

THE CURSE OF UNREST.

By L. A. Miller.

Are you satisfied with yourself? If you are, you are an exception. Possibly it was not intended that we should be; it being the intention to use this dissatisfaction to stimulate men to make efforts to rise above the sphere in which they are born.

Is there such a thing as entire satisfaction? Doubtful. There may be contentment, and there ought to be; but it is questionable whether any one ought to be satisfied with him or herself. Even the juggard or dolt is not satisfied, yet he may be contented with his miserable lot. He may conceive the idea that he has done his part, and if he does not turn out all right he is content to bear the inconvenience.

Unrest is very different from discontent and dissatisfaction, but as troublesome and disagreeable as either. It partakes more or less of the nature of each, but is easily distinguished from them.

Physical unrest, such as is characterized by sleeplessness, or a desire to do something, you know not what, or even a clinging sense of languor, is bad enough. Those who are troubled with nervousness, neuralgia and shifting pains know what physical unrest is, and they will all agree that it is a terrible thing.

Mental unrest is as much keener as the mental organization is finer and more sensitive than the physical. Milton says: "The mind is its own place, and in itself can make a heaven of hell, a hell of heaven." That is about the size of it. Mental unrest, while not painful, is more disagreeable than physical unrest. The dark, spreading wings of melancholy cast their shadows athwart the mental horizon, shutting out the cheerful rays of hope, cutting off the atmosphere of contentment and filling the soul with a feeling of distrust. To all this may be added the reflex, or sympathetic effects on the physical system, such as loss of appetite, stupor, irritability, want of strength, inability to work, and painful sensations.

If the mind is at ease the whole man may be comfortable, but if not, there is no rest for him. It is possible for the mind to rest when the body is far from being comfortable. This is shown in such cases as that of Alex. H. Stephens. There was scarcely a comfortable muscle or organ in his whole body, yet he enjoyed mental rest above that of many of his contemporaries.

Charles Sumner, with all of his greatness, his towering intellect and his high position among the sons of men, suffered continually from mental unrest. While Stephens was enjoying refreshing intercourse with his friends, or sleeping as quietly as a tired boy, Sumner paced the floor of his lonely room, unable to stop the trains of thought thundering through his prodigious brain.

Unrest affects all classes. Those possessed of sensitive minds feel it more than those who are dull, while the finely formed and well-developed usually suffer more from physical unrest than the more ungainly.

You have only to recall your friends and acquaintances who complain most of pain and distress, have the most trouble and are least satisfied with life, to discover that they are physically and intellectually the superiors, especially as to quality, of those who are enjoying life in all its phases and are rarely beset with its disappointments. These, however, are phases of unrest due to definite causes, and probably to physical causes. But there is an unrest which seems to have been born in some, if not in all. It is that unrest which results from being dissatisfied with one's self.

No matter where you find some types of mind they are sour and discontented. They may have fabulous wealth at their command and the world of pleasure at their feet, yet their skies are clouded, their pillows uncomfortable and their pathway narrow.

The trouble with such as these is that they are not disposed to make the best of their opportunities. They want to be something they are not, and that without going through the channels. Those who feel that they were born to be artists are not willing to spend months and years sketching and daubing. They know it is impossible to gain proficiency and fame in any other way, but rather than buckle down to the work they do nothing but growl, rail at fortune and jaw back at fate.

This may generally be taken as conclusive evidence that they would be just as unhappy anywhere else as where they are. Talk with the clerk and he will say that his sphere is managing a ranch; the owner of the little grocery was, in his mind, intended for a lawyer; the book-keeper is sure that he only lacks opportunity to become a financial magnate; the sewing girl sees in her face and figure the lineaments and graces of the society belle; the bus-conductor has a scheme that only requires time and money to put him at the head of a great manufacturing concern; the horny-handed knows that he ought to have been a spiritual builder of churches, and the chap who delights to tell more than he knows feels slighted because he is not taken by the collar and waistband and chucked into an editorial chair.

Tell me why, good heaven, Thou mad'st me what I am, with all the spirit, Aspiring thoughts and elegant desires, That fill the hapless man? Ah, rather, why Did'st thou not form me sordid at my fate, Base-minded, dull and fit to carry burdens? Why have I sense to know the curse that's on me? Is just dealing, Nature? —Otway.

There is entirely too much unrest prevailing in our great country. The logical and philosophic way to overcome that, is to look at the bright side of every thing.

MILITARY TRAINING CAMPS ASSOCIATION.

Parents who expect to send their sons to Camp Meade for the month's training from June 26th to July 25th can be assured that their boys will be well looked after.

Brigadier General H. B. Fiske, U. S. A., who has charge of the summer training camps, was with the first American troops to land in France. He was on General Pershing's staff, in charge of training and instruction in the A. E. F. Last summer Brigadier General Fiske visited all the training camps in the U. S. A. and had the opportunity to observe the methods carried on in each.

Colonel Helms, who will be the executive officer at Camp Meade this summer and who will have direct charge and supervision over the camp activities brings to this job an experience of 30 years' service. For the past three years he has held the position of executive officer in the training camps.

Lieutenant Colonel Wills, 34th Infantry, will be the Adjutant at Camp Meade and will have charge of all administrative and personnel functions during the camp. Colonel Wills has had more than twenty-four years' service and was in the Philippine and Mexican campaigns and overseas with the 76th Division as divisional machine gun officer.

Recreation at Camp Meade will be cared for equally as well by Miss Mary E. Hutchin, who has been delegated by the War Department to act as supervising hostess at Camp Meade during the coming summer. Miss Hutchin is now chief army hostess of the 3rd Corps Area. She is well acquainted with the conditions to be met at Camp Meade, having spent two years at that post as camp hostess.

