THE RIDICULOUS OPTIMIST.

There was once a man who smiled Because the day was bright: Because he slept at night; Because God gave him sight To gaze upon the child! Because his little one Could leap and laugh and run; Because the distant sun Smiled on the earth, he smiled

He smiled because the sky Was high above his head Because the rose was red: Because the past was dead He never wondered why
The Lord had blundered so That all things have to go The wrong way here below That overarching sky.

He toiled, and still was glad, Because the air was free: Because he loved and she Who claimed his love and he Shared all the joys they had! Because the grasses grew; Because the sweet winds blew: Because that he could hew And hammer, he was glad.

Because he lived he smiled And did not look ahead With bitterness and dread, But nightly sought his bed As calmly as a child; And people called him mad For being always glad With such things as he had, And shook their heads and smiled. -S. E. Kiser, in Chicago Times-Herald.

Appendicitis Due to White Flour. So Declares Physician, Who Says System of

Changes in milling processes are responsible for appendicitis, according to a physician who has been in the practice of medicine for fifty years and who has observed the spread of the disease. This served the spread of the disease. This physician, Dr. H. C. Howard, of Champaign, Ill., asserts that until the trade demand for exceedingly white flour changed the methods of grinding wheat there was no appendicitis.

To prove this assertion the physician points to the fact that where coarse breads are used the disease is unknown, but that as soon as the fine breadstuffs are introduced appendicitis comes along as a se-

By this reasoning it is shown that the people of agricultural communities who secured their flour from small mills did not have the disease until the small mills were crowded out by the large ones and fine white flour supplanted the coarse.

Then the negroes of the south so long as they ate corn bread were free from the disease, but when the new process flour began to be used the disease came among them. The same results attended the departure of the German folks from their bread to the refined flour.

DISEASE RARE BEFORE 1875.

"I can remember that prior to about 1875," said Dr. Howard, "that there was little or none of the ailment among the people. In twenty-five years of practice among the people before that time I do not think I saw more than forty cases of appendicitis. Now it is very common.

"Large and extended changes in the diet of the people has contributed to this. For may not taste them. gan to to be a general change from the old method of grinding grain to the present method of roller mills and excessively fine bolting cloths. This plan of milling and inst in the large cities, and appendicitis began to increase first there. Later the new process crowded out the small mills bought products of the large milling es-tablishments, and then the farmers began to have appendicitis.

it goes. They did not have appendicitis steadier, their eyes keener, their breath in Germany, until they began to eat our sweeter, if they do not use tobacco. fine flour and put in the new process of milling after our fashion. Now they have this topic let them be about men and boys appendicitis in Germany just as we do.

DISARRANGES DIGESTIVE ORGANS. "Experienced millers will tell you that the fine flour is a less desirable flour than that made by old process, but the trade demands it chiefly on account of its whiteness. On account of its indigestibility the disarrangement of the digestive organs of the people eating it has greatly increased. The prime cause of appendicitis is found in

this disarrangement.
"Quite small children have it. I know one boy who has had thirteen well defined attacks of the disease and came out of all of them without surgical operations. He changed his food to corn bread and mush, with coarse breads in general, vegetables, little meat, and some fruit, and he has taken on flesh and has not had a symptom of the disease for three years.

"The lack of phosphates in the food is visible in the people, and physicians have greatly increased the use of medicines containing phosphates. It is a necessity. Children are brought to me suffering from conditions resulting from a lack of material in their systems to form their teeth. Ten days of treatment, giving phosphates, will bring relief, and the teeth will begin to grow. They are suffering because the ingenuity of men and the foolish demands of trade have resulted in taking from their food the meterial which nature part in it. food the material which nature put in it for their growth."

The new process which is held accountable for disease takes from the grain the phosphates chiefly existing in the germ or the wheat and just under the bran and leaves only the starch and gluten.

-A committee appointed by the Clearfield county court to investigate the expenditure of \$1,613 for lightning rods by the late board of county commissioners, which expenditure has caused a scandal. filed their report with the prothonotary Thursday. They recommend that the commissioners be made to refund more than half the amount and to pay the cost of investigation. Experts testified before the committee that \$700 was a fancy price for the job.

"I b'lieve in havin' a guod time when you start out to have it. If you git knocked out of one plan, you want to git yerself another right quick, before yer sperrits has a chance to fall."—From "Lovey Mary," The Century, Feb. 1903. Physiology in Rural Schools

The teacher of the rural school, with pupils of all grades, has more need than any other to use her time to the best possible advantage, but as a knowledge of the laws of health is of practical value to every pupil throughout his whole life, no matter what his vocation may be, it is clear that hygiene should be well taught, whatever else is omitted

Before she asks the school authorities to give her more or better books or apparatus, the teacher should use to the best advantage the means that are furnished ber, and endeavor to arouse an interest in the school and in her work.

