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A Teacher, A Lawyer, A Physician.

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YOUNG WOMEN are admitted to all courses on the same terms as Young Men.

THE WINTER SESSION onens January 12th, 1902.

For specimen examination papers or for catalogue giving full information repsecting courses of study, expenses, etc., and showing positions held by graduates, address

State College, Centre County, Pa.

Democratic Watchman.

Bellefonte, Pa., June 13, 1902.

Exercise and Eating.

Remember That a Tired Stomach Is a Weak Stom-

A good dinner at night is necessary

for those whose pleasure or work keeps

them up very late. But for ordinary

folk who dine at 6 or 7 and go to bed

about 10:30 only a light wholesome re

past should be taken at the end of the

day, when muscles and nerves are

A "tired stomach is a weak stomach"

is a golden rule to remember. Yet how

often one hears people say, "I've been

rushing about all day and am tired to

death; I must have a big meal to make

up for it!" You may put the big mea'

into the stomach, but you cannot make

A belief lives strong in the hearts an

minds of the majority of mankind, in

cluding persons of weak digestions

that a quick, brisk walk taken before

a meal gets up an appetite and help

the stomach to digest the food. Nov

this is exactly what it doesn't do. Ex

ercise spreads the blood throughout the

body. For the proper digestion of food

the blood is needed in the stomach

After a long, exhausting walk, bicy-

cle spin or any severe physical or men-

tal strain take a good half hour's rest

in a comfortable armchair or lying on a

sofa before you eat a substantial meal.

A Telephone Whistle.

When the earpiece of a telephone re-

ceiver is held to the mouthpiece of the

transmitter, a more or less shrill tone

or whistle is heard in the receiver. This

occurs when the apparatus is in good

is seemingly due to a series of reactions

analogous to but much more complex

than those which occur in an electric

bell when its circuit is closed. A move-

ment of the diaphragm of the receiver

toward its magnet tends to weaken the

pressure on the carbon of the transmit-

ter, which causes a weakening of the

current, allowing the diaphragm to fall

away, with the further result that the

air column is compressed, increasing

the pressure on the carbon again and

also increasing current strength, where-

by the diaphragm in again attracted,

and this action is repeated over and

The Human Mouth. It has been discovered that the hu-

man mouth is slowly but surely and

steadily moving toward the left of the

face, which will in time bring it some-

It is the expressed opinion of many

scientists who are foremost in the

world's roll of professional honor that

in the course of time the mouth from

causes above mentioned will have com-

pletely changed its position and that it

will then be situated rather nearer the

Oriental Rugs.

When an auctioneer sells you one for

Every rug house has its agents at auc-

tions, who pay mighty close to the mar-

ket price for the genuine article. When

you have had an oriental rug for ten or

fifteen years, it is worth more than

when you bought it, provided it is in

good condition. It is then an antique.

When you hear of any one buying sec-

ondhand oriental rugs at about one-

third or one-quarter of their value, you

may safely wager that they have been

Relay Remonstrance.

Johnny and Harry had been left at

home with their big sister, mother hav-

At bedtime they wanted to "stay up

for mother," but their sister relentless-

ly put them to bed. Harry maintained

stolid indifference, but Johnny cried

Their sister listened at the foot of the

stairs, hoping they would soon be good.

At last Johnny stopped, and the lis-

tener heard him say: "You cry a bit,

Harry. I'm tired."-London Mail.

patched.'

lustily.

ing gone out.

over again.—Cassier's Magazine.

an inclination toward the left.

left ear than to the nose.

Few realize this important fact.

more or less exhausted.

the stomach digest it.

Coal and Wood.

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## Prospectus.

NEWS AND OPINIONS ---OF---

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SAVED FROM AN AWFUL FATE.—
"Everybody said I had consumption,"
writes Mrs. A. M. Shields, of Chambersburg, Pa., "I was so low after six months of severe sickness, caused by Hay Fever and Asthma, that few thought I could get well, but I learned of the marvelous merit of Dr. King's New Medical Discovery for Consumption, used it, and was completely For desperate Throat and Lung Diseases it is the safest cure in the world, and is infallible for Coughs, Colds and Bronchial Affections. Guaranteed bottles 50c and \$1.00. Trial bottle free at Green's

Nile River Mud.

The Salvation of the Country In that Rainless Dis-

There is nothing to make one realize the importance of mud indeed like a journey up the Nile when the inundation is just over. You lounge on the deck of your dahabieh and drink in geography almost without knowing it. The voyage forms a perfect introduction to the study of mudology and suggests to the observant mind (meaning you and me) the real nature of mud as nothing else on earth that I know of can suggest it, for in Egypt you get your phenomenon isolated, as it were. from all disturbing elements.

