PHYSIOLOGY AND HYGIENE NEGLECT-ED SUBJECTS IN PUBLIC SCHOOLS .- At the fifty-fourth annual meeting of the Penusylvania Medical society, held recently in Pittsburg, the committee on text books relating to the study of physiology and hygiene, recommended that more uniformity be secured in the text books on these subjects and that experts be engaged to teach the pupils of the various public schools because so many of the teachers are deficient in accurate knowledge of these very important subjects.

If this committee could see these recommendations enforced in every school it would be the most beneficient and philanthropic work of modern times, as it is amazing how indifferent we are to a subject that means our vitality. A High school graduate mus tnowadays learn Latin-German, mathematics, botany, history, etc., etc., etc., and yet not know the alphabet of his own body and how to take care of it. That the ancient Greeks and Romans were peers of the world in fine arts and literature was because they he lieved in a sound mind in a sound body.

Not ten students in a hundred know the difference between a proteid and carlohydrate food nor whether the food they eat three times a day contains the constituents necessary for healthy organization. No invention of man-steam engine, electricity, air ship-can equal in marvelous conception and execution the human eye or ear and yet how large a proportion of students know the plan of structure or mechanics of either of these organs of sense. They glibly scan Virgil, square a plus b, quote from Shakespeare, orate eloquently on public questions of the day and yet would signally fail if asked the processes involved in digestion, the course of the circulation of the blood, or even the position of the stomach or heart. This ignorance is not the fault of the student, but of parent, teacher and school board. We insist on having teachers especially good in mathematics or languages or English and leave physiology to be taught, if it is taught at all, by whichever teacher happens to have a vacant period. Physiology and physiological chemistry are now considered the most important of all subjects in medical schools as through them, life phenomena, hitherto considered intangible mysteries, are receiving rational explanation. Anatomy, study of structure, is important, but much more important is physiology, study of function. The English and Germans give it much consideration and only when we Americans realize its importance and have it taught by experts will we see our boys and girls grow into men and women, physically strong enough to make Americanitis a forgotten disease and, as a nation, to have no fear of the strength of the foreign element that threatens to one day overwhelm us.

A GOOD OLD COUNTRY STORE .- All of our readers know what a good country store is like-a place where everything from a paper of pins to a good suit of clothes is kept for sale. Such a store as this is the kind the ladies auxiliary of the Bellefonte hospital expect to conduct in Petriken hall the last week in October. The object is a most worthy one and, inasmuch as the good work of the hospital is not confined alone to Bellefonte, but to all Centre county donations are requested, and will be thankfully received from persons everywhere. And just now, during house-cleaning time, will be a good time to lay things aside for the country store. In the line of donations the ladies desire produce of all kinds, such as butter and eggs, Irish potatoes and sweet potatoes, apples and onions, lima beans and soup beans, soap of all kinds, cereals and breakfast foods, canned fruits, jellies, jams apple butter, pickles and home-made candy. Everything imaginable in household furniture, from a piano down to a fire shovel will be acceptable. Also brooms, brushes and buckets. Clothing, shoes and slippers for men, women and children. Clothes brushes, hat brushes and whisks. Potted plants, flower stands and flower pots. Window blinds and curtains of all kinds; carpets, mattings and rugs. Ladies' and children's hats and trimmings. Laces and silk patches. Books or magazines and children's books, as well as anything and everything you have to donate. And don't be backward about sending it in. Remember the time, the last week in October.

day Mr. and Mrs. LaRue Munson, of Wil- workers who induced her to try the faith liamsport, accompanied by Dr. C. C. Ransom and wife, of New York city, came to is quoted as saying : Bellefonte in Mr. Munson's automobile. They started for home Sunday afternoon tain food and I was in constant pain. After and when within two miles of Mill Hall the first prayer I was able to eat and the met with an accident that might have pain left me. Gaining in strength, I kept proved serious, but which fortunately re- walking with Jesus and increased my faith sulted in nothing but a few slight cuts by in him. I have thrown away my jacket broken glass for Mr. and Mrs. Munson and and my brace and am quite able to walk a good shaking up for Dr. and Mrs. Ransom. without them. A week ago I put them The party were running along at a very ordinary rate of speed when one of the rear | Before I had never been able to more than tires came off, partly upsetting the machine and throwing the occupants out into the open air, like other people. Improvement road. Brown Elliott, of Lock Haven, happened along in his automobile shortly after the accident and took the party to Lock Lord has done for me that I want people Haven, where they took the train for Wil- to hear all about it. If any of them are liamsport.

