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t sing.
No local inserted for less than 75 cents per

JOB PRINTING.

The Job department of the PRESS is complete and affords facilities for doing the best class of crk. Particular attention paid to Law paper will be discontinued until arrear are paid, except at the option of the pub-

Papers sent out of the county must be paid for in advance.

Excessive Athletics.

Exercise is as necessary for the human body as food and drink. It is impossible to maintain perfect health without it; but it must be taken in moderation, for excess in this respect is as harmful in its way, and sometimes in the same way, as excess in eating. The effect of exercise is to increase the tissue changes in the body. The weaker cells are destroyed and replaced by new and stronger cells, the nutrition is increased, and the waste products are thrown off. If the exercise is carried to extreme lengths it may happen that the waste products are thrown into the system in so great quantity that they cannot be disposed of in the ordinary way, and they accumulate to such an extent that the body is poisoned by its own waste. The result is the same as when an excess of food is taken; and so, exercise, which in moderation tends to counteract the evil of overeating in excess only increases the evil. It has always been known that excessive physical labor has a tendency to shorten life, and the attainment of old age is seldom the lot of the laboring man. But the fact is often curiously overlooked that physical labor is physical labor, whether it consists in wielding a pick and shovel or in throwing weights, rowing a boat, running or jumping. The dangers of inordinate devotion to athletics, says Youth's Companion, are that one part of the body, one set of muscles or certain organs, such as the heart, will be developed out of proportion to the other parts. This is especially the case in the young, who have not yet attained their growth. The heart is a patient organ, and when strain is put upon it it quietly increases its bulk and its strength to meet the task. So long as the strain is continued, it works along, but when the call upon it is diminished suddenly, the young man giving up his athletics and taking duce the manufacturer to come himto a sedentary life, its muscular tissue begins to degenerate. The arteries, under strain, act in the same way, and when the tension is relaxed the condition known as arteriosclerosis develops. The tissues are poorly nourished and the man ages before his time. When devotion to athletics has been excessive it is only by the greatest care in training down that the athlete can avoid the danger of

The death in New York of Prof. Angelo Heilprin deprives the world of a noted scientist. Prof. Heilprin, who was a native of Hungary, came to the though his versatility was shown by his achievements in other fields. His explorations in various directions added greatly to the sum of human knowledge, and the results were embodied in numerous instructive vol-One of his most notable achievements was the ascent of Mont self-respect, and at the same time do Pelee immediately after the great and justice to our own producers and destructive eruption of that Martinique volcano in 1902. He risked his life in scientific investigation and calmly took notes of the phenomena on the very edge of the blazing cra-

weakened body and nerves.

Electricity continues to extend its usefulness. New Jersey has found it the most expeditious and humane means of putting an end to stray and useless dogs. Hitherto the dogs have ben asphyxiated in a big gas tank But the society which looks after such things finds this is cruel and by no means infallible. So Plainfield leads off by substituting the electric kennel for the gas receptacle. By this means the canines are sent painlessly and swiftly to death and the bow-wows cease from spreading fear of rabies.

There is a factory in Amsterdam Holland, which cuts and polishes 400,-000 diamonds annually. About 20 women do most of the actual cutting of the stones.

A Missouri judge has fined a man one dollar for beating his wife, this being his second offense. If he does it many more times the judge may get real cross.

NEED A JEFFERSON

AT THE HEAD OF OUR DEPART. MENT OF STATE

His Mode of Dealing with Foreign Tariff Discrimination Was Not to Surrender to Threats, But to Strike Back with a Vigorous Policy of Tariff Retaliation.

What would have been the policy of Thomas Jefferson at the head of the American department of state in the year of our Lord 1907, in dealing with foreign tariff discrimination against American exports and forign attempts to dictate American tar-This question is answered in a very instructive manner in a timely and vigorous contribution signed "July Fourth," in the American Economist. Extracts from his writings of a hundred years ago tell what Jefferson would have done when the German kaiser fourished his maximum tariff war club over our heads.

Jefferson would not have struck his colors before the enemy had fired a He would have cleared his decks for

He would have met threat with

hostile tariff discrimination with hostile tariff retaliation. He would have made it costly for any nation to undertake to browbeat 85,000,000 of American people into craven surrender of American tariff

making rights. He would not have shivered and quaked when the German emperor gave an extra tariff twist to his fierca

mustache. He would not have laid down his

He would not have nullified a law of congress in order that foreigners might gain unlawful and unfair advantages in the American market, to the injury of American industry and labor.

He would have urged upon congress the immediate passage of a law imposing tariff penalties upon the goods of any nation guilty of tariff discrimination against the products of the United States.

He would have advocated the Mc-Cleary bill.

