

Democratic Watchman.

Bellefonte, Pa., October 20, 1922.

BAD HABITS INEXCUSABLE.

By L. A. Miller.
When I seated myself at my desk I was at a loss to know what topic I would select for my week's discussion, but finally decided I would have my say on habits, good, bad, and indifferent. The subject is a broad one with an abundance of material to draw from. It is a well known fact that the greater portion of the unhappiness and discomforts complained of by the world are caused by habits. If people would live rationally and act rationally there would be little to complain of, for what is it that heart can reasonably wish that cannot be obtained?

The animal world is happy, why not the human? It is true that man can never be perfectly satisfied, and it is right that he should not be. He should always be desiring something, striving to get that which is just above his reach, but that should not render him unhappy. Indeed he should be happier when pursuing a worthy object.

Intemperance is held up as one of the greatest, if not the greatest of all curses, that plague the human family. What is it, viewed from whatever point you may, but a habit? True, scientists tell us it is often a disease; but what is disease but a habit?

Multitudes of women suffer daily with headaches. These are caused by their habits, and eventually become habits themselves, returning as regularly as the day returns. The vital organs contract habits which lead to very bad results, and so firmly do they become fixed that they are broken up or changed with difficulty.

Much of the biliousness complained of is due to habits contracted by the liver, and not from present causes. Those who have long been in the habit of using alcoholic stimulants will find the appetite returning at its appointed time for years after they abandoned the use of intoxicants. The vital organs, having long been accustomed to receive a certain degree of stimulation at fixed times, expect just as much as the dog or cat expects his food at certain times.

Growing and scolding are habits which all are more or less familiar with. Many of those who indulge in them are not conscious of the fact that they are making themselves ridiculous and rendering others uncomfortable. They take no more note of what they are doing than when taking a drink of water. All bad habits may be regarded as abnormal growths, or excrescences. They are often spoken of as a second nature, and properly so, because they become so firmly attached to nature that it is with difficulty they can be detached. They are to moral nature what cancers, warts, moles, tumors and abnormal growths are to physical nature. Among the more reprehensible habits common to all classes is the improper use of language. For this there seems to be no valid excuse, yet there is scarcely an individual, educated or uneducated, who speaks his tongue correctly. Grammar and the meaning and use of words are taught in all of our schools. The only way of accounting for this state of affairs is by the habit theory.

The habit of using bad grammar is bad enough, but that of using bad language is worse. Slang ranks next to bad grammar. Next comes vulgarity and profanity. Much has been said of slang and its uses, but with apparently little effect, and it is probably useless to spend time writing or talking against it. Those who use it do so to make themselves appear funny or smart. Now, if there is a class harder to reach than another it is this funny class. They seem to hold that they have a right to be funny at any time and in any place. They imagine that in the use of slang phrases they are displaying wit. There may be something cute in the expression, or it may be apropos at times, but it loses its cuteness as it grows old and notorious. It's use, however, has become a habit with the funny fellow, and he uses it, unconsciously, perhaps, to the continued disgust of his cultured friends and associates. There are words enough in the vocabulary of every person of ordinary sense, to express his wishes and thoughts without resorting to slang.

Profanity is less excusable than slang, if possible. It is sinful, even when indulged in without any wicked intention, because it has a tendency to demoralize those using it, and because it disgusts those hearing it. The pure hearted never curse, and the refined never swear. You can learn from your own case that you only feel like cursing when you are angry, therefore, it is an angry passion, and should not be allowed to rise.

The habit of using profane language is peculiar in some respects. Very few of those who indulge in it do so in the presence of ladies, or good men, or their families, yet they will say they do not know when they are doing it. This may seem strange, yet it is probably true, because they never formed the habit of being profane in the presence of such persons.

Nervous persons are prone to form singular and peculiar habits, such as blinking, making wry faces, rubbing the hands, picking the nose, biting the finger nails and chewing sticks. While these are noticeable by almost every one, they are positively irritating and annoying to other persons who are nervous, although they may have equally offensive habits of their own.

A great many ladies who go into mourning never get out of the habit of looking morose and mournful, and for long years, and possibly for life, have the appearance of burdens of grief. In truth and in fact they are almost as sad as when their grief was most poignant, yet it is merely the habit they acquired while in the state of fashionable mourning.