If you are so unfortunate as to have physiologies of but one grade, divide all the pupils who can possibly use this book with profit into two classes, and let one of these classes (composed probably of fifth and sixth year pupils) use the book as a supplementary reader until they have read and discussed one-half of it. Then let the advanced class, including the big boys who come only in the winter months, take the books and study the same half thoroughly, reciting three times a week until they have

In order to make the lessons interesting, you must bring in matter that is not in the text-book, and perform experiments occasionally. Have the heart and lungs brought to school and thoroughly studied at "pig-killing time."

The next year, the advanced pupils can finish the book, and the directors by this time will probably be sufficiently interested to put in an intermediate book for the younger pupils. If there is a primary book for the younger pupils, it may be used as a supplementary reader at the beginning of the school year, then laid aside for a time, and studied as a text-book toward the close of the term. Encourage the pupils in all grades to take the physiologies home, in the hope that the parents will become interested in them.

All the pupils who are too young to use a text-book may be put in one class for oral lessons, at least thirty of which should be given during the year. These little folks should have an oral lesson of some kind every day, and hygiene can alternate with elementary geography and forms of with elementary geography and forms of nature.

The oral lessons will not be a success unless you plan your work carefully. They should consist of practical talks, illustrated by pictures and stories, concerning ventila-tion, bathing, care of the teeth, hair and nails, wholesome food and regular times for eating, how to cool off when hot, etc. As the teacher and most of the pupils bring their lunch with them, the teacher should institute the custom of having all sit down in the school room, or in the shade of the trees, and take time to chew the fool well. Games should not be allowed to begin for at least ten minutes after the school is dismissed for the noon intermission

What shall be taught the little children concerning alcohol? Is it not a mistake to allow their minds to dwell upon such an unpleasant subject? If all the pupils came from homes where total abstinence was the rule, and if we could be sure that they would not be tempted outside, it would perhaps be a mistake to teach primary pupils anything about alcohol; but there are few country neighborhoods where some parent is not a victim of intemperance, or where some little children are not tempted

by beer, wine or hard cider.
When you take the children to the woods for a spring ramble, you tell them that certain vines and berries are poisonous and must be avoided. For a similar reason you will teach them that alcohol is dangerous, because a little creates an appetite for more.

At least once a year you should bring a jar of apple juice (or some other fruit juice) to the school room and let the children watch the process of fermentation, telling them about the ferments in the air, and how they turn part of the juice to alcohol Even in the country schools there are

in the country, and the people could not get flour made by the old processes. They bought products of the large million. concerning tobacco that will counteract this? Strive to create in the boys a desire to become large, strong men. Tell them "Still the negroes of the south did not have it, but in time they began to get alcohol. Tell them that business men are alcohol. Tell them that business men are away from their plain corn bread, and they, too, began to have appendicitis. So cigarettes. Tell them their nerves will be

who have had the courage to abstain from alcohol, or tobacco, or both, not pointing the moral too plainly, but allowing them to see that you admire that kind of a man

If possible, create an anti-tobacco public sentiment in the school. Tell your pupils that you would like to be able to say that not a single boy in your school uses to-bacco, and ask how many of them will help

you to bring this to pass.

Throw the emphasis upon the blessings of abstinence. Above all, do not reflect upon the habits of parents. If a pupil says that his father drinks or smokes, tell him in reply that when his father was a schoolboy he probably did not learn about the evil effects of these things; that the world is growing wiser, and that when the boys of today get to be men we expect them to be total abstainers. ELIZABETH LLOYD, in the School Physiology Journal.

To any one who is interested in the study of physiology in the schools. We have on hand a limited number of Journals for the year 1901-1902, including all months except April and May. Files of the remaining eight copies will be sent postpaid to any address for \$.25 a set, or single copies by the hundred at \$.02 a copy as long as the supply holds out. This affords an excellent opportunity for teachers. fords an excellent opportunity for teachers who did not have the Journal last year to secure the lesson suggestions and other helps which these numbers contain. They can be obtained by addressing 23 Trull Street, Boston, Mass.