-At an informal party given at Jersey Shore on Saturday evening at the home of M. I. Sallada, the engagement of Miss Grace Sallada to Clarence Ray Gilliland, of Cincinnati, formerly of Renovo, and Miss Belle Watson to Dr. Woods, of South Sharon, was announced.

FAIR .- On October 1st Mrs. Mary Fair died at the home of her daughter, Mrs. Uriah Straw, of Blue Ball. Deceased was aged 75 years and is survived by a family of seven daughters.

November Jury List.

Harry Keller, farmer,..

Following is the list of jurors drawn for the November term of court: GRAND JURORS, 4TH MONDAY OF NOVEMBER.

.....Spring Twp

Robert Cowder, book-keepe:	rPhilipsburg
Thomas W. Weaver, farmer	Spring Tw
Jacob S. Auman, carpenter.	
James Krebs, farmer	
Chas. E. Yearick, "	
H. E. Zimmerman, farmer.	
Harry Gos-, guasmith	
John H. Klinger, laborer	Bellefont
W. J. Bair, farmer	Miles Tw
E. P. Matley, laborer	Rush "
Fred Kurtz, editor,	Bellefonte
John W. Garbrick, farmer	
Alonzo Grove, shopkeeper	
George H. Knisely, glass blo	werBellefonte
Calvin Wieland, blacksmith	
J. C. Condo "	Gregg "
Robt, Mann, Sr., farmer	Curtin "
H. H. Hewitt, carpenter	Philipsburg
Fred Meyers, farmer	Ferguson Twi
William Cunningham, foren	
G. W. Smith, gentleman	
John W. Dale, farmer	Benner Twp
Elmer Vaughn, "	
TRAVERSE JURORS, 4TH MOND	
THAVERSE SURVES, TIL MOND	OF HOVEMBER.

John A. Daley, farmer......Curtin Twp

Wilson Mann, laborer ...

Wilson Mann, Moore Million
L. J. Mattern, farmerPatton "
A. C. Heverly, clerk Beliefont
Elmer White, farmerUnion Tw
Bruce Lingle "Boggs "
Solomon Bedford, contractor S. Philipsbur
Hayes Schenck, laborer Howard Tw
Geo. W. Thomas, gentlemanBellefont
John Lykens, foremanPatton Tw
Shadrack Parsons, farmerUnion Tw
Harry J. Holz, clerk Bellefont
Wm. H. Hampton, laborerSpring Tw
Andrew Hugg, farmer Union "
Thomas Moyer, merchantMillheir
A. C. Mingle, "Bellefont
L. G. Snyder, laborerGregg Tw
Jacob Keller, justiceFerguson "
Harry E. Clevenstine, clerk Bellefont
Jacob Harpster, farmerFerguson Tw
H. E. Duck, gentlemanMillheir
L. E. Rogers, farmerWalker Twp
Solomon Tice, "
Austin L. Johnson, stonemasonSpring "
Charles Smith, farmerLiberty "
William Ayers, laborerPhilipsbur
William Farber, engineerPatton Tw
Christ Eckley, foremanBenner "
S. B. Rowe, gentlemanPhilipsbur
C. B. Ocker, laborer
Wallace Walker, "Miles "
B. D. Brisbin, lumbermanCentre Ha
David Miller, farmer Huston Tw
Cornelius Bower, gentlemanHaines "
J. A. Sankey, laborerBurnside "
Geo. V. Frederick, "
Wm. B. Pletcher, farmer
John Sprowe, " Walker Tw
Jeremiah Brungart "Miles "
J. G. Houtz, laborerBellefont
Lawrence Hile, farmerSpring Two

