

Bellefonte, Pa., April 1, 1910.

#### HEALTH FORCES DEFDAT DEATH.

[Continued from page 6.] urai resistance of his body. She also advises all the other members of the household how to escape infectionfrequently discovers some members in the early stages of the disease and is thus able to ward it off. The nurse devotes particular attention to diet-nutrition being generally recognized as one of the predominating factors in strengthening the body's defenses. She tells the housewife what to cook and how to cook it. She inquires par ticularly whether there is a sufficient supply of fresh eggs and milk. Perhaps the family is too poor to supply the sick man with these necessities. In that event the state itself provides them. The dispensary nurses have state rendered more attractive, both n.ade 133,444 visits of the kind de for residential and manufacturing purscribed above.

#### Life at Mont Alto.

This, however, is only one department of this life-saving work. Any one who wishes a graphic idea of the state's sanatorium work should visit the tuberculosis colony at Mont Alto. gendered by premature death, dis-Here, at an elevation of 1600 feet above the sea, amid the breeze swept mountain pines, he will find nearly 800 men, women and children, under cipal of the debt laid upon individuals, the care of physicians and nurses. bravely seeking to combat the disease in the fresh air and sunshine. Labor. from physical suffering alone. atory investigations have many times exposed to the light and air, shrivels untimely death has been shut out of proved that the tubercle bacillus, once up like a guilty thing and perishes; more than 8000 of our homes and that and the state, in this unique sanator. at least 50,700 of our people are anium, is giving its tuberculous poor nually spared the ravages of acute distheir one great chance of overcoming eases. the disease. This Mont Alto site is sit uated in the midst of a state forest reservation of 5500 acres. It is high. cool, dry, with an abundance of fresh spring water, tillable soil upon which many of the household supplies can be raised, and all the attractions of nature to make pleasant and peaceful the lives of the patients. There is a village of specially constructed cottages in which the incipient cases live, and a large, well equipped hospita' building for the advanced cases. At this sanatorium Pennsylvania has treated up to Dec. 31, 1909, 2365 patients, a large number of whom have been permanently cured and a still larger number so effectually strength. ened that they are in far better co dition than formerly to fight the di-

Ground is now being cleared for a second state sanatorium on the beautiful site at Cresson, which Mr. Carnegie has so generously given to the commonwealth, and a third site had been selected in the foot hills of the Blue mountains, near Hamburg, in the eastern end of the state.

In fighting such a widely prevalent disease as typhoid fever, the usefulness of a central state health organ' zation is especially demonstrated. Against typhoid a local board is practically helpless. This is because the chief sources of infection are the water courses. Our rivers unfortunately do not recognize state or county lines. A municipality may prevent water pollution from the banks within its own jurisdiction but cannot prevent it in other sections. Pittsburg may stop its own citizens from sewering into the streams, but she cannot stop other communities from polluting the waters from which she draws her own supply. And the discouraging fact is that, while one town may refrain from poliuting the stream so that another further down may not have to drink its filth, its own water supply may be polluted by less conscientious neighbors living up-stream. Up to the year 1905 man in Pennsylvania appeared to have lost the natural instincts of the lower animals and seemed indif- he had them. He stopped at once. ferent to the danger of loading his system with that which nature has once thrown off as poison. Man, unlike the beasts of the field, had taken on the habit of discharging his offal into the streams from which he took his drinking water. Only some central body, which has absolute control over all water courses, can accomplish a general purification of the streams.

The legislature recognized this necessity for central control when, in 1905, it placed all water courses, so far as public sanitation was concerned, under the jurisdiction of the governor, attorney general and commissioner of health. But there are also other private sources of pollution-especially the old-fashioned privies and wells which still are found in large numbers, overflowing into streams. These the department of health has now the power to abolish. The department has in file complete and detailed maps showing all the state's water courses. large and small. Whenever a case of typhoid fever is reported it can immediately put its finger on the watershed where the disease originated and investigate accordingly. No municipality can now construct water works without first obtaining the state's approval of its plans. It cannot build sewerage plants without similar consent. Acting through these broad powers, the health department, through its army of inspectors, has penetrated the remotest recesses of the state, inspecting premises, noting palpable nuisances, investigating water and A wholesome sewerage systems. clean-up has ensued. In most cases the individuals and municipalities affected have realized the necessity of remedial measures and have accepted the work in a proper spirit. Up to date it districts and caused the abatement of jogging and thrusting him with their 18.945 pollutions. It has issued 204 decrees requiring changes in public wa-

ter works. Under its advice and suggestion, all over the state, cities and municipal bodies have awakened and voluntarily begun to improve their water supplies. Under the supervision of the department sixty-seven sewage disposal plants and thirty-five water filter plants have been built or are now under construction.

