

THE LAW OF REST.

By L. A. Miller.

The Sabbath day—rest day—is a physical necessity. Continuous labor, even if it is light and agreeable, undermines the physical system, reduces the mental capacity and dulls the moral sense.

This has probably been the experience of every one who has tried working seven days each week for any considerable time. It seems to make no difference which of the days is observed as a day of rest; therefore it is concluded that there is no special virtue in the day itself.

Rest does not imply a complete cessation from physical or mental activity. To do so would be more irksome and tiresome than ordinary labor. Resting, in its fullest sense, signifies a cessation from enforced duties. One of its chief elements is the sense of having nothing to do. The mind is at ease, and the body seeks the most comfortable positions possible. The daily routine is broken, relaxation encouraged.

Those whose labors require the use of a certain system of muscles, find rest in exercising other systems; those whose minds are employed on a certain class of topics, find rest in thinking on others; while those who have great variety in their daily lives, find rest in aimless walks, talking at random, and allowing the mind to wander whithersoever it will.

That which yields the most complete relaxation to the mind and body is the source of the most perfect and profitable rest. It may be inferred that the surest means of securing the greatest amount of rest would be to take up that which is as nearly opposite the daily routine as possible. Such an inference, however, is not well founded, for this course would be too violent to insure comfort, and could not be indulged in to any great extent without considerable effort, which in itself would be exhausting and tiresome. Taste and inclination must be consulted in seeking rest. Walking where, or when, one does not want to, is not even healthful exercise. Reading that which is not entertaining, is not good pastime. Passing a day under the restraint of stringent social customs, robs it of its restfulness. The portion of time set apart for rest is in perfect harmony with nature, and it is therefore necessary for man, if he expects to enjoy health, comfort and prosperity, to cease his labors during one of each seven days.

That this is in perfect harmony with nature, and the laws by which the universe was brought into existence, is clearly set forth in the decalogue. "Remember the Sabbath day, to keep it holy. Six days shalt thou labor and do all thy work, but the seventh day is the Sabbath of the Lord thy God; in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy man-servant, nor thy maid-servant, nor thy cattle, nor thy stranger that is within thy gates; for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh; wherefore, the Lord blessed the Sabbath day, and hallowed it."

It will be observed that the Lord gave reasons for this requirement, which is done in only one other instance in the decalogue. From this fact it may well be inferred that it is not a simple arbitrary command, but a matter of vital importance.

The completion of creation ended a definite cycle of time, rounded up a natural period of labor, and there is no good reason why the cycle of creation shall not continue so long as the universe exists.

Man was created in the image of the Creator. The image, as may naturally be supposed, is infinitesimal as compared with that from which it was modeled. From this the inference would be quite natural that the period covered by a day of creation was as much greater than the day of man as the Creator is greater than man. It represented the expenditure of a certain amount of intellectual energy. The day of man probably represents a period in which he should, or may, without injury, expend a proportionate amount. The rest spoken of followed a period of labor, and naturally suggests the idea of recreation. Labor means a waste, an expenditure of vital energy. Rest means a restoration of this energy—a re-creation of it. To restore the waste fluid from a vessel, the first thing is to stop the waste. This alone may be all that is necessary, providing the usual sources of supply are equal to the demand; if not, other sources must needs be filled within a given time. What are the sources from which our vital energies are drawn?

With these well defined, there would be no difficulty in settling the Sabbath question. If the poor man draws his from an humble and often very plain home, then he needs no parks, no flowers, no sunshine, no birds, no trees. If the student finds the recreative forces strongest to sleep, he need not take exercise in the open air, nor bathe, nor smoke, nor patronize a movie picture show.

Our vital energies are drawn from nature; from her bounteous larder are we fed; to her must we go for recreation. The waving fields of grain, the lowing herds, the flying birds, and the finny tribes, are provided to feed our physical nature; the broad, closely written pages of the book of Nature, supplemented by its companion, the book of revelation, furnish varied and abundant food for the mind, while the flowers, the birds, the balm and aroma from the wooded hills, soothe, divert and refine. They make us better in every respect; fit us for enjoyment of life; render us capable of making others happy. Over and above this, we imbibe the vitality that the flower parts with when it blooms; that the insect expends when it flies; that the tree loses when it bends before the breath of the wind; that the leaves shake off as they flutter in the toying

breeze; that the birds dispense in measures of song.