He would have given us commercial peace through ample preparation against commercial welfare.

Where a nation imposes high duties on our productions, or prohibits THEY ARE PERSONAE GRATAE. them altogether (precisely as Germany threatened and France now threatens to do) it may be proper for us to do the same by theirs; first burdening those productions which they bring here in competition with our own of the same kind; selecting, next, such manufactures as we take from them in greatest quantity and which at the same time we could the soonest furnish to ourselves or obtain from other countries; imposing on them duties lighter at first, but heavier and heavier afterward, other channels of supply open. Such duties, having the effect of indirect encouragement to domestic manufactures of the same kind, may subsistence, equal laws, and a vent sure him the highest profits from his skill and industry. . . . The op-pressions on our agriculture in foreign ports would thus be made the occasion for relieving it from a dependence on the counsels and duct of others, and of promoting arts, manufactures and population."

Thus wrote Thomas Jefferson a hundred years ago, when "the states" pos-sessed not the hundredth part of the power of resistance and the effective-ness of commercial defenses that the

states of to-day possess. United States when an infant and re- would be no German agreement to ceived his education here, rising to place a premium on dishonesty and promote unfair competition with American industry and busine

There would be no humiliating "laydown" to foreign bluster.

Discriminating tariffs against American exports would be unheard of.

We should have commercial peace with all the world.

We should preserve our national

wage earners.

Which Would Be Preferred? "The question would be an important one, if the next presidential cam-paign should begin with pledges of tariff revision from both parties. The ituation of itself would lead all Americans to compare the tariff of 1894 with that of 1897; and it is not very probable that the Republicans would suffer by the comparison."-Boston Advertiser.

Suppose the business men of the country should argue that as between a tariff revision in spots to suit Massa chusetts and other selfish sectional interests, together with free trade in chunks through special trade dickers and an all-round revision downward, like that of 1894, the latter would be preferable. There are some who argue this way, believing that the mischief of Democratic revision would only last until the next presidential election, just as in 1894, whereas the mischief of selfish sectional tariff tinkering and selfish reciprocity dicker-ing by the Republican party would be much harder to cure and would ast much longer. It is by no means certain that the sort of revision which Republican tariff rippers would force upon their party is to be preferred to the revision to be expected at the lands of the Democratic party.

WHAT CAN THIS MEAN?

Gigantic Trust Development in Free Trade Great Britain.

Intelligence of a most terrifying and astounding character comes from England. John Bull is not given to sensation, but in this respect he seems to have outdone some of his much-derided trade competitors. The news is that there is about to be organized in Great Britain a mammoth steel trust. composed of nine large firms boasting a capitalization of \$130,000. 000. The avowed intention of the merger, it is declared, is to fight German and American competition, which is increasing year by year. The largest company in the merger has already absorbed 86 independent concerns, and the deal, when put through, will control, it is estimated, fully 90 per cent, of the steel produced in While the details of Great Britain. the combination are not vet completed, it is likely that it will be based upon the principle of the German trust involving the regulation of prices, adjustment of the output to the demand and equal distribution of orders.

Now, all this would be alarming in protection America, where the people are chained to the chariot wheels of the trusts and are rapidly being reduced to serfdom, but in free trade Great Britain, where competition is supposed to be as unrestrained as the air, it becomes positively horrifying. Certain amiable gentlemen, in campaigus past, have taught us to believe that so long as our industries and labor are protected by tariff duties on foreign imports, just so long will we remain under the domination of the trusts and monopolies. "Remove or reduce the tariff," they have cried, cards and said: "Take the money; and competition will take the place of monopoly." Now comes word of the formation of a monstrous trust in the formation of a country which steel by capitalists of a country which is not cursed by a tariff, but where every man must, by nature of that country's economic system, be able to buy and sell in the open market. What does this mean? Aha we have it! It is another diabolical conspiracy on the part of the American Protec tive Tariff league, headed by Wilbur F. Wakeman, arch conspirator, the dark and bloody purpose of which is to mislead and confuse a trusting pubhe and draw attention away from the midnight deeds of the league and its emissaries. This is the only rational explanation of an outrage tous as this .- Des Moines Capital.



German Manufacturer-Good mornng, gentlemen. I trust you found my last invoice all right?

S. Special Treasury Agent-I found it undervalued 25 per cent. below current wholesale market value. Manufacturer-But that, you know, is my export price.

U. S. Consul-Yes, that's all right. The chamber of commerce certifies to its correctness. That is "competent evidence." We don't go behind it. Your invoice has been consulated as you put it in, and is now on its way to the United States.

Manufacturer-Thanks. gentlemen. Come out and kin me in a toast to "Better commercial relations between States and Germany." (They go out.)

