

# THE CAMERON COUNTY PRESS.

ESTABLISHED BY C. B. GOULD, MARCH, 1866.

"Liberty and Union, One and Inseparable."—WEBSTER.

TERMS: \$2.00—\$1.50 IN ADVANCE.

VOL. 40.

EMPORIUM, PA., THURSDAY, FEBRUARY 15, 1906.

NO 52.

D. S. HELMER & CO.

## Real Estate and Loans,

PORT ALLEGANY, PA.

Paper Prepared and Read by Dr. R. P. Helmer at the Annual Meeting of the Directors of Cameron County, Held in the Court House, at Emporium, Pa., Saturday, February 3rd, 1906.

Mr. Chairman, Ladies and Gentlemen:— Monday noon.—An invitation by the County Superintendent of Public Schools to prepare a paper on the subject of Hygiene, and read it the following Saturday at the Directors meeting, greets me. An exacting professional practice using a large portion of my time, various other minor duties and circumstances worrying me using much of the balance of the time, and a condition of unpreparedness, with only a small share of the fast fleeting moments in which to brush up on so important a subject confronts me. A sense of public duty however impels me, in spite of the discouraging environments, to answer affirmatively, undertake the task and do what I may.

Hygiene. What is it? It is the science of preserving health. Practical Hygiene is the art of preserving health. Taking the word in its fullest sense, it signifies rules for the perfect culture and preservation of both mind and body. It is impossible to dissociate the two. The profoundest thinkers and most renowned leaders of men of all ages, from remotest antiquity down to the present, have given the subject their most careful consideration. Read carefully the Mosaic laws and to him who thinks while he reads, it is at once evident that the Jews gave the matter of preservation of health much attention, prepared elaborate directions for their guidance, and followed them with scrupulous exactness. Throughout their whole history it appears that the Jews enjoyed remarkable immunity from all diseases of an epidemic character. Only when they departed from the law in the matter, and became careless in its observance, do we find epidemics overtaking them. Through many ages they were spared their ravages, while their neighboring nations, who revelled in filth were perishing on all sides. This ancient race of people have set a most commendable example in hygiene. If the Jewish religion had done no more than to teach to the world by its wonderful example as laid down in the pentateuch the importance of hygiene it would have accomplished a wonderfully beneficial result. They were especially careful as to cleanliness both of themselves and their surroundings, they separated the sick from the well, they exercised extreme care in the use of wholesome food and drink. Thou mayest eat the flesh of so-and-so. Thou mayest not eat the flesh of other so and so. Thou shalt fast at certain times. Thou shalt do certain things and perform certain ceremonies, only after the most careful washing and cleansing. These illustrate the idea. So exacting were these regulations that after a time, instead of their being simply means of preserving health, they were considered by the masses of the people as parts of their religion, and entered as essentials into their regular worship. Who shall say that the Almighty did not smile his unqualified approval upon a worship that so strongly tended towards the preservation and better development of the masterpieces of his own handiwork. Yet in the light of Egyptian, Greek and Roman history, Moses, great as he was, was neither the first nor the greatest sanitary legislator.

To the determining the causes of diseases, to the discovering means for their removal, and to the formulating and enforcing rules for their prevention is due largely the possibilities of our higher modern civilization. The special divisions are:

First: Those which concern the surroundings of man, such as climate, the site or soil on which his buildings are placed; the character materials, and arrangement of his buildings; the air he breathes; the cleansing of his dwellings, and the arrangements for the removal therefrom of excreta and other effete matters.

Second: Those which concern the personal care of health, such as the food and water he uses; his clothing; work and exercise; personal cleanliness; and special habits.

Third: Management of infancy, pre-

vention of disease, care of the sick and sick chamber, and the disposal of the dead.

It is impossible to draw any exact divisions. They must constantly run together. To divide it in some way, however, gives us a better idea of the scope of the subject.