Nothing is wasted in nature. The smoke that rises dark and murky from the grim-mouthed chimney dissolves into nascent air. If the latent energy of coal is thus converted into atmospheric energy, why may not the energies expended in motion and thought be taken up and used by something else? It must be so, else why should we find ourselves refreshed, revived, recuperated, after a stroll in the woods, a rest in a shaded nook, a romp with mother nature in the field, or even a study of her beautiful face through a frost-bedded window-pane?

The artist will be pardoned for stealing a glance at his newly-finished statue or picture; the lover will be forgiven if his eyes wander to the next pew, and rest for a moment on the face that he sees when his eyes are closed; the child of nature will not be marked if perchance it pluck a flower that has been bold enough to bloom on the Sabbath. Can it be, then, that the toil from sun to sun will be demerited if, on the Sabbath day, he only so much as looks upon the manna sent to feed his hungry sight, to strengthen his weakened vitality, to revive his dragged out energies? Where is it so written?

PLANT EVERGREENS NOW.

Now is the time to plant your evergreen trees. The planting season in the fall is any time from August 15 to October 15. There is far more time to give to the planting of ornamentals in the fall than in the spring, when there is almost always a rush of work to be accomplished in garden, grounds and fields.

It is taken for granted that you are planning to plant at least a few evergreens, if you have any garden space at all, and want a beautiful home. Landscape gardeners are using evergreens more and more to give real character to a place. The evergreens contribute a permanent feature to the home place—for there they stand, spring, summer, autumn and winter as firmly established and just as effective as the buildings.

There are so many ways in which to use the evergreens successfully, that it is quite impossible to enumerate them all. In almost any capacity for the home grounds, they are found to be most striking and attractive. They may be used as specimen trees to stand alone on the lawn; as a background for the house; or as a wind-break to shield the house from the north winds; as a dark setting behind the shrubs or flower borders; or as a hedge or screen for some unightly building.

There are many splendid varieties which may be used as specimen trees, either singly on the lawn or on either side of the piazza steps, path or driveway. The white fir of the Rocky mountains is excellent for this purpose. It grows to be 80 to 100 feet, is one of the handsomest in cultivation, is most hardy and of rapid growth. It is very graceful, and its foliage is a beautiful blue above and silver beneath.

The Nordmann's silver fir is a gracefully proportioned tree, and is just the thing where a dense, dark growth is required. It grows moderately fast until it finally reaches an imposing size.

The juniper or red cedar trees are mostly pyramidal in form and are fine for landscape work, to be used as a specimen tree where a formal effect is desired.

There can be no more lovely ornamental tree for lawn use, nor any tree that attracts more attention and admiration than the blue spruce. Pungents Kosterii, or Koster's blue spruce, is an excellent variety. It has foliage of a cloudy, grayish blue—frequently described as "smokey" blue. It is sturdy and dense in its growth and it rarely fails to account of its really unusual symmetry and beauty of coloring.

The white pine is an extremely stately and satisfactory tree to use as a single specimen. It is long lived and hardy, and is one of the most beautiful of our native pines, and one of the most rapid growers.

The many varieties of Thuja or Arbor Vitae are commonly used for hedge planting or for screens. The Occidentalis or American Arbor Vitae is well known as a screen or hedge plant. It can grow to large size, but is generally sheared or trimmed down. There is also the Occidentalis pyramidalis, that grows in a tall, slender column, resembling the Irish yew. It is hardy and keeps its rich, dark green color all the year round.

Then there is the Canadensis, a variety of hemlock spruce, which is well suited for a free spreading, graceful specimen tree, or it can be pruned or trained into dense growth for use for hedges or as a screen. It is of very hardy habit in its growth and lives to a good old age.

