

PICK SPORTS TO SUIT JOB

Your Recreation Should Be Entire Change From Your Work, Says Expert.

Keeping your health is merely a matter of using your common sense, according to Dr. C. Ward Crampton, well-known health authority of New York city.

No man needs any guidance but his own in selecting his proper form of recreation, asserts Doctor Crampton, writing in Popular Science Monthly.

"Change your clothes, change your mind, change your attitude," he advises.

"Above all, get the play spirit. Get into the game. Recreate, and so recreate your body. It holds big profits for you."

BIG CONCRETE PLANT AFLOAT

interesting Mechanical Contrivance for Use in Great Lakes Harbor Improvements.

Among the interesting mechanical sights on the Great Lakes is a complete concrete plant afloat. This has been used in important harbor improvements, and the plant has a capacity of 150 yards a day.

At the forward end of the scow are separate divisions for crushed stone and sand. A wharf is located just to the rear of these is used to lift the stone and sand to the mixer.

Our Most Beautiful Words.

A somewhat novel contest was held recently in New York to decide the twenty most beautiful words in the English language.

Beggar Pitted the Queen.

The recent celebration of Queen Wilhelmina's jubilee revives many stories of her youth in Florence, where she lived for a while with her mother.

A Projectile's Speed.

Experiments with improved instruments for measuring the velocity of projectiles have shown that the speed continues to increase after the missile has left the mouth of the gun.

He Knows Now.

Slam, bang, crash: Thus was shattered the silence of the night. After that final crash came a pause that was portentous.

TELEPHONES LIFE-SAVING TIP

Engineer Puts in Spare Time Watching Window's Ledge Opposite His Office.

"Yes," said the engineer, sitting by the window of his office in the Grand Central neighborhood. "I'm going to ask for a Carnegie medal and also for an annual retainer from the hotel across the street, I'm official life-saver and damage-suit preventer."

He reached for the telephone and asked for his friend, the manager of the hotel, says a writer in the New York Sun and Globe.

"Got another one," he said, "Fifteenth floor, right wing. American beauty roses in a vase. Wind snapping up. It'll blow down in a minute."

"Now watch," he remarked, pointing across the street. Sure enough, on the window ledge stood the flowers.

In less than five minutes two male and three female attaches of the hotel were in the room. The flowers were removed.

"How would you like to be walking down the street and have that vase crash on your head?" the engineer asked. "A person is likely to get killed. All sorts of contraptions are put out by hotel guests, not thinking they are endangering lives and putting the hotel in prospect of big damage suits."

FINES FOR ABSENT SOLONS

Members of the British Parliament Were Heavily Mulcted in Olden Days.

One reads that when, one October day in 1647, it was found that 150 legislators were absent, the British house of commons, after long deliberation on the appropriate penalty for such delinquency, "ordered that such members as have not appeared according to summons shall pay the sum of £20."

Even absence from prayers was considered just cause for punishment. Thus in Charles I's reign the member who failed to put in an appearance until the "amen" had been spoken was called on to put a shilling in the poor box.

Moreover, in those olden days a legislator only received payment for such days as he actually spent in attendance at the house or in traveling to and from it.

Why She Laughed.

When the young mistress of the house entered the kitchen she carried herself with great dignity. She had, incredible as it may seem, come to call the cook to account.

Infantile Logic.

Prof. George Herbert Palmer of Harvard says that the masculine habit of rigid, logical reasoning is contracted very early, and in illustration he tells the following story: "A little boy and girl of my acquaintance were tucked up snug in bed when their mother heard them talking."

Clean Picking.

An enterprising coal dealer adopted for his "slogan," which he printed on his bills, the following motto: "It's a black business, but we treat you white."

A customer, on receiving his account recently for his supply of coal at the price of \$22 per ton, inclosed his check in payment, and at the same time suggested that the merchant change his motto to read: "It's a dirty business, but we clean you good."

Would Take a Chance.

A woman with a very bad cold attended a dinner and, although she had a poor appetite on this occasion, she was pressed to have some food.

Preferred Radio to Baby.

A new baby had arrived in a certain household, and it was expected that the little brother would give it a hearty welcome.

Instead, he was very annoyed when the news was announced, and going into his mother's room, remarked, with a frown, "That is all right, spending money on a baby when we've been wanting a wireless aerial so long."

WEATHER RECORDS NEEDED

They Are Often Important in Settling Questions That Are Before the Courts.

Any extreme or unusual weather conditions which prevail at the time of some particular event tend to fix the circumstance more vividly in the memory than if ordinary conditions had prevailed. Very often the weather bureau of the United States Department of Agriculture is called on to provide information from its records of weather conditions at a given place on a given date.

CAMEL WENT TO HEAVEN

Mahomet's Beast Given Place for Going From Jerusalem to Mecca in Four Bounds.

Mahomet's camel, according to tradition, performed the whole journey from Jerusalem to Mecca in four bounds, for which service he had a place in Heaven with Aborak (the prophet's horse), Balaam's ass, Tobit's dog and Ketmir (the dog of the seven sleepers), says the Detroit News.