To study it in its fullness along all its lines would be far too broad and quite inappropriate for an occasion like this. We can only briefly touch, in a general and indefinite way, upon a few of the most practical points as they may apply to the public school. The climatic conditions we cannot control, but we can modify their influence by the site or situation of our buildings. We may divide soils into moist or dry, permeable or impermeable. Healthy soils are those which are dry and permeable, or which have such a slope as renders drainage easy. Those which are flat, moist, and retain moisture are unhealthy. Those which contain much organic matter should be avoided. The water in the soil is of great importance. At varying distances from the surface everywhere there exists a great subterranean lake or sea, known as the ground-water or water-table, which is constantly in motion both vertically and horizontally. Its horizontal motion is towards the nearest water course, or towards the sea. Its vertical motion is determined chiefly by rainfall. In selecting a building site much importance should be attached to this. A permanent groundwater level close to the surface is bad, while a low one far below the surface is good. Varying modifications of this general rule, where other considerations, may alter it slightly, but in the main it prevails and is a safe guide. The healthy soils as to their composition are the granites, clay slate, limestone, chalk, gravel, and sand. These conditions are by far too often overlooked. The site being carefully selected, the sanitation of the buildings themselves involves numerous points. They ought to be arranged so that they may receive plenty of light and in the right direction. Sun light for full health is almost as necessary as air. This is so strongly recognized that many sanitarians provide places where their patients may take "sun baths". Too much care cannot be bestowed in the endeavor to secure proper light together with appropriate seats and desks appropriately arranged with their relation to the light. The light should enter the school room from the side or rear so that it may strike the student on the side or back never in the face while at his work. Translucent curtains to entrances of light should be provided so that no direct sunlight should rest on the face. To rest on body moderately is beneficial. The curtains should never be drawn to exclude anything but direct sunlight from the face. This for the protection of eyesight. The reasons for which are obvious. In this connection it may be well to note that equal care should be given that text books be printed with clear type of suitable size, properly spaced, and on good not too highly glazed paper. This opens up a very broad subject to which we must content ourselves with this brief allusion.

The materials of which houses are built are also important. This should be of such a character as to insure dryness. Wood is good but there is danger of fire. Stone may be used if the construction is properly done. Perhaps the best material considered from all points is good well burnt brick. There are various means for preventing dampness, which should be well considered and applied, no matter what the material used. It is highly important that the inner surfaces should be non absorbent. Where air can pass or percolate through any material, organic matter held in solution or in admixture in the air will lodge therein and become a source of danger. The wall and ceilings should be covered with paint or such materials that can be washed. Floors should be made of well fitting seasoned wood, calked and oiled to make them waterproof, and to prevent lodgment of any form of filth wherein disease germs may originate and multiply.

Proper cubic space is important to facilitate the renewing of air. Two hundred and fifty cubic feet of space for each pupil and with a floor space of about 20 square feet is considered right. The warming of houses is important but is generally badly done. Overheated rooms are a source of much ill health. For a study or a work room the temperature should be kept at about 65 degrees Fahrenheit with an allowable range of variation of from 60 to 70 degrees. The more uniform however it can be kept the better. The

Continued on 8th page.

C. M. B. A. Will Pay.

John H. Butler, one of the victims of the Keystone explosion, last Nov. was insured in the C. M. B. A. for \$1,000. Deceased was employed by the Powder Co., when policy was issued by the order, hence they have decided to pay the full amount, which is right and proper.

Epworth League.

A very interesting program, consisting of readings, recitations and music has been prepared by members and friends of the Epworth League of the M. E. Church, to be rendered Friday day evening, Feb. 16th, at 8 o'clock, in the auditorium of the church. Refreshments will be served in the League room immediately after the entertainment. The program is as follows:

PROGRAM.  
Selection.....Orchestra  
Vocal Solo.....Mabel McSwan  
Vocal Solo.....Celia Grant  
Piano Solo.....Mildred Haupt  
Recitation.....Alice Robinson  
Vocal Solo.....Grace Lloyd  
Pipe Organ Selection.....Prof. Ericsson  
Recitation.....Miss Campbell  
Silver offering.  
Vocal Duet.....Lillian and Fred Helmer  
Recitation.....May McCullough  
Selection.....Orchestra

SOCIETY NOTES.

Dawson Wright entertained a large party of ladies and gents, at his home in Masonic block, last evening. A happy occasion.

Rodney and Chas. Shives pleasantly entertained a party of their young lady and gentlemen friends at Reading Room, last evening.

Mrs. William Garrity very pleasantly received a party of lady friends yesterday afternoon, at her home on Sixth street.

Miss Myrtle Lloyd gave a Valentine party, at her West Fourth street, residence, last evening. About twenty ladies and gents were in attendance and passed a pleasant evening.

About thirty friends of Mrs. Mame Tiebo, gave her a surprise party, at her residence, Woodland Avenue, last Thursday evening. The surprisers took possession of the house in the absence of the lady, removed the carpets and started the dance when the astonished Mame returned home. Those who attended report a good time.