You have no rainfall to bother you. no local streams, no complex denudation. The Nile does it all, and the Nile does everything. On either hand stretches away the bare desert, rising up in gray, rocky hills. Down the midst runs the one long line of alluvial soil-in other words, Nile mudwhich alone allows cultivation and life in that rainless district. The country bases itself absolutely on mud. The crops are raised on it, the houses and villages are built of it, the land is manured with it, the very air is full of it. The crude brick buildings that dissove in dust are Nile mud solidified, the red pottery of Assiout is Nile mud baked hard, the village mosques and minarets are Nile mud whitewashed. I have even seen a ship's bulwarks neatly repaired with mud. It pervades the whole land, when wet, as mud undisguised; when dry, as duststorm .-Cornhill Magazine.

Arabian Coffee. The Arabian coffee maker, having prepared his fire of charcoal and placed near it a huge pot containing water, takes a few handfuls of green coffee berries, carefully culls out all imperfect berries and foreign substances and then places the best of the berries in an iron ladle held over the fire. The berries are permitted to roast until they begin to smoke and are then, while still uncharred, placed in a small mortar and carefully brayed with a pestle closely fitting the cup of the mortar.

The berries are not, however, reduced to a dust. While this process has been going on, a small pot has been half filled with tepid water from the large pot and placed over the fire. When the water in the small pot has begun to boil, the broken coffee berries are thrown in, and the boiling is permitted to go on for a short time, the decoction being stirred with a spoon when it shows signs of boiling over. The coffee is then served in small cups without cream or sugar.

Applying Epithets.

A Virginia statesman in Washington has two boys, about five and six years old respectively, who are not such "angel children" that they do not scrap occasionally. The family health is discussed a good deal by the parents in the presence of the youngsters, and the two evils held to be the very worst that can be feared are microbes and working condition and when the trans- drafts. The other morning the boys mitter is on short circuit. This effect got into a wrangle.

"Oh, you're a microbe," hissed the elder in his anger.

That dreadful epithet had never been applied to the other before, and for a moment he was stunned by the insult He tried to come back at his brother, but at first he was at a loss what to "You-you-you're another," he say. blurted out at last and then caught "No, you ain't, either; you himself. are a draft!" he exclaimed, and the scrap was on.-Detroit Free Press.

Capital and Labor.

The trouble between capital and labor is just in proportion to the ignorance of the employer and the ignorance of the employed. The more intelligent the employer the better, and the more intelligent the employed the better. It is never education, it is never knowledge, that produces collision. It where in the neighborhood of the left is always ignorance on the part of one ear. All the five great races of man or the other of the two forces. Speakhave an uncontrollable tendency to eat | ing from an experience not inconsideronly with the teeth which grow from able, I make this statement. Capital is the left jaws. This wears out the left | ignorant of the necessities and the just teeth more rapidly than those on the dues of labor, and labor is ignorant of right side of the mouth, and this in the necessities and dangers of capital. turn gives the upper and lower jaws | That is the true origin of friction between them.-Carnegie's "Empire of Business."

Rest Before Meals.

The value of a slight rest before meals is, according to a physician, very great. Indigestion more often arises from eating when tired or excited than is understood. In his dietary for a consumptive patient a very well known specialist insists upon a "Oriental rugs," says a New York full twenty minutes' rest before all dealer, "are nearly as standard as gold. | meals except breakfast. Five minutes' complete rest, of mind as well as body. \$200, you may think you are getting it is none too much for the person of cheap, but you can get it at about the average health, and it should be taken same price from any reputable dealer. regularly.-New York Post.

> Keeping His Word. Cassidy-Oi t'ought he swore to right Ireland's wrongs? Casey-Thrue for ye. So he did.

anny more. Casey-No. He's writin' a histhory av Ireland now. He t'ought that the 'aisiest way to write her wrongs .-Philadelphia Record.

Cassidy-But he's not on the shtump

One's Plain Duty. "There has been an awful lot of talk about 'plain duty.' What does it all

mean? his own idea, is what he wants to do, appetite. Only 25c. at Green's Pharmacy. and, according to the ideas of others. it's what he doesn't want to do."-Chicago Post.

Shy on Change. "Could you change a ten dollar bill

for me, Henry?" "Couldn't even change my mind this morning, my dear."-New York Times.