Those mentioned above are merely a few of the most striking of the evergreens. In sending for these or any other evergreen trees or bushes to the nursery, it is generally wise to pay a little extra for each tree in order to have it sent with a ball of earth around its roots wrapped in burlap. This always insures a more successful planting.

It is better to plant the tree immediately upon its arrival. If this is not possible, however, be sure to keep the fibrous roots well protected from the sun and air, to prevent them from drying out. Dig the hole deep enough to take in the roots and ball of earth without breaking or bruising them. Enrich the earth well before planting with a couple of forkfuls of manure, and two or three handfuls of bone, mixing both well into the soil before planting.

The secret of successful planting of shrubs and trees is to pack the earth, or "firm" the earth snugly about the roots in planting. This firm planting is of the greatest importance, to protect the tree from hard winds or the heaving of the soil in winter or spring. Therefore, if success is to be achieved, be careful to pack the soil solidly around the roots.

—The "Watchman" gives all the news while it is news.

For Congress, Elisha K. Kane.



Coal Mining

Has become the most important industry of Clearfield and Centre counties. It stopped for five months because of a dispute between operators' association and miners' union. No laws defined their rights; no courts could decide them. During the quarrel the miners gradually used up all their savings. Merchants sold less goods and had to give more credit. Both merchant and miner drew down their bank accounts; bankers called in loans, and manufacturers and farmers were pinched. The trouble having been patched up for a few months by raising coal prices, cement, steel and brick plants are raising prices or reducing production; and hand glass plants claim they must lower wages or shut down. Rising prices for such material may cause a slump in the building boom like that of 1921.

Mine workers' leaders wisely incorporated in the strike settlement a fact-finding joint commission. Government officials propose a price-fixing plan, and a railroad car distribution plan; and some Congressmen advocate Federal operation of mines—all as if they had learned nothing from the disastrous Federal operation of railroads.

I prefer Theodore Roosevelt's control plan. I desire an Interstate Coal Commission with powers like those which the Interstate Commerce Commission exercises over railroads. It not only finds facts, but it bases orders on them. It compels safe opera-

tion and reasonable rates. Before it became effective, my lumber business was unsafe until I connected with three competing railroads. Now my brick and tile factories can sell anywhere without fear of unfair competition. The railroads also have profited; and their trainmen are in less peril of life or limb. Miners' lives and limbs are just as precious. Industry and commerce are quite as dependent on coal being regularly supplied at fair prices. I am not financially interested nor employed in coal mining; and, if sent to Congress will represent all concerned in an impartial business-like way. Clip and preserve this article.

Advt. ELISHA K. KANE, Koshequa, Pa.

To Mark Site of First Iron Furnace.

A marker tablet indicating the site of the smelting of the first iron in Centre county will be unveiled on October 30, near the entrance to the grounds of The Pennsylvania State College. The stone stack of the old furnace is still standing just outside of the town of State College, where it was erected 130 years ago by Colonel John Patton and Colonel Samuel Miles, who were officers in the Revolutionary war. The tablet is to be placed there by the Pennsylvania Historical Commission and the department of history of The Pennsylvania State College.

Pig iron from this furnace was transported to Pittsburgh mills by mule-back, in the days long before railroads came into use. The furnace was operated from 1792 to 1809 and from 1825 to 1858, and marked the beginning of many similar industries in the central part of the State.

This will be one of the first industrial places so marked in Pennsylvania, and Penn State's share in it is a fitting one because the college has for so long been devoted to the industrial pursuits so vital to Pennsylvania progress. Dr. E. E. Sparks, former president of the college, is making arrangements for the dedication program, which will include an address by some man prominent in the iron industry of the State. The tablet will be presented to the college by George P. Donahoo, of Harrisburg, chairman of the Historical Commission, and will be accepted by president John M. Thomas. Dr. Sparks will have charge of the ceremonies.

The old stack is but a few feet from a new section of state highway that is now being built into State College. Near by land is college property and plans are under way to make a park there with an artificial lake, offering bathing and skating facilities that are now denied the 3300 college students.

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