15TH ANNIVERSARY.

MR. AND MRS. LEROY W. GLEASON of Driftwood celebrated in grand style the fifteenth anniversary of their marriage, Monday evening, at their pleasant residence. The occasion is spoken of as a very pleasant one, about seventy-five of the neighbors and relatives being in attendance. The evening was passed in social amusements, until a late hour. Caterer Laedlin, of Williamsport, furnished the refreshments, which is a guarantee that they were grand.

EVENING PARTY.

Mr. and Mrs. Singleton Mortimer Lupold gave a reception to their many friends, at the home of their parents, Mr. and Mrs. Joshua Bak, on East Fifth street last Saturday evening, in honor of their friend, Miss Julia A. Fitzpatrick, of Olean, N. Y. Miss Fitzpatrick is one of those happy girls whom every one is glad to meet, and made many friends while here. Cards were indulged in until a late hour, when refreshments were served by the hostess and her sister Julia.

Prizes were awarded to Mr. Edward White and Mrs. Trebsvether, who were very much disappointed in not receiving a cake, as the flour and pans were furnished them some time ago, by the same crowd. Mrs. Lupold returned to Olean on Tuesday. Come again Rose, we are always glad to see you. A. F.

DEATH'S DOINGS.

WILLETT.  
MRS. EMMA (WHITMER) WILLETT, aged 32 years, died in Warren Asylum, Sunday, Feb. 11th, 1906. Her remains were brought to Emporium on Monday, the funeral taking place from the residence of her brother, Augustus Whitmer, Tuesday afternoon, Rev. O. S. Metzler, Pastor of First Methodist Episcopal Church officiating. The services were very largely attended. Mr. Octave Willett, of Seattle, Wash., husband of deceased, wired to give his wife every attention and forward bill to him.

I will give \$17.00 for 1903 pennies. JOSEPH GOODFRIEND, St. Marys, Pa.  
You can get all kinds of good cedar shingles at C. B. Howard & Co.

Sunny South.

On Feb. 17, an attraction of merit will appear at the Emporium Opera House, it being J. C. Rockwell's new Sunny South Co., of twenty-five colored artists, presenting three and one hours of music—Comedy Singing—Dancing—Comedy Acts—Quartette—Novelty Acts—Pretty Colored Girls—Fine Costumes—Strong Chorus—two comedys and a long specialty olio. Remember this is not a minstrel Show but a Musical Comedy. The company carries their own band and orchestra. A street parade will be made at noon by the entire company. The Sunny South Co., has made a reputation for itself that makes it a favorite where ever they appear. The prices will be 75c, 50c, 35c, and 15c. Watch for the street parade at noon.

Branching Out.

Dr. Fred C. Rieck has embarked in the shoe business at Chester, Pa., having purchased an old established business in that thriving town. The Dr. has been in poor health for some years and hopes the change may be beneficial to his health. As will be noticed elsewhere in this issue, the Dr. will continue his dental offices at this place. We in common with the many friends of Mr. Rieck and family, hope they may continue to reside in Emporium and enjoy the prosperity sure to be in store for this beautiful mountain city.

Honor Roll.

Swesey School honor roll, for the month ending Feb. 9, 1906:

William McCaslin, Myrtle Swesey, Lettie Craven, Veryl Barr, John McCaslin, Earl Montgomery, Myrtle Matteson, Mildred Adams, Stanley Lockwood, Leone McCaslin, Jettie Craven.

EZRA B. SMITH, Teacher.

Dental Notice.

Dr. F. C. Rieck, having other business interests out of town, which will require his personal attention for some time to come, has left the Dental office in charge of his brother Mr. G. F. Rieck, who will give the practice the same skilled and close attention as heretofore.

Remarkable Recovery.

Frank McManigal, of this place, who was frightfully injured on P. & E. R. R., several weeks ago and confined in Williamsport Hospital, continues to improve since coming home. His recovery is remarkable.

Musical Service.

Prof. A. D. Ericsson organist, and the choir of the First Methodist Episcopal Church, will render a musical service next Sunday evening, beginning at 7 o'clock.

Senatorial Apportionment.

Under the new Senatorial apportionment Cameron county is associated with Clarion, Forest, Elk and Clinton. The bill is now in the hands of the Governor.

College of Music.