A Valuable Typewriter.

approvements Make it Worth Much More Than Its Original Cost

A New York bachelor author who writes on a machine wrote a note recently to a spinster authoress who still works by hand and incidentally called her attention to the fact that if she town, Roanoke, and the Shenandoah wished him to do so he would secure a machine for her at \$5 per month, guaranteed to write poetry, able articles, fiction, etc. A day or so later he received a reply written in a beautifully clear, round hand to this effect:

My Dear Mr. —: This is my type-writing machine. Isn't it nice? It is call-ed the Blank typewriter. It is sound. kind, in good repair, warranted to travel well in single harness, and if you do not say it is the nicest machine you ever knew I shall refuse to believe that you were born when knighthood was in flower It is warranted, like yours, to write able articles, poetry and fiction with equal facility, but, unlike yours, it is not for sale at \$5 a month. Its original cost was large, and I have put so many improve-ments on it since that I cannot dispose of it save at a considerable advance and even then should be unwilling to part with it except to a responsible person warranted to treat it with care.

At present the author is striving strenuously to become a millionaire so that he may secure the services of this inimitable typewriter.-Detroit

companies seem to think. There are plenty of good performers that will never see sixty again and some that are seventy-five years old and still as supple as you could wish for a man fifty years younger. More than in any other branch of the amusement business is the family life kept up, for every woman who travels with a circus must have a natural protector with her. If it isn't a father or a brother, it must be a husband, and as circuses don't carry people around with them just for the pleasure of their company the women marry in the profession and bring up their children to it. The little boy you see riding around so gayly on

When the Sun Will Fail.

The total of the sun's heat is equal keep up 476,000 millions of millions of millions of horsepower, or about 78,-000 horsepower for every square yard, and yet the modern dynamical theory of heat shows that the sun's mass must fall in or contract thirty-five meters per annum to keep up that tre-

mendous energy. radius will be .01 per cent less in 2,000 years from now than it is today. According to these deductions, a time must come when the temperature must fall. This being the case, it is incon-

Lawyers Advertise. yers against straightforward advertising, says the Philadelphia Record, several members of the bar do advertise regularly in the newspapers. And to ticket agents. they find that it pays. One lawyer in New York who puts \$100 a week into the Sunday journals") tells Printers' Ink that he would not stop advertising for the world. "If I should stop it," he adds, "I should expect to be forgotten. That such advertising pays I know cause he advertises."

against it.

"Do you mean to say, sir," asked the stranger seriously, "that you are the only honest man in the American government?"

"Well," replied the statesman, stroking his beard meditatively, "I wouldn't go so far as that. There may be four or five more somewhere."

Steel Wire Ropes.

wire ropes are best made with a hemp core, being more flexible.

He Had Them. you've got palpitation of the heart.

haven't you? Waiter-Yessir, and they're uncommon nice today, sir. Will you try some, sir?-Chicago News.

cows often defile Indian temples, but worse yet is a body that's poluted by constipation. Don't permit it. Cleanse your system with Dr. King's New Life Pills and "That depends upon who uses the avoid untold misery. They give lively phrase. One's 'plain duty,' according to livers, active bowels, good digestion, fine

Reduced Rates to Boston.

Church of Christ scientists, at Boston, Mass., on June 15-18, the Pennsylvania Railroad Company will sell excursion tickets to Boston from all points on its lines on June 12th, 13th, 14th, 16th, and 17th, good going on those dates and good to return until June 25th, inclusive, at rate of

Through Sleeping Car to Welch, W Va., and Points on the Norfolk and Western Railway.

With the schedule in effect May 25th the Pennsylvania railroad company will inaugurate through Pullman buffet sleeping-car service between Philadelphia and Welch, W. Va., via Harrisburg, Hagers

Lv. Hagerstown (Nor. and West R. R) Ar. Roanoke.... Ar. Hagerstown. Lv. Hagerstown Ar. East Radford... Ar. Bluefield...... daily RETURNING. Ar. Welch (Nor. and West R. R., Lv. Bluefield..... 1.40 p. n East Radford...

Lv. Hagerstown (Cumb. Val. R. R........ Lv. Chambersburg....... . 5.00 . 6.00 . 6.40 . 6 56 . 7.45 Ar. Harrisburg .... . 9.37 " 12.17 p.m R. R.).. Day coach accommodations will be pro-

ton-Salem, Bristol, Norton and Charlotte, 47-22-2t. N. C.

On June 1st the passenger department of the Pennsylvania Railroad Company pub-lished the 1902 edition of the Summer Excursion Route Book. This work is designed to provide the public with descriptive notes America, with the best routes for reaching them, and the rates of fare. It contains resorts of the East, and over seventeen hundred different route or combinations of thegreatest care, and altogether is the most complete and comprehensive handbook of Summer travel ever offered to the public.