For this reason nervous women should not indulge in heavy mourning outfits, because it is liable to blight their after lives. The sombre mourning dress and the binding rules

of society relating to it bring about misery, ill health and suffering upon sensitive and impressible women.

Strictly speaking, there is no such thing as a good habit, because habits are forms or practices different from those designed or suggested by nature. However, the word is generally used to indicate manner, custom and disposition. When used in this sense it is proper to speak of good or bad habits. Smoking, chewing, gambling, flirting, swearing and all the reprehensible customs that people fall into, come under the head of habits, while eating, sleeping, drinking, labor or indulging in edifying pursuits, are not habits, but the natural phases and conditions of life. Where these exist, or are cultivated, there is but little danger of habits being formed; hence the necessity of training the youth by example as well as by precept, to be natural and judicious in all their ways. Getting drunk is a very bad habit, but I am told that to sober up is hell.

How shall I a habit break
As you did that habit make.
As you gathered, you must lose;
As you yielded, now refuse.
Thread by thread the strands we twist
Till they bind us, neck and wrist;
Thread by thread the patient hand
Must untwine, ere free we stand.
As we builded stone by stone,
We must toil, unhelped, alone,
'Till the wall is overthrown.
John Boyle O'Reilly.

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

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Bears the signature of Chas. H. Fletcher.
In use for over thirty years, and
The Kind You Have Always Bought.

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Ladies Ask your Druggist for
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Pills in Red and Gold metallic
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THE DIAMOND BRAND. Sold for 25
years known as Best, Safest, Always Reliable
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HOOD'S SARSAPARILLA.

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Appeals to every family in these days. From no other medicine can you get so much real medicinal effect as from this. It is a highly concentrated extract of several valuable medicinal ingredients, pure and wholesome. The dose is small, only a teaspoonful three times a day.

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..Scenic Theatre..

Week-Ahead Program

Cut this out and save for reference.

SATURDAY, OCTOBER 21:
BUCK JONES in "ROUGH SHOD," a good, live western picture that contains thrills and will be found satisfactory. With Helen Ferguson, Ruth Renick and Maurice Flynn. Pursuit of horse thief interfered with by an English girl. Also, Snub Pollard Comedy.

MONDAY, OCTOBER 23:
Big Double Show—DOROTHY DALTON in "BEHIND THE MASKS," plays a story of gambler tries to trim an Englishman with heroine drawn in compromising position, but comes out with flying colors. DORIS MAY in "UNDERSTUDY," is romantic heroine who finally marries son of wealthy father who first objected. Also, Pathe News and Lloyd Comedy. 12 reels.

TUESDAY, OCTOBER 24:
CULLEN LANDIS in "WATCH YOUR STEP," a rural comedy drama. Youth wrecks car speeding, knocks down policeman, goes west thinking he had killed him, falls in love with daughter of rich man, finally finding out he is not a murderer marries her. Also, Movie Chats and Comedy.

WEDNESDAY, OCTOBER 25:
NORMA TALMADGE in "LOVE'S REDEMPTION," a six reel story (with Harrison Ford) of a native Jamaican girl married an Englishman and is not accepted by his people, eventually finds happiness in their native home. Also, 2 reel Sunshine Comedy.

THURSDAY, OCTOBER 26:
GEORGIA WOODTHROP in "SONGS OF LIFE," an associated First National production by John Stahl. Seven reel story of mother who sacrifices son deserted as a baby. Also, Pathe News and Review.

FRIDAY, OCTOBER 27:
GLADYS BROCKWELL in "PAID BACK," a rapid movie drama, shifting often with fine outdoor atmosphere. A blackmailer and woman whose happiness he marred reach island and he suffers penalty for his crimes. Also, an episode of "IN THE DAYS OF BUFFALO BILL," a pioneer western historical serial. Interesting.

OPERA HOUSE.

SATURDAY, OCTOBER 21:
A fine Goldwyn feature, "TOM MOORE" in "MR. BARNES OF NEW YORK." Also, that ever funny Mooreville Comedy, "THE SKIPPERS BOOZEM FRIEND."

OCTOBER 23—MARY PICKFORD in "LOVE LIGHT."