1	John Swartz, farmerBoggs "
	S. H. Williams, painterBellefonte
	Alfred Hassinger, laborerSpring Twp
	James Wilson, farmerLiberty "
	TRAVERSE JURORS 1ST MONDAY IN DECEMBER.
	John Uhl, laborerSpring Twp
İ	Jacob Sunday, farmerFerguson "
	Harry Bailey, laborer
	John R. Lee, farmerPotter "
	Frank Thomas, shoemaker
	H. C. Warfel, tinnerPhilipsburg
1	James Wilson, laborerSpring "
1	D. C. Dubbs, minerRush "
١	D. B. DeLong, laborerCurtin "
١	Jacob Krumrine "State College
١	T. R. Dubbs, carpenterRush Twp
	Richard Hughes, laborer " "
	Jesse Peichtal, painter Philipsburg
	John Homan, farmerFerguson Twp
	Calvin Vonada "Potter "
	John Henderson, farmerTaylor "
	Silas Dixon, "Burnside " Irvin Clark, "Liberty "
	Irvin Clark, "Liberty "
	Henry McWilliams, "Ferguson "
١	C. S. Beck, laborerWalker "
	George Harter, farmerMarion "
	H. W. Dorman, laborerWalker "
	H. D. Rumberger, salesmanPhilipsburg
	Wm. W. Kerstetter, carpenterSpring Twp
g	Geo. Cronover, "Philipsburg
	Geo. Cronover, "Philipsburg James Garland, laborerRush "
	John Corl. "State College
8	C. M. Luse, mechanicCentre Hall

Wm. H. Adams, farmer ..

John Vonada, gentleman...

Benner Turner, farmer....

John I. Way, mechanic...

W. H. Gross, salesman.

John Twiggs, farmer

John Cole, farmer....

Frederick Limbert, farmer...

Francis H. Uhlrich, laborer ...

Samuel K. Emerick, farmer....

R. D. Foreman, grain dealer.....

John Herd, harness dealer Philipsburg

John B. Hoffman, laborer S. Philipsburg

... Miles '

.Walker

.Centre Hall

Worth Twp

..Millheim

... Howard

..Rush Twp

Worth Twp

.Union "

..Liberty

Harris

John E. Noll, miller.

Benjamin Breon " ... BEING CURED BY FAITH .- The Altoons Mirror is authority for the statement that Miss Minnie Kline, a daughter of Mr. and Mrs. J. A. Kline of Oak Hall, this county, and who has been an invalid all her life, is in Altoona being rapidly cured of all her ills by the faith cure. The young woman went to that city several weeks ago to consult physicians who told her her case was AUTOMOBILISTS INJURED.—Last Satur- hopeless. She then met some of the Gospel cure. In telling her own story Miss Kline

"I was so ill my stomach would not reaside and now I can walk some distance. walk about the room. Now I cango into the

comes with every prayer. I am so glad and thankful for what the sick, He can help them too, if they will put their faith in him."

MARRIAGE LICENSES .- Following is the list of marriage licenses granted by or-

phan's court clerk, A. G. Archey. Alonzo Henderson and Bessie Confer, both of Howard.

Jasper Barnes and Grace L. Faulkner, both of Philipsburg. Frank C. McClure, of Patton, and Elizabeth J. Stroop, of Milesburg.

-Subscribe for the WATCHMAN.

DONATIONS FOR THE HOSPITAL ASKED. -No public appeal has been made recently

for donations for the hospital and a number of things are much needed. A response to this appeal of the lady managers it is hoped will come from all parts of the county as the hospital belongs to the county and not Bellefonte alone and any help, however little, is much appreciated at the present time. The following articles are

most needed: Canned vegetables. Canned fruits Cereals. Groceries of any kind.

Soap. Sheets, 3 size. Table linen. Towels. Bath towels.

Blankets, \(\frac{3}{4} \) size.

Linen stand covers, \(\frac{3}{4} \) yards square. Handkerchiefs. Dressing gowns or wrappers for men and women

Slippers, for men and women.

Lemont.

Mrs. John Fishel visited at the home of Frank Kline last Friday.