\$24 pays six weeks tuition on any musical instrument, singing and board at the Freeburg, Pa. College of Music. Terms begin May 7, June 13, July 20. For catalog address HENRY B. MOYER, 51-4t.

For Sale.

Second hand harness maker's tools, stitching horses, riveting machine, bole peaches and vice. Also some second hand carpet. For sale at a bargain. 52-2t. HENRY JAEGER.

Preaching at Cameron.

The Rev. O. S. Metzler will preach in the K. G. E., hall at Cameron, Sunday, Feb. 18th at 3:30 o'clock. Public cordially invited.

Box Social.

Misses Anna Market and Leathie Victory are going to hold a box social at the home of Mr. Adam Market, Friday evening, Feb. 16, 1906, for the benefit of an Orphan Memorial fund. All are cordially invited to come and have a good time.

Popular Music.

A sweet and child-like sentiment, expressed in a song, when set to a good melody, soon becomes a household favorite. Such is "Let Me Kiss My Mamma Good Bye," recently published by J. W. Jenkins' Sons, of Kansas City, Mo.

"Bouncing Betty," the novelty two-step, by Carlton J. Balfour, the blind pop composer, is making a hit all over the country. It was recently published by J. W. Jenkins' Sons, of Kansas City. It is written in a lively march tempo, bright, fascinating, every strain a haunting bit of melody.

The publishers will mail a copy to any address, upon receipt of 25 cents in stamps.

Family Mix Up.

"I tell you how it is," said the old carpenter. I met a young widow with a grown up step-daughter and I married the widow. Then my father met our step-daughter and married her. That made my wife the mother-in-law of her father-in-law and made my step-daughter my step-mother and my father became by step-son. See? Then my step-mother, the step-daughter of my wife had a son. That boy was, of course, my brother, because he was my father's son; but he was also the son of my wife's step-daughter, and therefore her grandson. That made me grandfather of my step brother. Then my wife had a son. My mother-in-law, the step-sister of my son is also his grandmother because he is her step-son's child. My father is the brother-in-law of my child, because his step-sister is his wife. I am the brother of my own son, who is also the child of my step-grand-mother. I am my mother's brother-in-law my wife is her own child's aunt, my son is my father's nephew, and I'm my own grand father—and I can't stand it."

Sterling Run Local Institute,

Feb. 17, 1906.

10:00 A. M.  
Music.  
Writing.....Mr. T. Parsons Miller  
History.....Miss Jessie Card  
Music.  
Arithmetic in the Primary Grades.  
Miss Laura Griffin  
Arithmetic in the Intermediate Grades.  
Miss Gertrude Germond  
1:30 P. M.

MUSIC.  
Arithmetic in District Schools, Miss Annie Cleary  
Recitation.....Marion Whiting  
Development of the Reasoning Power by Arithmetic.....Prof. E. S. Ling  
Recitation.....Georgia Hart  
Responsibility of the Teacher.  
Miss Mattie M. Collins

Burned to Death.

Last Friday about noon, two of Jos. Banaut's children, aged respectively two and five, were playing about the kitchen, when the youngest child caught fire, (some claim the oldest boy poured kerosene oil over the child and applied a match) and when discovered by the mother was terribly burned. The child only lived a few hours and died in terrible agony. The funeral, which was largely attended, took place on Saturday afternoon, Rev. O. S. Metzler officiating. The Banaut family reside near the old steel plant, the father being employed at Pennsy round house.

Religious Services.

Quarterly meeting services will be held at the Emporium Free Methodist church, beginning Friday evening and lasting over the Sabbath. Preaching Friday and Saturday evening at 7:30; Lovet east Sabbath morning at 9:30; preaching at 11:00, followed by the communion service. Children's missionary meeting at 3:00 p. m. Sabbath evening service at 7:00. Rev. A. J. Hill, district elder, will have charge of the services. All are invited to attend. J. NELSON BENNETT, Pastor.

Canoe Run Station.

Commencing Monday, Feb. 12th train 61, west bound, due at Emporium at 6:23 p. m., trains 12 and 58, east bound, due to leave Emporium at 8:10 a. m., and 3:15 p. m., respectively, will stop at Cameron Coke Ovens on signal, to discharge and receive passengers. This new departure will be greatly appreciated by the people living at the Chutes, as well as the Cameron and Emporium people. The fare will be the same as to Cameron.

Sunny South.