Watch

F. P. Blair & Son's Window

Thurs., Friday, Saturday, Oct. 19, 20, 21, at which time they will offer at special reductions, a varied assortment of attractive gifts and novelties.

A special lamp valued at \$25.00 will be given away Saturday evening.

F. P. Blair & Son,
Jewelers and Optometrists
Bellefonte, Pa.

PROPOSED AMENDMENT TO THE CONSTITUTION SUBMITTED TO THE CITIZENS OF THE COMMONWEALTH FOR THEIR APPROVAL OR REJECTION, AT THE ELECTION TO BE HELD ON TUESDAY, NOVEMBER 7, 1922.

BY ORDER OF THE SECRETARY OF THE COMMONWEALTH, IN PURSUANCE OF ARTICLE XVIII OF THE CONSTITUTION.

Number One.
A JOINT RESOLUTION
Proposing an amendment to section one (1) of article fifteen (XV) of the Constitution of the Commonwealth of Pennsylvania.

Section 1. Be it resolved by the Senate and House of Representatives of the Commonwealth of Pennsylvania in General Assembly met, That the following amendment to the Constitution of Pennsylvania be, and the same is hereby, proposed, in accordance with the provisions of the eighteenth article thereof:—

That section one of article fifteen, which reads as follows:—

"Section 1. Cities may be chartered whenever a majority of the electors of any town or borough having a population of at least ten thousand shall vote at any general election in favor of the same," be and the same is hereby, amended to read as follows:—

Section 1. Cities may be chartered whenever a majority of the electors of any town or borough having a population of at least ten thousand shall vote at any general or municipal election in favor of the same. Cities, or cities of any particular class, may be given the right and power to frame and adopt their own charters and to exercise the powers and authority of local self-government, subject however to such restrictions, limitations, and regulations, as may be imposed by the Legislature. Laws also may be enacted affecting the organization and government of cities and boroughs, which shall become effective in any city or borough only when approved by the electors thereof, and approved by a majority of those voting thereon.

A true copy of Joint Resolution No. 1.

BERNARD J. MYERS,
Secretary of the Commonwealth.

Number Four-A.
A JOINT RESOLUTION
Proposing an amendment to section one of article fourteen of the Constitution of the Commonwealth of Pennsylvania.

Section 1. Be it resolved by the Senate and House of Representatives of the Commonwealth of Pennsylvania in General Assembly met, and it is hereby enacted by the authority of the same, That the following amendment to section one of article fourteen of the Constitution of the Commonwealth of Pennsylvania be, and the same is hereby, proposed, in accordance with the provisions of the eighteenth article thereof:—

That section one of article fourteen, which reads as follows:—

"Section 1. County officers shall consist of sheriffs, coroners, prothonotaries, registers of wills, recorders of deeds, commissioners, assessors, surveyors, auditors or controllers, clerks of the courts, district attorneys, and such others as may, from time to time, be established by law; and no sheriff or treasurer shall be eligible for the term next succeeding the one for which he may be elected," be amended so as to read as follows:—

Section 1. County officers shall consist of sheriffs, coroners, prothonotaries, registers of wills, recorders of deeds, commissioners, assessors, surveyors, auditors or controllers, clerks of the courts, district attorneys, and such others as may, from time to time, be established by law; and no sheriff or treasurer shall be eligible for the term next succeeding the one for which he may be elected.

A true copy of Joint Resolution No. 4-A.

BERNARD J. MYERS,
Secretary of the Commonwealth.

PROPOSED AMENDMENTS TO THE CONSTITUTION SUBMITTED TO THE CITIZENS OF THE COMMONWEALTH FOR THEIR APPROVAL OR REJECTION, AT THE GENERAL ASSEMBLY OF THE COMMONWEALTH OF PENNSYLVANIA, AND PUBLISHED BY ORDER OF THE SECRETARY OF THE COMMONWEALTH, IN PURSUANCE OF ARTICLE XVIII OF THE CONSTITUTION.

Number One-A.
A JOINT RESOLUTION
Proposing an amendment to article seven, section eight, of the Constitution of the Commonwealth of Pennsylvania, authorizing the granting of free passes or passes at a discount to clergymen.