A Mute Inventor

O., has invented an alarm clock so that he may get up in time to go to work in the morning. The dropping of a pillow on a sleeping person is the awakening agent, and it is operated so that the pillow falls at the required time. An ordinary of the control of the and it is operated so that the pillow falls at the required time. An ordinary alarm clock is placed in a cigar box, which fits it closely, and it is than nailed to the wall at the head of the bed. A string connects the clapper of the clock with an ordinary spring mouse trap, fastened to the top of the cigar box. By a system of small pulleys and screw eyes a pillow is fastened to the end of a string and pulled to the ceiling directly over the bed. An ingenious arrangement connects the other end of the string to the mouse trap. The clock is set, and when the alarm goes off the string attached to the clapper of the bell springs the mouse trap and releases the pillow, which drops on the face of the sleeper.

A MARVELOUS INVENTION. Wonders never cease. A machine has been invented that will cut, paste and hang wall paper. The field of inventions and discoveries seems to be unlimited. Notable among great discoveries is Dr. King's New Discovery for Consumption. It has done a world of good for weak lungs and saved many a life. Thousands have used it and conquered Grip, Bronchitis, Pneumonia and Consumption. Their general verdict is: "It's the best and most reliable medicine for throat and lung troubles. Every 50c and \$1.00 bottle is guaranteed by Green's Pharmacy. Trial bottle free.

Woman Cleared of Waif's Murder. Jury in Pittsburg Promptly Acquits Mrs. Letitia Eagle, who was Accused of Having Shot a Girl Placed in Her Care.

"Not guilty" was the verdict which a jury rendered Thursday without leaving the court room in the sase of Mrs. Letitia Eagle, wife of S. S. Eagle, of Avalon, who was tried for the alleged murder of her 13-year-old ward, Edna Varner. The placing of a murder charge against Mrs. Eagle has aroused great public indignation since the verdict became known that afternoon. Edna Varner had been placed with the Eagles by a society for the care of children. The child was found dead from a revolver wound, while near by lay the

revolver wound, while near by lay the weapon. The first theory was that she had mitted suicide because of her forlorn condition, living among straugers and being without parents. A few days later the county authorities caused the arrest and indictment of Mrs. Eagle, claiming that they would produce sensational evidence, but it failed to materalize.

The case for the Commonwealth was so weak that the District Attorney did not Homeseekers' Rates, Chicago & Northmake any attempt to call witnesses. After the Commonwealth had examined a few witnesses for the defense Judge J. D. Shafer instructed the jury to bring in a verdict for the defense, owing to the strong case made out by the latter.

Mrs. Eagle, although displaying a great interest in the proceedings, was perfectly composed during the trial and showed no emotion at the verdict.

Mrs. Eagle was the only person in the house as far as known when she found the child's body. The weapon lay on a shelf fifteen feet away. The only base for the charge against her as shown by the Commonwealth's statement was that the revolver was found so far ways the child. volver was found so far away that the child could not have inflicted the wound herself. Testimony showed that the child's clothing had been burned to tinder in the spot where she was shot by the flash from the

Neighbors testified that when they had een called by Mrs. Eagle the latter knelt down and prayed by the side of the little walf's body. Mrs. Eagle told the neighbors that the child must have committed

Several children in the neighborhood testified that they had seen Mrs. Eagle

slap the Varner child and scold her. Assistant District Attorney Robb said his mind would not rest easy if a conviction were secured on such evidence, which was all he had to offer.

An interested spectator at the trial was Joseph Allen, who was acquitted a few months ago on the charge of having murdered Achsah Kink. 'I hope that she will be cleared," said Allen, during a pause in the proceedings. "I know how it feels CERTAIN RESULTS. to be up there."

Some Good Recipes

Cream Puffs .- Into a pint of boiling water stir a half-pound of butter. Stir until it hoils; put in three-quarters of a pound of flour, boil for a minute, turn into a deep dish and cool. When cold beat into it, first, the well-whipped yolks, then the stiffened whites of the eggs. Drop by the spoonful upon oiled paper spread in the bottom of a baking pan, and bake to golden brown puffs. When cold, cut a slit in the side of each and fill with a cream filling.

Prune Whip.—"One pound of prunes (stewed) reduced to a pulp; the whites of four eggs beaten with the pulp until light. Put in the oven until set. Serve with whipped cream."

Pepper Pot.-Cut two pounds of cold boiled tripe into small bits and put it over the fire with a half-pound of cold boiled veal chopped fine and three quarts of veal stock, skimmed and free of fat. Bring to the boil, add a bunch of soup greens, cut small, a chopped onion and a cupful of potato dice. Cover closely, summer for a hour and a-half, season to taste, thicken with a white roux and when thick and smooth drop in small dumplings.

Chocolate Fudge.-One cup of sugar, three-quarters of a cup of grated chocolate, half cup of milk, half gill of molasses, one teaspoonful of vanilla. Put all over the fire together, boil ten minutes, or until a little dropped into iced water is brittle. Take from the fire, stir until sugary, turn and mark into squares with a greased knife.