Ira Stover and wife, of Oak Hall station, Sundayed at the home of Lloyd L. Houtz. Rev. and Mrs. Charles Lambert are circulating among friends in these parts this

John Hasson enjoyed a visit of a few days at the home of his mother, Mrs. Lena Has-

Mrs. Birch Parson is spending a few days at the home of her parents at Centre Fur-Mrs. Henrietta Dale and daughter, Anna,

purchased a home in Boalsburg and have moved there. Last Friday morning found the thermome

ter down to 23° while Monday of this week brought it up to 80°. Mrs. Albon Baney and two children re-

turned to Hannah, Wednesday, after enjoying a two week's sojourn. This community was well represented at the Centre county fair last week and all feel

pleased with the exhibit. Golla Osman, one of Jersey Shore's hustling restaurant men, is staying at the home

of James Osman for a few days. Mrs. William Houtz had the misfortune Saturday afternoon to fall from the corn loft of their pig pen down among some stones bu

fortunately was not seriously injured. William Dougherty and wife are taking a few weeks sojourn in the north-western part of the State, while Mr. Hasson is looking up the many farmers in that section.

The United Brethren protracted meeting will open about December 3rd with Rev. James Welch to assist the pastor, and we bespeak a very profitable time for all who can make it convenient to attend.

It seems by reports that most of the chestnuts on Nittany mountain were frozen by the early freeze, as the burrs are falling from \$400. the trees without opening. That is something that very few can remember of happening before.

This last week was William W. Schenck's busy week making cider, as each day brought teams from break of day to night fall, there being so many apples in this com-munity and the high wind Friday and Sat-urday a week ago brought the most of them

Pine Grove Mention.

Rain is badly needed for fall pasture and late seeding

House cleaning, soap and apple-butter making is in order now.

W. H. Musser, of Bellefonte, was here Monday looking after insurance business. W. S. Morrow, of Morrowville, shipped a car load of hogs out of the valley on Tues-

Mrs. Catharine Archey, of Graysville, is making her annual pilgrimage among rela-

tives in this section. Station agent I. J. Dreese and wife were entertained at J. B. Ard's home on Main

The venerable W. H. McCracken is spendng a week withihis son, Rev. John C. Mc-Cracken, at Johnstown.

Mr. and Mrs. J. K. From, of State College, came over on Sunday to Paul Bailey's to see how the twin girls are coming on.

William McManus and wife, of Manor Hill, spent several days in town last week with headquarters at the St. Elmo.

R. M. Smith, of Centre Hill; George Woodring, of Port Matilda, and H. B. Pontius, of Bellefonte, registered at the St;

Mrs. Kate Bailey is out in Pittsburg visiting friends. On her way home she will (Formerly of Bellefonte,) spend some time seeing relatives in Al-

Miss Ella Musser, of Bellefonte, with her ousin, Miss Edna Shiffer, of Sunbury, are being entertained at Dr. G. H. Woods' home

on Main street. Mrs. Mary Gardner Gates came down from Altoona last week for a week's visit with her mother at the well-known Gardner home in

A. M. Brown returned from West Virginia, on Saturday, with two car loads of fat cattle ready for the block. Their average weight

Mrs. Sarah Gardner is setting her home in order before taking her leave for New York city, where she will spend the winter with her son, Harry Gardner.

The many friends of Rev. R. M. Illingsworth will be glad to learn of his safe voyage across the deep blue sea, landing at Edinburgh on schedule time. J. T. McCormick and Mr. Slegal spent

after the telephone line, while Mr. McCormick was taking care of the rentals due. Mrs. Thomas VanTries, of Bellefonte, was among the passengers Saturday morning. She was en route for her old home at Grays-

Monday in town. Mr. Slegal was looking

ville, where she was billed to stir apple-butter this week. L. W. Kimport, of Boalsburg, was in town on Monday looking after fat cattle for the butcher's block and to see how nice his niece, Mrs. Everts, was getting along in the new

Frank Krebs stands at the head of the fruit growers in Centre county. He took first prize money on choice apples of the Woolf river variety of which he is exceeding ly proud.

The Ladies Aid society of Pine Hall will furnish a chicken and waffle supper next Saturday afternoon and evening at the home of Mrs. Joseph Strouse, for the benefit of the new Lutheran church.

Cyrus Gearhart moved to the old Dr. J. Y Dale farm back of State College on Tuesday. He will be an employee at State College. Mr. Smiley and wife will move to the home vacated by Mr. Gearbart.

