ... 4 15 9 03 ... Fairbrook... 10 36 5 00 ... 4 10 8 57 ... Musser... 10 42 5 05 ... 4 04 8 51 Penn. Furnace 10 48 5 16 ... 3 59 8 45 ... Hostler... 10 56 5 15 ... 3 59 8 45 ... Hostler... 10 56 5 15 ... 3 59 8 35 ... Loveville... 11 04 5 23 ... Loveville... 3 49 8 32 ... Furnace Road. 11 12 5 33 ... 3 44 8 26 ... Dungarvin... 11 25 5 35 ... 3 30 8 99 ... Pennington... 11 40 5 56 ... 3 21 7 58 ... Stover... 11 52 6 07 ... 3 15 7 50 ... Tyrone... 11 59 6 15 ... 3 15 7 50 ... Tyrone... 11 59 6 15 ... Tyrone... 11 59 6 15 ... Tyrone... 11 59 6 15 ... M. Lve. Ar. A. M. P. M.

May 28th, 1900.

BELLEFONTE & SNOW SHOE BRANCH. Time Table in effect on and after July 10, 1899.

"f" stop on signal. Week days only.
J. B. HUTCHINSON,
General Manager. General Passenger Agent. BELLEFONTE CENTRAL RAIL-Schedule to take effect Monday, Apr. 3rd, 1899. †No. 5 †No. 3 No. P. M. A. M. A.M. Lv. Ar. A. M. P. M. P.M. 4 15 19 30 6 30 .....Bellefonte .... 8 50 2 40 6 40 4 21 10 37 6 35 ....Coleville .... 8 40 2 25 6 30 4 25 10 42 6 38 ....Mortis .... 8 37 2 22 6 2 37 4 28 10 47 6 43 ....Whitmer .... 8 35 2 17 6 23 4 33 10 51 6 46 ....Whitmer .... 8 35 2 17 6 23 4 36 10 56 6 50 ....Fillmore .... 8 28 2 06 6 18 4 40 11 02 6 55 ....Briarly .... 8 24 2 06 6 14 4 31 10 57 00 ....Waddles ... 8 20 1 55 6 10 4 5 1 1 20 7 12 ....Krumrine .... 8 37 1 37 5 52

5 00 11 35 7 25 ... State College... 8 00 1 30 5 45

Trains from Montandon, Lewisburg, Williams port, Lock Haven and Tyrone connect with train Nos. 3 and 5 for State College. Trains from State College connect with Penn'a. R. R. trains at Bellefonte. † Daily, except Sunday.

F. H. THOMAS Supt

J. W. GEPHART. General Superintendent.