A Friend Indeed.

"Germany has already made over-tures in the way of tariff concessions, and the United States has accepted these like a next friend."-St. Paul

A friend in need is a friend indeed. Germany needed a friend to help her push more of her goods into the Amercan market. She found such a friend. First she "made overtures" by markng up her tariff on all our exports, have. Then she agreed to mark her tariff down again if we would mark down our tariff. We didn't do exactly that, but we did fix up a scheme thereby she could sneak under the market for iron and steel during the past week. The least favorable reports are received from the market for iron and steel during the past week. The least favorable reports are received from the late mills, a short fruit crop having by canning inthat unless congress patches up the fence and puts a stop to the "sneak"

Some Increases Necessary.

Remember, we are importing \$800,000,000 worth of foreign competitive products, that is, things we ought to produce at home, even with a tariff which they say was designed to keep them out. Some part of this is because, do our best, we cannot make all we need; after using all we produce, we still have to send abroad for more. And, mind you, when revision comes this will be one of the indisputable facts to deal with. Its obvious and in-evitable lesson is that we need increase, very slightly of course, many schedules, not reduce them. are schedules that can advantageously go down a bit, no doubt, and will. It will be essentially the same tarifi still.-Lebanon (N. H.) Free Press.

EIGHTEEN MEN ARE INVOLVED

IN REPORT ON PENNSYLVANIA STATE CAPITOL STEAL

Effort Will be Made to Punish the Grafters and Compel Them to Disgorge III Gotten Gains.

Harrisburg, Pa. - Criminal proceedings against all persons con-cerned in the fraudulent transactions in connection with the construction and furnishing of Pennsylvania's \$13,000,000 capitol is recommended in the final report of the capitol investigation commission made Friday to Gov. Stuart. Eighteen persons are named in the report as being involved in one way or another in the irregular transactions, and the attorney general through the governor, is urged to act at once.

The persons named and against whom either criminal or civil suits are recommended are: John E. Sanderson, of Philadelphia, contractor for furnishings; Joseph N. Huston, Phila-delphia, architect, and Stanford H. Lewis, his assistant; James M. Shu-maker, of Johnstown, former superinmaker, of Johnstown, former superintendent of the board of public grounds and buildings; W. P. Snyder and E. B. Hardenberg, former auditors general; W. L. Mathues and Frank G. Harris, former state treasurers; Congressman Burd Cassel, president of the Pennsylvania Construction Co., which supplied the metallic casings and furniture: George F. casings and furniture; George F. Payne, who built the capitol, and his partner, Charles G. Wetter, Charles P. Kinsman, Wallis Boyleau, John G. Neuderer and George K. Storm, who organized the Pennsylvania Bronze Co., which supplied the loaded lighting fixtures to Sanderson; Frank Irvine, an auditor in the auditor general's office; George C. Towne, bookkeeper office; George C. Towne, bookkeeper under Shumaker, and the International Manufacturing and Supply Co., which bid against Sanderson for the capitol furnishing contract.

The name of Gov. Pennypacker who by virtue of his office was a member of the board of public grounds and buildings which let the furnish-ing contracts, and those of ex-Gov. Stone and his associates who made up the commission which constructed the capitol are not mentioned in the list of persons against whom the in vestigators recommend that action be

The commission says it was able to ascertain by testimony that goods costing \$1,574,399 were sold to the state by Sanderson and the Pennsylvania Construction Co. for \$6,434,748,

The report was presented to the governor by Chairman Fisher in the presence of the commission. After receiving it Gov. Stuart issued a statement in which he said:

statement in which he said:
"I will transmit the report to the attorney general for his action and I can assure the people of Pennsylvania that there will be a vigorous prosecution of every person whom the evidence may show to have been guilty of our criminal offense his enterties." of any criminal offense in connection with the construction and furnishing of the state capitol. Wherever the of the state capitol. Wherever the evidence submitted shows that there has been any money wrongfully or fraudulently taken from the state treasury, civil sults will be commenced to compel restitution."

Attorney General Todd is in Maine but he will return in time to prepare for beginning criminal proceedings in the Dauphin county court here in September. His office force has al-

ready begun work on the papers.
The state will be represented by
the attorney general and his deputy,
James Scarlet, of counsel for the investigation commission, and State Senator Fox, of this city.

DUN'S TRADE REVIEW.

A Tight Money Market and the Telegraphers' Strike Has Had Little Effect on the General Prosperity.