James M. Hammar, of Altoona, came down to spend a few days among his old chums hereabouts. Jim is quite a ward politici an in the Mountain city and predicts an old-time Democratic majority for old Centre.

Dr. G. W. Atherton, of State College, comfortably reclining on a splendid automobile with Prof. Foss at the helm, and with his frau by his side, took a view of our town and valleys on Monday afternoon at a 2.46 rate.

W. F. Heberling, of Scotia, says he has a ob for detective Rightnour. On the day of the veteran picnic at Hunter's park he found a child's coat and after endeavoring to find the owner he handed it over to the police of the grounds, who no doubt will be too glad to hand it to the one to whom it belongs.

James Dreese and wife, who was Amelia Koch, came up from Snyder county last week to divide their time with agent I.J. Dreese, at. Lemont, and Homer Goss, of this place They gave one day to the Bellefonte fair. Mr. Dreese is one of the well heeled fellows and means to take matters easy.

Mrs. Maggie, wife of Harry Gates, on the J. P. Lyon farm, had an experience last Thursday she does not care to repeat soon. While adjusting a patent stirrer in the apple butter kettle her skirts caught fire and had it not been for a nearby creek, into which she plunged, she might have been burned to death. It was at first thought her injuries were serious, but later reports say she is doing nicely and no serious results are antici-

Real Estate Transfers.

The following real estate transfers were recorded during the past week by Recorder J. C. Rowe.

Philip D. Foster Treasurer to Jacob Krider, Sept. 12th, 1904; land in Ferguson Twp. \$519.

H. T. Zerby et ux to A. A. Stover, May 1st, 1904; 10 acres 136 perches in Haines Twp. \$43.40.

Green Decker et ux to Commonwealth Penna. Aug. 24th, 1904; 91 acres in Potter and Gregg Twps. \$160.12. Newton M. Cameron to W. E. Farrell, Oct. 7th, 1904; three lots South Philips-

burg. \$50. Eliza Blands adms. to Frank E. Nagi-ney, Sept. 1st, 1904; lot in Potter Twp.

Della N. Angell et baron to Sue A. C. Markle, Oct, 7th, 1904: lot in Rush Twp.

Eleanor Taylor et baron to Anna I. Taylor, Sept. 6th, 1904; house and lot in Milesburg. \$400

Robert C, Hall to Minerva J. Hall, Feb. 23rd, 1904; land in Union Twp. \$1. Wm. H. Barlow et ux to Geo. W. Barlow, April 6th, 1904; land in Penn Twp.

James Staddort et ux to Frank Yauika, April 13th, 1904; one acre in Rush Twp.

Anna Graham Hale et al to Caroline Patterson Hale, Sept. 29th, 1904; 11 acres in Rush Twp. \$1.

Catharine Squires et baron to Emma Buckwalter, Feb. 23rd, 1904; lot in Rush Twp. \$100.

Simon Hazel to Mrs. Abigail Spayd, Feb. 1st, 1903; two lots in Madisor

J. L. Kremer et ux et al to Wm. F. Stover, May 14th, 1890; 10 acres in Haines Frank M. Ream et ux to Samuel Ream

Feb. 20, 1904; lot in Millheim. \$650. John P. Harris Receiver to John Jenkins, et al June 1st, 1904; two tracts land in Howard Twp. \$5,900.

Edward F. Foreman et ux to Mary J Goodhart, June 30th, 1904; house and lot in Centre Hall. \$1075.

New Advertisements.

WANTED.—A good steady man, with two or more boys large enough to plow, o take charge of a farm located 2½ miles from Tyrone, for particulars, address with reference C. O. TEMPLETON,

BOARDING.—Parties visiting Philadelphia can have first-class board and all accommodations six squares from business centre of city. Terms \$1.25 and \$1.50 per day. Special rates by the week. MRS. E. EDWARDS, 1606 Green, St., 49-38-1y* Philadelphia

COAL FOR SALE.

