

Bellefonte, Pa., July 26, 1901.

DON'T ENVY; EMULATE.

Sit never sullen, hopeless, sad; The active are the great; Be hopeful, alert, and glad; Don't envy; emulate.

THE AMBULANCE AND THE VIOLIN.

She looked up from her violin, but without taking it from her arm. Her chin rested lovingly against the frame, and her ear seemed to listen for the last vibrant whisper of the wood. Still, she looked up. "It's just this," the man repeated, walking back and forth in exasperation. "Does a man come home to rest, or be a victim of his wife's caprices?"

"Why? Should I have begun by exclaiming, 'Howell, we were old comrades. I wouldn't speak of this to any one else, but—'" "A light sprang into his somber face for a moment, and he leaned toward her in obedience to some sudden and commanding impulse. Then he drew himself together with an effort, and the light in his face died slowly. "You haven't changed much," he said. "I think I'll go now, while I'm still saying griggish things to you."

The Growth of the Habitual Use of Strong Drink.

The past hundred years might be called "the century of alcohol," an appellation that the present one bids fair to deserve, too, unless common sense triumphs. Today alcohol is taken regularly by seventy-five per cent. of all human beings, save those we are pleased to call "uncivilized."

American Guns to Remain Upon Morro Castles.

United States to Secure Permanent Naval Stations at Havana, Santiago, Cienfuegos and Cuban Harbors. Administration Has So Decided.

American guns will probably continue to grove upon the shipping in Havana harbor from the embrasures in Morro Castle. They will probably also guard the narrow entrance to Santiago harbor and from the works at Cienfuegos on the south coast and Gibara on the north they will continue to sweep the channels through which war vessels may pass, even after the island has been turned over to the Republic of Cuba.

PLAN OFFICIALLY RECOMMENDED.

The idea prevailing in the administration councils is that it would be useless for the United States to establish naval stations at any points on the islands without at the same time acquiring the means for protecting them. That is why the retention of the Morro castles at Havana and Santiago, a part of the tentative plan outlined.

Charles A. Spring Dies.

Set His Mark at \$250,000 and Gave Away All Beyond That Amount.

Charles A. Spring, associate of the late Cyrus H. McCormick and the manager of the McCormick Harvesting Machine Company from 1855 to 1889, died on Tuesday in his home in Chicago. He was seventy-five years old.

Exercise as a Tonic.

Simple Calisthenics That do More Good Than Drugs. Developing Various Muscles. Directions Which, if Followed, Will Result in a Great Gain in Health, to Those Who Are Weakly.

Army a Costly One.

The United States has the most expensive army per capita in the world as established by figures given by the office of military information in its latest publications of notes of military interest. This comparative table is presented.

Table with columns: Country, Effective, a Year, a Year, Cost of 1 Soldier. Rows include Italy, Austria, Germany, France, Russia, United States.

The book shows that all the European armies are devoting their main attention to manœuvres on a large scale. France and Germany especially indulged in very extensive field operations during the past year, massing great bodies of men in mimic warfare. Speaking of the French manœuvres, the report says; their work in the field, produces upon the mind of the military observer a different impression from that made by the individual soldier met in the street.

WALKING AND DANCING.

Walking is a splendid exercise if the arms are allowed to swing freely. Dancing has very much the same effect as walking. It is automatic generally, and the chief effect is on the muscles of the abdomen. The lower part of the trunk, the thighs, the legs, especially the calves of the legs. Dancing has an exhilarating effect on mind and body. It increases the circulation also. Skating is a good exercise. Rowing is generally done for the exercise to the arms, back and chest.

EXERCISES.

EXERCISE I. Lift the arms slowly up at the sides on a level with the shoulders, palms turned toward the floor, breathing in as the arms go up. Let the breath slowly out as the arms return to position again. Ten times. For lungs.

EXERCISE II. Bring the arms up over the head, taking a long breath and rising on the toes just as the arms go over the head. Bring the arms down at the side and let the heels sink, letting the breath out slowly. Ten times. For chest and to strengthen lungs.

EXERCISE III. Hands on hips. Rise on the toes and bend the knees. Straighten the knees and let heels slowly sink. For the legs and thigh muscles. Do this exercise twenty times.

EXERCISE IV. Holding a cane in the hands over the head as high as the arms will stretch, bend down and try and touch the floor five times. To cure backache and congestion of bloodvessels in back and to develop hips and reduce flesh on the abdomen.

EXERCISE V. Take position as in figure 1. Bending first to the left three times, then to the right three times. Be sure and have the heels together. To help digestion. Effect on the liver.

EXERCISE VI. An exercise which is very good for the bowels and which helps to relieve constipation is the exercise which is seen in the second picture. Take the position as in figure 2, and bring the leg down as slowly as you can, taking care to keep the knee straight and the instep stretched. Do this three times, alternating first right and then left leg. It also strengthens the abdominal muscles and reduces flabby flesh on the abdomen.

EXERCISE VII. Putting the cane between the lower rungs of two chairs and jumping over it is a good exercise for gracefulness, taking care to land with the knees slightly bent, so as not to jar the spine.

EXERCISE VIII. Hold the cane over the head and then turn first to the right and then to the left. Four times to each side. Take care not to move the feet.

EXERCISE IX. Take the combination of exercise I and VIII without the cane. Lifting the arms and breathing in as the body turns to the side. Letting the arms down at the side and expelling the breath as the body turns to the front.

EXERCISE X. Cane held back of shoulders body erect. Rise high on the toes twenty times slowly.

All these exercises excepting the last one are for the physiological effect as well as the physical.

Struck by a Falling Corpse. At Corning a few days ago, Martin Dillon, aged 18, was electrocuted while repairing wires. He fell dead to the sidewalk. In the descent his body struck Charles Brown, an aged resident of Wellsboro, who was passing on the sidewalk. Mr. Brown was knocked to the ground and was seriously injured.

Subscribe for the WATCHMAN.

Constantinople Fire.

The Mystery of the Cause of It Is Now Cleared Away. CONSTANTINOPLE, July 20.—Owing to the mystery and secrecy enshrouding all occurrences in the Yildiz palace, the real cause of the recent fire there has only now transpired.

The incident was the result of an intrigue by the ladies of the harem against the lady treasurer of the harem, a woman they wished to be rid of. At the instigation of the conspirators a negro placed materials for a conflagration in a corridor of the palace, and lighted them under conditions to cast suspicion upon the lady of the treasury. The desired result was attained. The lady treasurer was not only dismissed, but she was imprisoned in the palace. Her relatives are influential, and have been endeavoring to obtain her release. There have been numerous arrests in consequence of the attempt at incendiarism, and women have been subjected to torture in the hope of extracting confession from them.

The sultan first believed the conspiracy was directed against himself. The fire did not occur in a room adjoining that used by the sultan, as first reported, but in a corridor quite a long way from his majesty's apartments.

Mamma—"No cooking class today?" May—"No, ma; the teacher is sick." "The heat, I suppose." "No; dyspepsia."