The cover is handsome and striking printed in colors and the book contains several maps, presenting the exact routs over which tickets are sold. The book is profusely illustrated with fine half-tone cuts of scenery at the various resorts and along the line of PennsylvaniaRailrord.

ing book may be procured at any Pennsylvania Railroad ticket office at the nominal price of ten cents, or, upon application to Geo. W. Boyd, Assistant General Passenger to that which would be required to Agent, Broad Street Station, by mail for twenty cents.

> to Minneapolis, Account National Education Association's Annual Meeting.

lis, Minn., July 7th to 11th, the Pennsylvania railroad company will sell excursion tickets from all stations on its lines July 4th to 6th, good to return not earlier than July 8th, and not later than July 14th, at rate of single fare for the round trip, plus ceivable that the sun will continue to \$2.00. These tickets will be good for reemit heat sufficient to sustain animal turn passage only when executed by joint life for more than 10,000,000 years agent at Minneapolis and payment of 25 cents made for this service. By depositing ticket with joint agent not earlier than July 8th nor later than July 14th, and payment of 50 cents at time of deposit, an extension of return limit may be obtained to leave Minneapolis not later than Sept.

For specific rates and conditions, apply

Springs, and Pueblo.

On account of the Triennial convention of the International Sunday School associa tion, to be held at Denver, Col., June 26th, single fare for the round trip. Tickets will he sold and good going on June 21st to 23rd, and will be good to return leaving Denver, Colorado Springs, or Pueblo not later than August 31st. Tickets must be validated for return passage by joint agent at any of the above mentioned points, for which service a fee of 25 cents will be

For specific rates and conditions, apply to ticket agents.

-Subscribe for the WATCHMAN.

Medical.

They take possession of the body, and are

Lords of Misrule. They are attended by pimples, boils, the itching tetter, salt rheum, and other cutaneous erupe tions; by feelings of weakness, languor, general

Health, Strength, Peace and Pleasure require their expulsion, and this is positively effected, according to thousands of grateful testimonials, HOOD'S SARSAPARILLA

Which radically and permanently drive then

out and build up the whole system. 47-24

IS YOUR COMPLEXION YELLOW When your liver becomes clogged and stagnant the bile which goes into the intestines gets into the blood and billiousness results. Constipation and billiousness are two great foes of health, and each results from the other. If you keep your bowels open by the use of

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the great tonic laxative, you will never be troubled by either billiousness or constipation. It acts directly upon the bowels in a mild and gentle, not a violent and irritating way, as do cathartics. It is something more than a laxative,—it is a marvellous tonic; acting directly upon the stomach, liver and kidneys, keeping them active, clean and strong, and toning up the entire system to a condition of health.

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Through travelers on the railroad will find

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Reduces cost of your harness.
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Prices consistent with the class of work. Call

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The Life of Circus People. Circus people are pretty clannish. From generation to generation they are circus people, and the generations do not perish from off the face of the earth nearly so fast as the insurance

his daddy's head has to learn his les-

sons here just the same as if he went

to school.-Woman's Home Companion.

At this rate of contraction the solar

In spite of the prejudice among law-

The Honest Statesman.

Some years ago an Englishman visited Washington and met a statesman belonging to the minority party who gave a most startling account of the corruption existing in the government | charged. and the terrible struggle he had had

Steel wire ropes should be of crucible steel, having a breaking strength of seventy to seventy-six tons per square inch. Large pulleys are more necessary for wire than for hemp ropes, the smallest diameter permissible being 1,300 to 1,400 times the diameter of the wire in the rope if of iron and 2,000 times if of steel. For mining purposes

Dr. Joanes-I say, waiter, I believe

FILTHY TEMPLES IN INDIA .-- Sacred

On account of the meeting of the First single fare for the round trip, plus \$1.00

This car will be run on the following schedule:

vided on these trains between Harrisburg and Welch. Close connections will be made for Wins-

The Pennsylvania Railroad 1902 Sum mer Excursion Route Book.

of the principal Summer resorts of Eastern all the principal seashore and mountain routes. The book has been compiled with

On and after June 1st. this very interest-

Pennsylvania Railroad Reduced Rates

On account of the National Education Association's annual meeting, at Minneapo-

newspaper advertising ("exclusive of Reduced Rates to Denver, Colorado

to July 2nd, the Pennsylvania railroad profession are largely an illusion—a ver, Colorado Springs, or Pueblo, Col., bugaboo. No lawyer is ostracized be- from all stations on its lines, at rate of

HUMORS

debility and what not. They cause more suffering than anything else.

AND PILLS

ARE YOU BILLIOUS IS YOUR LIVER STAGNANT

All druggists, 25 and 50 cts., or send for a free sample to THE LAXAKOLA CO., Nassau St., New York.

Fine Job Printing.

-A SPECIALTY-0 AT THE