Farmers and others desiring to buy the BEST COAL direct from the mines can get it at Fountain Station Mines, two miles east of Snow Shoe by the wagon load.
48-45-2m

P. B. CRIDER & SON.

CHARTER NOTICE.—Notice is hereby HARTER NOTICE.—Notice is hereby given that an application will be made by the undersigned to his Excellency, the Governor of Pennsylvania, on Tuesday the 18th day of October, A. D. 1904, for a charter of incorporation to be granted to a Company under the name of the Snow Shoe Park Association, under the provisions of the Corporation Act of 1874 and the supplements thereto, and having its principal office at Snow Shoe, Pa.; the purpose of said Company is the purchase and sale of real estate, and holding, leasing and selling real estate.

PUBLIC SALE.—By virtue of an order of the Orphans Court of Centre county directed to the undersigned there will be exposed to public sale, on the premises along the public road about one mile west of State College bor-

SATURDAY, NOVEMBER 12th, 1904, at 1 o'clock p. m.

at 1 o'clock p. m.

All the following messuage and parcel of land situate in Ferguson township, just west of the Bellefonte Central R. R., containing ONE ACRE AND ONE HUNDRED and THIRTY-FOUR and FOUR-TENTH PERCHES being the property of the late Benjamin Corl.

Having thereon erected a good two story frame dwelling house, stable and necessary outbuildings, good fruit, good water, convenient to church, schools and college.

Terms of Sale.—½ cash on confirmation, ½ in

church, schools and college.

Terms of Sale.—% cash on confirmation, % in one, and % in two years deferred payments to be secured by bond and mortgage, with interest, on the premises. Purchaser to have the right to pay all cash if he desire.

JOHN T. McCORMICK,

New Advertisements.

New Advertisements.

FOR RENT.—Office recently occupied by M. J. Locke, on Brew property, north Spring street, Bellefonte, Pa. Apply to T. H-BREW, Hazleton, Pa. 49-18 GIRLS WANTED.—Six good girls to work in shirt factory. Experienced hands earn from \$1.00, to \$1.75 per day. Inquire of S. D. RAY, Proprietor, Bellefonte. Pa. 49-14-tf

EXECUTOR'S NOTICE.—The under-W ANTED.—Industrious man or wom An as permanent representative of big manufacturing company, to look after its business in this county and adjoining territory. Business successful and established. Salary \$20.00 weekly and expenses. Salary paid weekly from home office. Expense money advanced. Experience not essential. Enclose self addressed envelope. General Manager, Como Block, Chicago. 49-33-8t signed executors of the estate of James F. Weaver, late of Boggs township, Decd., requests all persons knowing themselves indebted to said estate to make payment thereof, and those having claims to present them, properly authenticated, for payment.

Mrs. M. M. WEAVER

Mrs. M. M. WEAVER, J. H. WEAVER, Executors.

Shoes

Shoes.

WHEN WALK-OVERS GO ON-TROUBLE GOES OFF.

When you begin wearing WALK-OVER Shoes, you may throw away that Foot Powder; also those Soft Wool In-soles, the Corn and Bunion Plasters and all other "helps to comfort" you've been forced to wear to assist your poor feet in doing their

Throw them all away—you won't need them.

This is the message of thousands of grateful WALK-OVER wearers the world over, and we pass it along to you, gladly.

Find your WALK-OVER fit, and stick to it.

Same prices everywhere in America-\$3.50 and \$4.50.

Made for Ladies and Gentlemen.

Sold by

YEAGER & DAVIS, The Shoe Money Savers Bellefonte and Philipsburg, Pa.

Lyon & Co.

Lyon & Co.

LYON & CO

LYON & CO.

SAVING OPPORTUNITIES IN EVERY DE-

PARTMENT.

See our line of 25c. Dress Cloths; all new shades.

See our line of 35c. Dress Cloths; " See our line of 40c. and 50c. Cloths in all the new .

weaves and colors. A handsome line of 44 and 50-inch Cloths in the Browns and all other new shades at 75c.

A still better line of Dress Cloths at \$1, 1.25 and 1.50.

A full and complete assortment of Black Dress Fabrics and Cloths, all the new weaves, and prices ranging from 25c. up to \$1.75 per yard.

Linings, Trimmings, Appliques, Persiand Bands to match all.

Ladies', Misses' and Children's Coats in every style.

LYON & CO.

LYON & CO.

Bellefonte, Pa.