Four Aides have been assigned to Miss Hutchin to help conduct the work at Camp Meade. She is arranging a program of weekly dances for the C. M. T. C. boys, also boat trips down the Chesapeake and other excursions.

Special arrangements have been made for the entertainment of parents, sisters and friends of the C. M. T. C. boys. Accommodations are being prepared for mothers, who may wish to stay over night.

As the hot weather approaches it looks as if the full quota of 3200 young men was going to be realized. Many young men who for the past month have been considering this matter, have decided the question in the right way and have applied for admission.

Twelve counties in the State have already over-subscribed the quota allotted to them and both parents and boys are beginning to see that an opportunity of this sort, with no strings attached to it and all expenses paid is a proposition well worth taking advantage of.

The young men who take this training for one month will have the opportunity of seeing Annapolis and the capital of the United States. They will be in the midst of a lovely farming country half way between Washington and Baltimore. They will be with a lot of other young men their own age, from Virginia, Maryland, District of Columbia and Pennsylvania, and under the best Regular Army officers and non-commissioned officers that our government can provide.

Applications will be accepted from young men who will attain the age of seventeen before December 31st, 1923. All information on these camps can be obtained at 310 Bellevue Court Building, Philadelphia, Pa.

—Subscribe for the "Watchman."

Warning the Public.

A political speaker warning the public against the imposition of heavier tariffs on imports said: "If you don't stop shearing the wool off the sheep that lays the golden egg, you'll pump it dry."

HOOD'S SARSAPARILLA.

Is Your Blood Good or Thin and Watery?

You can tell by the way you feel. You need Hood's Sarsaparilla to make your blood rich, red and pure, tingling with health for every organ.

You need it if weak and tired day in and day out, if your appetite is poor, sleep unrefreshing,—for humors, boils, eruptions, scrofula, rheumatism, headaches, nervous prostration. It is simply wonderful to give strength to your whole body.

It is agreeable, pleasant and convenient to take, and embodies a long-tried and found-true formula. 67-84

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Eastern Standard Time

Round \$11.16 Trip From Bellefonte

Tickets good in parlor or sleeping cars on payment of usual charges for space occupied, including surcharge.

For details and time of trains, consult Ticket Agent. Ask for booklet.

The Ideal Route to Niagara Falls, giving a daylight ride through beautiful Susquehanna Valley.

Proportionate fares from other points. Tickets good for 16 days.

Pennsylvania R. R. System

The Route of the Broadway Limited 23-54

FORD OPENS HOSPITAL TO DISABLED SERVICE MEN.

Disabled world war veterans of Michigan have welcomed the offer recently made by the Henry Ford hospital and already more than fifty are undergoing treatment at the big institution.

All of the veterans are admitted in the same manner as private patients and are treated on exactly the same basis. They are entitled to and receive the same quality of service and are distributed in the various units of the hospital according to the availability of rooms.

The first thought was to open a special unit for these men, but the hospital officials on consideration felt the men would be better satisfied if they were distributed throughout the hospital with the other patients and accordingly this plan was carried out.

Arrangements for opening the hospital services free of any charge to all disabled veterans of Michigan needing treatment were made a few weeks ago at a meeting between Alvin

M. Owsly, National commander of the American Legion; Henry Ford, Edsel B. Ford, president of the Ford Motor company, and Dr. Harkness, State Commander of the American Legion.

The arrangements for the care of the disabled veterans continue in effect until December 31st, 1923. If at that time Congress has not passed necessary legislation to afford hospitalization of ex-service men the matter will come up for further discussion and the agreement renewed for another definite period.

The ex-service men are admitted following recommendation by the Welfare office of the American Legion in Detroit.

Another arrangement also has been effected between the Legion and the Henry Ford hospital whereby in extreme cases the destitute families of former service men, their children needing hospitalization will be treated when designated by the Legion office.

—Get your job work done here.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Chas. H. Fletcher* on the wrapper all these years just to protect the coming generations. Do not be deceived. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

Never attempt to relieve your baby with a remedy that you would use for yourself.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

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"Anticipating the greatest volume of freight traffic in their history this year, the railroads have adopted a concerted policy and intensive working program to enable them to meet the growing transportation needs of the country.

"In full realization of necessity for the greatest improvement and expansion possible of the country's transportation facilities to meet the growing demands of commerce, the railroads have authorized, since January 1, 1922, for cars, locomotives, trackage and other facilities, the expenditure of \$1,540,000,000, of which \$440,000,000 actually was expended during 1922.

"The railroads are raising this enormous amount of additional capital largely through borrowed money on the abiding faith in the fairness of the American people, and reliance on continuance of the policy announced in the Transportation Act of 1920, as a measure of reasonable protection to investment in railroad property.

"From January 1, 1922, to March 15, 1923, the railroads purchased 223,616 new freight cars. Of these, 117,280 have been delivered and put in service. The railroads during that time also purchased 4,219 new locomotives. Of that number 2,106 have already been placed in service.

"The railroads confidently look forward to the successful movement of the largest volume of traffic in the history of the country and pledge their best efforts to that end."

—From a joint statement by the Association of Railway Executives and the American Railway Association.

WHAT YOUR FRIENDSHIP MEANS

We want your friendly co-operation. It means much to the railroads, equally as much to the public. Our interests are identical, with a common purpose working towards a common end—the best possible transportation service.

Pennsylvania Railroad System

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The reason for this reduction is the lateness of the Spring season, and we must move them at a loss.

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