#### Typhoid Cut Down.

The purification of the state's drinking water is a large task and will take many years, but already the improvements have cut the typhoid death rate in half. In 1906, 56.5 out of every 100,-000 people died from this disease; in 1907, 50.3; in 1908, 34.4, and in 1909, 23.9. That is there are now living 2363 people who, had the death rate of 1906 prevailed in 1909, would have

I believe enough has been said to convince you that Pennsylvania's citizens have been made richer in health. happiness and industrial vigor and the poses and for the mere joy of life, by the application of the grand health laws of 1905.

You cannot capitalize human tears and mental anguish. You cannot estimate in dollars the world's loss through the pessimism enease or the despair of poverty, which

may follow both. You cannot compute even the princommunities or states by the moral delinquencies that result absolutely

But we can rejoice when we know beyond all doubt that in every year

And with a pride blended with thankfulness we can rejoice in the spirit of Pennsylvania's fostering care for her people which made these results possible.

#### A Speech to the Jury That Was Effectively Answered.

A well known English barrister, whom we will call Mr. K., was a most of art, so says the story, in the palace eloquent speaker, and his voice, particularly in its pathetic tones, was melody itself. His power over a jury was astonishing, and it was very seldom that he failed to secure a verdict for his ciient.

On one occasion, however, he was beaten and in such a ridiculous manner that a crowded court and even the grave judge were convulsed with laughter at the burlesque of the result.

The case was a charge of murder. Mr. K. was for the defense. His peroration was exceedingly touching and beautiful.

"Gentlemen of the jury," said he. "if you can find this unhappy prisoner at the bar guilty of the crime with which he is charged after the arguments to the contrary which I laid before you, pronounce your fatal verdict. Send him to the dungeon. awaiting the death which he is to receive at your hands. Then go to your families, lay your heads on your pi! lows-and sleep, if you can!"

The effect of the closing words was really thrilling. But presently the counsel for the prosecution rose and

"Gentlemen of the jury, I should despair, after the affecting speech which has been made to you by my learned brother, of saying anything to do away with his eloquence. I never heard Mr. K. speak that better than when he spoke it now. Once I heard him speak it in a case of stealing at Leeds and again in a case at Manchester, and the last time I heard it was when two men were tried for pocket picking. But I never knew him to speak it so affectingly as just now."

This was a poser. The jury looked at one another, whispered together. and the speaker saw instinctively that closing with a single remark:

"If you can't see, gentlemen of the jury, that this speech fits all cases then there's no use my saying any-

thing more." And there wasn't. He had made his case and got his verdict.-Exchange.

### Rules of Good Behavior In the Early

Eighteenth Century. In a work entitled "Youth's Behavior," published in 1706, there is this injunction to young gentlemen, "Put off thy Cap or Hat to persons of Desert as are Churchmen, Justices and the like, turning the Cap or Hat to thy selfwards; making a Reverence, bowing thyself more or less according to the custom of the better bred."

In the midst of remarks which indicate the utmost refinement we come suddenly upon such directions as this: "'Tis not manners as soon as you are set at Table to bawl out, 'I eat none of this, I eat none of that, I care for no Rabbit; I love nothing that tastes of Pepper, Nutmeg, Onyons,"

After stating that "some have been so refined in Foreign parts that they will neither be covered, nor sit with their backs to the picture of an eminent Person." the writer goes on to remark that "there are some who eat with that eagerness and impatience, they eat themselves out of breath and will pant like a broken winded Horse,

but these are not to be indured." He also warns his pupil thus: "When you are talking to any one do not Continually punch him in the side. as some people do; who, after every sentence keep asking the person they are conversing with, 'Did I not tell you so?' 'V'hat say you, sir?' and in the meantime they are every moment

a mark of respect."