Sunny South by name and the same by nature is the name of the attraction at the Emporium Opera House, Feb. 17th, with 25 colored people selected from the best who can entertain and cause you to wish for more. See the clever dancing, see the sweet singers, also the specialties. Do not miss the street parade.

Missionary Offering.

The monthly missionary offering in Emmanuel church next Sunday, will be for the work of Bishop Spaulding, in the Missionary jurisdiction of Salt Lake.

The great Buffalo Dry Goods house of Adam, Meldrum & Anderson Co., invite the attention of the PRESS readers to their new attractions—always the best in Buffalo. See their new adv., in this issue.

WANTED—White oak piling, telegraph poles, ties and lath. Box 154, Station A, Pittsburg, Pa. 48-4.

WANTED—Bright, honest young man from Emporium to prepare for paying position in Government Mail Service. Box One, Cedar Rapids, Ia. 47-8t.

Silver Star Hive, No. 27 will give a Box Social on the evening of the 17th, in Brooks Hall at Sterling Run.

THE WEATHER.  
FRIDAY, Fair, colder. SATURDAY, Fair  
SUNDAY, Snow

ASSETS  
First National Bank,  
EMPORIUM, PA.  
At the close of business February 14, 1906.  
\$721,610.30.

Prosperous days are these. Now is the fitting time for the wage earner to lay aside a fund for this Bank against a time of need.

## Opera House,

EMPORIUM, PA.,  
Saturday, Feb 17

## J. C. ROCKWELL'S

NEW  
**SUNNY SOUTH CO.**

AMERICA'S GREATEST OF ALL  
COLORED SHOWS.

Largest in Number  
Best in Quality  
Band and Orchestra  
Real Colored Talent

AT  
POPULAR  
PRICES

Direct from the Sunny South  
Buck and Wing Dancing, Quartette  
Singing, Plantation Scenes,  
Grand finale of 20 voices.

Prices—75c, and 50c, 35c; children 25c.

The Observer.

There are optimists and optimists when it comes to the view of the nation's future. There is the type of the shallow, boastful, spread-eagle optimist, who insists loudly that America is at the head of the procession and will always keep that place of eminence; for are we not the biggest, bravest, freest people on the face of the earth? This class looks only on the gold and vermilion side of our national life and history, and that is why they are optimists. That type of optimist does not carry much weight, and as a matter of fact is less in evidence now than it used to be. Our national life and history is not all rose pink in hue; looked at from certain angles, it appears dull drab, and some times even black. Those who look only from these angles are our pessimists, and in their atrabilious vision the country is always going to the "demnation bow-wow."

The optimists whose opinion carries weight are those who see neither all in rose pink, nor all in dull drab. They are the pessimists with gloom, but their vision penetrates to the other facts which bespeak the presence of a spiritual power and purpose working itself out in our national life in the face of untoward circumstances.

The Observer wishes to speak of but one great proof of a divine intention and power in our national life. It is that seen in the life and character of Abraham Lincoln. Only the blindest atheism can fail to see in this man one who was specially raised up to be the stay of the nation in the shock of the great crisis, and the guide and inspiration of a people as it crossed the threshold of enlarged duties and of a richer and deeper life. The hand of God, protecting, guiding, chastening the American people, is writ large in the life of Abraham Lincoln and in his service for, and in his influence upon, the nation. Lincoln himself was profoundly persuaded that God's purpose and power are manifest in our national experience, and that we are instruments in His hand for the accomplishment of some mighty task. He believed profoundly, too, in the divine retribution; and in our great civil strife he saw, not a destroying doom, but the fire of a cleansing expiation. Lincoln was an optimist, but not of the shallow, spread-eagle, rose pink type. From the presence of the toll and agony with which he bore the crushing burden of his great responsibility, and of the martyr death with which he sealed his service, the shallow rose pink type of optimism must sink away as a trifling and unhalloved thing. It is told how at one critical time during the war, Lincoln lay a whole night upon the floor in paroxysms of agonizing prayer for the salvation of the Union. Never since Gethsemane did a servant of God bear the weight of such a crushing load.

The very fact that God gave to our nation such a savior and prince as Abraham Lincoln, is in itself a compelling indication that a divine mission and destiny await us. As the sufferings and death of our Lord are a measure of the estimation which God puts upon the worth of humanity; so the life and death of Lincoln are some measure of the value which God places upon the nation and people of America.

C. B. Howard & Co., have received from the Pacific Coast what is considered the finest lot of RED CEDAR shingles that ever came to Cameron county.