New York.-R. G. Dun & Co.'s Weekly Review of Trade says:

Lower prices for railway securities than at any time since July 1, 1904, greater stringency in the money mar ket and the telegraph strike were the week's adverse factors, offset many favorable reports of iobbing trade, manufacturing activity, rapid progress of the crops and remarkably prompt collections considering the

Undue significance was given the Pope failure which, as in the case of the Milliken assignment in June, was caused by monetary pressure and not lack of business. Reports from the interior are almost unanimous in telling of active trade and bright prospects for fall and winter. Most lead ing industries have orders covering output for months in advance, and

plate mills, a short fruit crop having restricted purchases by canning in-terests. Pig iron furnaces complain that new contracts are not abundant. Some steel mills have little business beyond the end of the year, but order books are usually full for five months ahead, and the past week has brought out considerable structural work. while a large contract for specially made steel rails was a feature.

Auto Plunged Into a Lake.

San Francisco, Cal.—Six persons were injured, one fatally, in an automobile accident late Thursday night in Golden Gate park. The manufacture of the control chine was going at a rapid rate and got beyond the control of the chauf-feur. George Harper, and plunged over an embankment into a lake.

Steamer Ran Ashore.

Manitowec, Wis. — The steamer
Hiawatha. owned by the Gilchrist Co., of Cleveland, is ashore ten
miles north of here. The boat carries a crew of 15 mea.

PROSE AND VERSE.

The Place to Buy Cheap

J. F. PARSONS'

DR. Lafrango's compound

Safe, speedy regulator: 25 cents. Druggists or mail. Booklet free. DR. LAFRANCO, Philadelphia, Pa.

PENNYROYAL PILLS

Are prompt, safe and certain in result. The genue ine (Dr. Peal's) never disappoint. \$1.00 per box.

LUMBAGO, SCIATICA

the poisonous matter and acids which the direct causes of these diseases. plied externally it affords almost intrelief from pain, while a permanent re is being effected by purifying the ood, dissolving the poisonous submee and removing it from the system.

DR. S. D. BLAND

monthly

Sold by R. C. Dodson, druggist

EVERY WOMAN

DR. PEAUS

Writing this way at so much a word hardly would pay. Writing this way? Never! Nay, nay! It is absurd write ing this way at so much a word

I am of the opinion That It is a Good deal honester Than calling this kind Stuff

Still

Poetry and getting so Much

Line Eh?-Franklin P. Adams, in Life.

AN ANTI-EXPANSIONIST.



"Roster was a victim of anti-expansionist sentiments."
"How's that?"

"Made up his mind he was too fat and he doctored and starved himself to death."

Failed to Blossom.

He yearned for literary fame— A genius he, beyond a doubt. He longed to make a famous name, A name no editor would scout.

So he with pad and pencil sat,
And thought and thought, a theme to Twas years ago, and I guess that

He's sitting there and thinking yet. -Milwaukee Sentinel.

Long Distance Foretelling. "You will marry a rich and beautiful blonde," said the fortune teller, "and become the father of a large

"Then I'll have a long time to wait." said the young man, with a half sigh. "I married a rich but homely brunette a couple of weeks ago, and she looks good for 50 years yet."—Chicago Tri-

Same Old Touch.

celebrated explorer stood on the coral reef and mopped his brow. "So white men have called here be fore?" he interrogated. "Well, then, my sable brother, I suppose you have felt the touch of civilization?"

Chief Ebony grinned.

"Umph, yes!" he grunted; "touched of all the ivory and gold on the island."—Chicago Daily News.

Could Use Him.

Tommy-So glad you've come, Mr. Bowlegs! Mr. Bowlegs (fishing for compli-

ments)—And why are you so glad I've come, my little man? Tommy-Ethel and I are playing at trains, and you'll make such a lovely

bridge.

Up to Her.
"I'm going to kiss you," said the hold, had man, "How will you have t-with or without?"

innocent maid. A struggle. replied the b. b. m.-Chicago Daily News.

Why He Came Back. Old Neighbor—My goodness, Mr. Ar den, you back, after all these years

Don't you know your wife has married

Mr. Arden-Yes, I heard of it afore I started. Guess I kin live here in beace now.—N. Y. Weekiy.

"With or without what?" queried the For Bill Heads. Letter Heads, Fine Commercial Job Work of All Kinds,

"s-DROPS" can be used any length of me without acquiring a "drug habit." it is entirely free of opium, cocain, cohol, laudanum, and other similar gradients.

ngredients. arge Size Bottle, "5-DROPS" (800 Dose \$1,00. For Sale by Druggists.

SWANSON DREUMATIS GURE COMPANY, Dept. 80. 160 Lake Street, Chicago,

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Get Our Figures.

C. G.SCHMIDT'S. HEADQUARTERS FOR



FRESH BREAD,

FANCY CAKES, ICE CREAM.



CONFECTIONERY

Daily Delivery.

Allorders given prompt and skillful attention.