In the Koran there is an expression similar to the one found in the Bible to the effect that "it is easier for a camel to go through the eye of a needle than for a rich man to enter into the kingdom of God."

St. Louis Shaft to Laclède.

Pierre Laclède, founder of St. Louis nearly 160 years ago, like De Soto before him, died on the Mississippi river. He was buried on shore somewhere near the mouth of the Arkansas, but companions who went later to disinter his remains found that the river had washed them away, giving Laclède his last resting place in the body of water which had been so closely associated with his life, says the Detroit News.

A Success Secret.

The secret of nature's success is patience. A naturalist may go out into the woods to study the birds. He may walk and walk and walk and see no birds. But let him sit down on a log and wait, and lo! the branches are full of song.

Better Than Lawyer.

A popular comedian was a witness in a suit for slander, and the opposing counsel said: "You are an actor, I believe!"

"Yes," replied the comedian. "Is not that a low calling?"

"I don't know; but it's so much better than my father's that I am rather proud of it."

Proved.

Some archeologists excavating on the border of the Sudan, upon breaking camp, neatly buried their salmon and sardine tins. Another scientist came along and happened to dig on this same site. Pretty soon he held up a can embellished with the picture of a plump golden salmon.

Conservative.

A certain man had just bought a car. He took his wife out on a few preliminary expeditions, during which she did not hesitate to criticize her husband's efforts at driving.

SURGERY OF HEART ON TRIAL

German Expert Reports That the Cutting of the Nerve Fibers Ends Acute Pains.

Numerous statements relative to the relief by surgical operation of a heretofore almost intractable disease—angina pectoris—have appeared recently. Patients who suffered with the severe pains around the heart associated with this condition, are usually treated by the use of sedative drugs and physical methods; the relief is, however, temporary and recurrent attacks cause great distress and prevent those afflicted from following their usual occupations, says Hygeia.

Last February two American surgeons reported the results of the use of this surgical method in five cases. Death occurred in one case, and marked improvement resulted in the four remaining cases.

Some physicians have questioned the use of the method on the grounds that the pain was a warning signal which caused the patient to lead a conservative life. The field appears to be promising but is still strictly on trial.

DISLIKE THE SMALL PANES

Window Cleaners Would Rather Work Near Tops of the Loftiest Skyscrapers.

Whatever else may be said of Washington square it may be truthfully chronicled that it is the bugaboo of the window cleaners, that race of men who nonchalantly pose on window sills at dizzy heights while you hold your breath in incredulous horror.

Any window cleaner in the city will tell you that he would rather wash the panes of the highest floor of a skyscraper than go to the most modest of Washington square or Greenwich Village apartments to work, says the New York Sun and Globe.

"It's easy to understand," explained the head of one of the window-cleaning companies, "for most of the windows in the Washington square or Greenwich Village section are of the so-called French type, and are divided up into a number of small panes. Each of these naturally has to be cleaned individually and so the window takes that much longer to do. The more windows our men clean the higher their wages are, so naturally they want to get through as quickly as possible."

"Metal Mike" as Helmsman.

An American coasting vessel recently completed a voyage of 12,000 miles with a machine as helmsman. Except for taking the vessel in and out of port, the steering was done solely by this new device, and the vessel kept a straight course throughout the trip, at no time deviating from it by more than a sixth of a degree.

The new apparatus is known among "Metal Mike" has become so effective to the ship's compass in such a way that directly the vessel's nose begins to take it out of the true course, an electric contact is set in motion, which moves the helm and brings the ship back to the right position. Now that "Metal Mike" has become so effective in practice, it probably will be fitted to other boats.

Alaska to Make Paper.

Development of an important pulp and paper industry in southeastern Alaska is inevitable because of the water power, timber and transportation conditions there, in the opinion of Secretary of Agriculture Wallace. "The rate of development of the pulp and paper industry of the territory," says Mr. Wallace, "will be controlled by the economic factor of distance from present consumption centers and by the necessity, inherent in the industry itself, for large capital investments, rather than by physical disadvantages. The physical conditions in southeastern Alaska—presence of cheaply developed power, an enormous supply of inexpensive wood and the availability of water transportation—are the very factors which make inevitable the expansion of pulp and paper manufacturing in the territory."

Old Calendar Shelved.

The adoption of the Gregorian calendar by the Russian orthodox church through a recent proclamation by Archbishop Tikhon means that the entire Christian world will celebrate Christmas this year on the same date for the first time since 1581, the International Fixed Calendar league announced.

The Russian and Greek churches for centuries followed the Julian calendar, which caused them to celebrate Christmas from 10 to 13 days after the rest of the Christian churches.

Near Plunkville.

"What has become of that bud-nurse just outside of Plunkville?" "The town did away with it." "A good idea." "Yes, it was cheaper to do that than to build a hospital."

Advertisement for Yeager's Shoe Store. Features a price of \$-2.98--\$, a 'Clean-Up Sale of Satin Pumps', and the store's address: Bush Arcade Building 58-27 Bellefonte, Pa.

Advertisement for Lyon & Co. featuring a 'White Sale' until February 16th, 'New Silks', and a 'Clearance Sale of all Winter Goods Still on'. Includes the company name and address: Lyon & Co. 64-10.