Lemon Ginger Sherbet .- Wipe eight lemons thoroughly with a clean, soft cloth and from two of them shave off the very thin yellow peel which contains the flavor-ing oil, but be careful that you do not get any of the white, bitter part of the rind. Then cut all the lemons in half and press out the juice, strain it.

Put four cups of granulated sugar in a saucepan with two quarts of boiling water and boil until clear, skimming off the soum as it forms; then add the lemon juice and strain all through a piece of cheesecloth. Beat the white of an egg until light and foamy, but not stiff, and pour the strained syrup over this; mix well and turn into a freezer; turn until the mixture is stiff; then stir in quarter of a pound of candied ginger sliced thin and then let stand a little while before serving.

Church Membership Gains.

There has been a gain in church mem-bership in the United States during the past year, but it has not kept up with the increase of population, the latter having been 2.6 per cent., while the former was but 1.15 per cent. The total gain in membership in 1902 was 403,743 and by denomnations the percentage was as follows: Baptists, 11; Catholics, 13; Methodists, 17; Preshyteriau, 19; Disciples of Christ and Congregational, each 2; Episcopal, 22; Reformed, 25; Lutheran, 28; United Brethren, 4; Christian Science, 55; Adventists 115 ventists, 115.

Accident List for Three Months.

During the three months ended Septem ber 30th, 1902, there were 263 persons killed and 1,613 injured in train accidents. Other kinds of accidents, including those

WONDERFUL NERVE .- Is displayed by many a man enduring pains of accidental Cuts, Wounds, Bruises, Burns, Scalds, Sore feet or stiff joints. But there's no need for it. Bucklen's Arnica Salve will

The Kind You Have Always Bought

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Tourists.

Western Railway.

Round-trip tickets are on sale to points in Wisconsin, Michigan, Minnesota, Iowa, Nebraska, the Dakotas and other points west and northwest at one fare plus \$2.00 for the round trip, via the North-Western Line. Tickets are good twenty one days to return. Call on any ticket agent for particulars, or address W. B. Kniskern, G. P. & T. A., 22 Fifth avenue, Chicago.

California.

Fully described and illustrated in an artisticaly arranged and beautifully printed book just sued by the Chicago & North-Western R'y. It describes fully its commercial, industrial and transportation advantages, and the delights of outdoor life in the beatiful climate of the Coast; of special interest to those contemplating a trip to this wonderful State. Send four cents in postage to W. B. Kniskern, Passenger Traffic Manager, 22 Fifth Avenue, Chicago.

Hot Springs, S. D.

The great sanitarium and health resort, in the picturesque Black Hills. Only \$24.30 round trip from Chicago, on certain specified dates throughout the summer, via the Northwestern Line. Through train service from Chicago daily. Ask ticket agents for full particulars or write for information to A. Q. Tallant, 507 Smithfield street, Pittsburg, Pa.

Medical.

"NOTHING CAN BE SURER" IS THE TESTIMONY OF BELLEFONTE

CITIZENS.

The stage of uncertainty is over in Bellefonte. There can now be had plenty of positive proof in the testimonoy of a citizen. Evidence of this nature should convince the most skeptical doubter in this vicinity. Read the following.

Mr. Curtis Johnson of 583 Bishop Street, freight truckman, says: "I had backache and, lameness across my loins for a year or more. At times the lameness was so acute I could lift nothing and if I stooped it was impossible for me to straighten. When driving there was steady aching over my kidneys the whole time and I had a dull, tired feeling which took away all my ambition. I procured Doan's Kidney Pills from F. Potts Green's drug store and they soon cured me from the whole combination of troubles and they did it quickly and thoroughly. "My wife was also suffering from a tired grinding backache and she used Doan's Kidney Pills and they invigorated her generally. She now speaks of them as highly as I do. We never came across any remedy which surpassed Doan's Kidney Pills."

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Pine Grove Mills, Pa.

Green's Pharmacy.

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Travelers Guide.

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MENTRAL RAILROAD OF PENNA. Condensed Time Table. READ DOWN READ UP.

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J. W. GEPHART.

Travelers Guide.

DENNSYLVANIA RAILROAD AND BRANCHES. Schedule in effect Nov 24th, 1901.

VIA TYRONE—WESTWARD.

11.05 a. m., at Altoona, 1.00 p. m., at Pittsburg
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Leave Bellefonte 1.05 p. m., arrive at Tyrone, 2.20
p. m., at Altoona, 3.10 p. m., at Pittsburg, 6.56
p. m.