Section 1. Be it resolved by the Senate and House of Representatives of the Commonwealth of Pennsylvania in General Assembly met, That the following amendment to the Constitution of Pennsylvania be, and the same is hereby, proposed, in accordance with the eighteenth article thereof:—

"Section 8. No railroad, railway, or other transportation company shall grant free passes or passes at a discount to any person, except officers or employees of the company and clergymen."

A true copy of Joint Resolution No. 1-A.

BERNARD J. MYERS,
Secretary of the Commonwealth.

NUMBER 2-A.
A JOINT RESOLUTION
Proposing an amendment to article nine, section four, of the Constitution of the Commonwealth of Pennsylvania.

Section 1. Be it resolved by the Senate and House of Representatives of the Commonwealth of Pennsylvania in General Assembly met, That the following amendment to the Constitution of Pennsylvania be, and the same is hereby, proposed, in accordance with the eighteenth article thereof:—

"Section 4. No debt shall be created by or on behalf of the State, except to supply casual deficiencies of revenue, repel invasion, suppress insurrection, defend the State in war, or to pay existing debt; and the debt created to supply deficiencies in revenue shall never exceed, in the aggregate at any one time, one million dollars; Provided, however, That the General Assembly, irrespective of any debt, may authorize the State to issue bonds to the amount of fifty millions of dollars for the purpose of improving and rebuilding the highways of the Commonwealth," be amended so as to read as follows:—

Section 4. No debt shall be created by or on behalf of the State, except to supply casual deficiencies of revenue, repel invasion, suppress insurrection, defend the State in war, or to pay existing debt; and the debt created to supply deficiencies in revenue shall never exceed, in the aggregate at any one time, one million dollars; Provided, however, That the General Assembly, irrespective of any debt, may authorize the State to issue bonds to the amount of fifty millions of dollars for the purpose of improving and rebuilding the highways of the Commonwealth."

A true copy of Joint Resolution No. 2-A.

BERNARD J. MYERS,
Secretary of the Commonwealth.

Section 2. Said proposed amendment shall be submitted to the qualified electors of the State, at the general election to be held on the Tuesday next following the first Monday of November in the year nineteen hundred and twenty-four, for the purpose of deciding upon the approval and ratification or the rejection of said amendment. Said election shall be opened, held, and closed upon said election day at the places and within the hours at and within which said election is directed to be opened, held, and closed, and in accordance with the provisions of the laws of Pennsylvania governing elections. Such amendment shall be printed upon the ballots in the form and manner prescribed by the election laws of Pennsylvania, and shall in all respects conform to the requirements of such laws.

A true copy of Joint Resolution No. 2-A.

BERNARD J. MYERS,
Secretary of the Commonwealth.

Section 3. Said proposed amendment shall be submitted to the qualified electors of the State, at the general election to be held on the Tuesday next following the first Monday of November in the year nineteen hundred and twenty-four, for the purpose of deciding upon the approval and ratification or the rejection of said amendment. Said election shall be opened, held, and closed upon said election day at the places and within the hours at and within which said election is directed to be opened, held, and closed, and in accordance with the provisions of the laws of Pennsylvania governing elections. Such amendment shall be printed upon the ballots in the form and manner prescribed by the election laws of Pennsylvania, and shall in all respects conform to the requirements of such laws.

A true copy of Joint Resolution No. 3-A.

BERNARD J. MYERS,
Secretary of the Commonwealth.

Section 4. No debt shall be created by or on behalf of the State, except to supply casual deficiencies of revenue, repel invasion, suppress insurrection, defend the State in war, or to pay existing debt; and the debt created to supply deficiencies in revenue shall never exceed, in the aggregate at any one time, one million dollars; Provided, however, That the General Assembly, irrespective of any debt, may authorize the State to issue bonds to the amount of fifty millions of dollars for the purpose of improving and rebuilding the highways of the Commonwealth."

A true copy of Joint Resolution No. 4-A.

BERNARD J. MYERS,
Secretary of the Commonwealth.