Then the Prices Tumbled, and Dan Sold Out All His Stock.

Dan MacQuinn, who runs a general merchandise store in a country town, conducts more bargain and special sales than all the other merchants put together. And the seemingly strange part of it is that he makes a big success out of every sale.

Recently he conducted a tinware sale. All kinds of tinware household utensils were displayed on tables and shelves about the storeroom. Directi in the center of the room was an inmense standing case with eight or 121 shelves, on which was arranged wide variety of pieces of tinware an marked in bold figures.

About the time the store was parke with bargain seekers there came a ter rific crash from the center of the room. A lumbering expressman had tipped over the case, and the tinware was scattered everywhere, but not damaged to any extent. Dan immediately rushed to the scene of the confusion. So did all the women attending the sale. After giving the dray man a severe calling down Dan. who appeared to be in a terrible rage, aunounced that rather than pick up one piece of the ware he would sell every piece for 6 cents. The original prices. marked plainly on each piece, were from 10 to 15 cents. Dan sold every piece right from the floor and did it in

less than five minutes. If any one of the bargain seekers had happened around the store after the sale was over they would have been surprised to see Dan handing the expressman a piece of money, apparently very well satisfied with the result of a clever ruse which had brought a big day's receipts.-Modern Methods.

A Great Work of Art. It was Apelles who visited the studio of Protogenes in Rome and, finding the artist absent, drew a thin colored line in such a way that the Roman knew that only his Grecian brother could have done it. But, not to be outdone, Protogenes drew a thinner line upon that of Apelles, and when this was seen Apelles drew a third line upon that of Protogenes. This panel was then looked upon as the greatest work of the Caesars.

A Shady Place. A hotel keeper near New York city is a Frenchman, and his family know little more about English than to does. His suburban hotel stands in the center of a square filled with large trees. When the proprietor wanted to call attention to this advantage he put on his cards. "The most shady hotel around New York." The reputation of the place is beyond reproach, and the proprietor does not know yet why so many persons smile when they read

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Clothing.

the line quoted.

Not at All Stylish.

Madam-What a funny looking hat that woman has on! Adam-Don't see anything funny about it. Looks mighty sensible to me. Madam-Yes; that's what makes it so funny looking. To he!-New York Times.

Just as Good.

"Have you any postage stamps? asked the man entering the drug store, "I have not." replied the druggist "but I've got plasters that stick just as good."-Yonkers Statesman.

If you wish any blessing look for it yourself.-Arrian.

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On the Wrong Back.

Charitable Lady-I gave your father the money to buy you a coat last week. I see you're not wearing it. Boy-No. mum: 'e put it on a 'orse. Charitable Lady-On a horse? But he should have thought of your comfort before that of an animal.-Throne and Coun-

Blissful Ignorance. He (pointing with his whip)-There's a tobacco field. She-Give me the lines, dear, and see if you can find a ripe cigar for yourseif. - Harper's Ba-

Power is a fretful thing and bath its wings always spread for flight.-Wal-

Hood' Sarsaparilla

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11 40 8 53 Jersey Shore 3 9 9 7 52 12 15 9 30 Arr. \ WM'FORT \ Lve. \ 2 35 17 20 6 50 \ Phila. & Reading Ry. 7 30 6 50 PHILADELPHIA 18 36 11 30 10 10 9 00 ......NEW YORK. (Via Phila.) p. m. a. m. Arr. † Week Days.

WALLACE H. GEPHART, General Superintenden

DELLEFONTE CENTRAL RAILROAD. B<sub>Schedule</sub> to take effect Monday, Jan. 6, 1910 t No 2 t No 4 No 6 t No5 t No3 No1

3 20 11 10 7 25 State College 8 00 12 00 5 00 7 27 .....Strubles..... 8 45 7 31 .. Bloomsdorf... 7 40 7 35 PineGrove M'l 7 35 F. H. THOMAS, Supt.

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