Leave Bellefonte, 4.44 p. m., arrive at Tyrone, 2.20 p. m., at Altoona, 3.10 p. m., at Pittsburg, 6.55 p. m.

Leave Bellefonte, 4.44 p. m., arrive at Tyrone, 6.00, at Altoona, 6.50, at Pittsburg at 10.45.

Leave Bellefonte, 4.44 p. m., arrive at Tyrone, 11.05, at Harrisburg, 2.40 p. m., at Philadelphia, 5.47 p. m.

Leave Bellefonte, 1.05 p. m., arrive at Tyrone, 2.20 a. m., at Harrisburg, 6.45 p. m., at Philadelphia, 10.20 p. m.

Leave Bellefonte, 4.44 p. m., arrive at Tyrone, 6.00 at Harrisburg, at 10.00 p. m.

VIA LOCK HAVEN—NORTHWARD.

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

Leave Bellefonte, 1.05 p. m., arrive at Lock Haven, 2.10 p. m., arrive at Buffalo, 7.40 p. m.

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Leave Bellefonte, at 6.40 a. m., arrive at Lewisburg, at 9.05 a. m., Montandon, 9.15, Harrisburg, 11.30 a. m., Philadelphia, 3.17 p. m.
Leave Bellefonte, 2.15 p. m., arrive at Lewisburg, 4.42, at Harrisburg, 6.50 p. m., Philadelphia at 10.20 p. m.

TYRONE AND CLEARFIELD, R. R.

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Nov. 21th, 190 P.M., P. M., A. M., Arr. Lv., 2

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5 21 1 41 10 28 Martha...

5 12 1 36 10 20 Julian...

5 12 1 36 10 20 Julian...

5 31 122 10 04 Snow Shoe Int...

4 56 12 22 10 04 Snow Shoe Int...

4 53 1 14 10 01 Milesburg...

4 44 1 05 9 53 Bellefonte...

4 32 12 55 9 41 Milesburg... Lv. A. M. P. M. P. M. P. M. S. 8 30 12 457 20 8 33 12 477 23 8 35 12 497 25 8 42 12 55 7 32 8 49 1 017 39 8 58 1 087 48 9 07 1 15 7 57 9 15 1 228 05 9 18 1 248 08 9 32 1 05 8 18

LEWISBURG & TYRONE RAILROAD. EASTWARD. Nov. 24th 1901. MAIL. | EXP STATIONS.

3 555 8 18 8 4 60 8 26 4 13 8 35 4 19 8 40 4 21 8 45 5 4 19 8 45 4 31 8 53 4 35 8 58 4 42 9 95 15 P, M. A. M. Ar. 7 19 7 09 7 02 6 59 6 55 6 50 6 42 6 38 6 30 5 40 LEWISBURG & TYRONE RAILROAD. EASTWARD. WESTWARD Nov. 24th, 1901 A. M. Ar.

P. M. A. M. Ar. Lve. A. M. P. M. 4 05 9 18 Scotia... 10 65 4 20 13 51 9 03 Fairbrook... 10 21 4 36 3 51 9 03 Fairbrook... 10 21 4 36 3 34 8 45 Hoster... 10 27 4 42 ... 3 39 8 51 Penn. Furnace 10 33 4 50 ... 3 29 8 33 Marengo... 10 49 5 07 ... Loveville... ... 10 41 4 57 7 3 29 8 35 Marengo... 10 49 5 07 Loveville... ... 10 5 26 ... 3 24 8 37 Furnace Road... 10 51 5 16 ... 3 12 8 18 Warrior's Mark 11 20 5 25 ... 3 12 8 18 Warrior's Mark 11 20 5 34 ... 3 05 8 09 ... Pennington... 11 30 5 47 ... 2 56 7 58 ... Stover... 11 42 5 56 5 ... 2 550 7 56 ... Tyrone... 11 54 6 05 ... P. M. A. M. Lve. Ar. Ar. M. P. M. Lve. A. w. 10 C5 ook... 10 21 er.... 10 27 urnace 10 33 er.... 10 41 go.... 10 49

BELLEFONTE & SNOW SHOE BRANCH. Time Table in effect on and after Nov 24, 1901. Mix | Mix | | Mix | Mix "f" stop on signal. Week days only.

J. B. HUTCHINSON, J. R. WOOD.

General Manager. General Passenger Ag

BELLEFONTE CENTRAL RAIL-ROAD. Schedule to take effect Monday, Apr. 3rd, 1899. read up †No. 5 | †No. 3 | No. fNo. 2 †No. 4 5 00 11 35 7 25 State College. 8 00 1 30 5 40 5 05 11 24 7 27Struble

P. H. THOMAS, Supt.