Section 1. Be it resolved by the Senate and House of Representatives of the Commonwealth of Pennsylvania in General Assembly met, That the following amendment to the Constitution of Pennsylvania be, and the same is hereby, proposed, in accordance with the eighteenth article thereof:—

That section four of article nine, which reads as follows:—

"Section 4. No debt shall be created by or on behalf of the State, except to supply casual deficiencies of revenue,

repel invasion, suppress insurrection, defend the State in war, or to pay existing debt; and the debt created to supply deficiencies in revenue shall never exceed, in the aggregate at any one time, one million dollars; Provided, however, That the General Assembly, irrespective of any debt, may authorize the State to issue bonds, to the amount of fifty millions of dollars, for the purpose of improving and rebuilding the highways of the Commonwealth," be amended so as to read as follows:—

Section 4. No debt shall be created by or on behalf of the State, except to supply casual deficiencies of revenue, repel invasion, suppress insurrection, defend the State in war, or to pay existing debt; and the debt created to supply deficiencies in revenue shall never exceed, in the aggregate at any one time, one million dollars; Provided, however, That the General Assembly, irrespective of any debt, may authorize the State to issue bonds, to the amount of one hundred millions of dollars, for the purpose of improving and rebuilding the highways of the Commonwealth."

A true copy of Joint Resolution No. 3-A.

BERNARD J. MYERS,
Secretary of the Commonwealth.

Section 1. Be it resolved by the Senate and House of Representatives of the Commonwealth of Pennsylvania in General Assembly met, That the following amendment to the Constitution of Pennsylvania be, and the same is hereby, proposed, in accordance with the provisions of the eighteenth article thereof:—

That section one of article nine, which reads as follows:—

"All taxes shall be uniform, upon the same class of subjects, within the territorial limits of the authority levying the tax, and shall be levied and collected under general laws; but the General Assembly may, by general laws, exempt from taxation public property used for public purposes, actual places of religious worship, places of burial not used or held for private or corporate profit, and institutions of purely public charity," be and the same is hereby, amended to read as follows:—

All taxes shall be uniform, upon the same class of subjects, within the territorial limits of the authority levying the tax, and shall be levied and collected under general laws; but subjects of taxation may be classified for the purpose of laying graded and progressive taxes, and, in the case of inheritance and income taxes, exemptions may be granted; and the General Assembly may, by general laws, exempt from taxation public property used for public purposes, actual places of religious worship, places of burial not used or held for private or corporate profit, and institutions of purely public charity."

A true copy of Joint Resolution No. 6-A.

BERNARD J. MYERS,
Secretary of the Commonwealth.

Section 1. Be it resolved by the Senate and House of Representatives of the Commonwealth of Pennsylvania in General Assembly met, That the following amendment to the Constitution of Pennsylvania be, and the same is hereby, proposed, in accordance with the eighteenth article thereof:—

That article three be amended by adding thereto the following:—

Section 34. The Legislature shall have power to classify counties, cities, boroughs, school districts, and townships according to population, and all laws passed relating to each class, and all laws passed relating to and regulating procedure and proceedings in court with reference to, any class, shall be deemed general legislation within the meaning of this Constitution; but counties shall not be divided into more than eight classes, cities into more than seven classes, school districts into not more than five classes, and boroughs into not more than three classes.

A true copy of Joint Resolution No. 7-A.

BERNARD J. MYERS,
Secretary of the Commonwealth.

Section 1. Be it resolved by the Senate and House of Representatives of the Commonwealth of Pennsylvania in General Assembly met, That the following amendment to the Constitution of Pennsylvania be, and the same is hereby, proposed, in accordance with the eighteenth article thereof:—

That section one of article nine be amended so as to read as follows:—

All taxes shall be uniform upon the same class of subjects, within the territorial limits of the authority levying the tax, and shall be levied and collected under general laws; but subjects of taxation may be classified for the purpose of laying graded and progressive taxes, and, in the case of inheritance and income taxes, exemptions may be granted; and the General Assembly may, by general laws, exempt from taxation public property used for public purposes, actual places of religious worship, places of burial not used or held for private or corporate profit, and institutions of purely public charity."

A true copy of Joint Resolution No. 5-A.

BERNARD J. MYERS,
Secretary of the Commonwealth.



What's Correct?

Style isn't yet determined by law. In men's clothes a great deal depends upon the viewpoint of the makers in interpreting the mode.

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