

THE JAPAN CURRENT.

Kuro Siwo Piles Great Loads of Driftwood on Alaska's Shores.

In one sense the Kuro Siwo, or Japan current, is the most interesting in the world because many oceanographers believe it was the direct means of peopling America. This much at least is certain: If a boat were to be set adrift on parts of the Asiatic coast and survived all storms, the Japan current could be depended upon to carry it across the Pacific and deposit it on the American shore. Such a thing has happened. In 1822 nine Japanese fishermen were left derelict and unable to find their way back to shore. They went with the current, and after a drift lasting during several months they were carried to Hawaii.

Trees torn by storms from the banks of Asiatic rivers frequently float across the Pacific to the American coast. Between Kakating and Kyak Islands, about 1,200 miles northwest of Seattle, enormous piles of this driftwood cover the beaches. There can be no question of the Asiatic origin of the timber. They are the trunks of the camphor tree, the mango and the mahogany. Logs 150 feet long and eight feet in diameter are frequently found. Many of them are seen floating shoreward, with fantastic roots standing high above the waves. In places the logs are piled twenty feet high. They are generally without bark, which has been peeled off by the waves, and most of them have become white and heavy from impregnation with salt water. As they pile up the sands drift over them, and gradually they sink out of sight, and new beaches are formed. This process has been going on for ages, and the shore line is being steadily extended. Excavations along the beach show that texture of the buried timber gets harder and harder the farther in you go, until in some instances petrification has taken place. Other excavations show logs that have turned to coal.

The presence of Siberian driftwood on the shores of Greenland convinced Nansen that his idea of drifting across the Polar sea in the Fram was logical. Great quantities of the wood are annually cast on the coasts of Spitzbergen and Nova Zembla, and there are tribes of Greenland Eskimos who depend for sledges runners and other wooden implements on the drift from Siberian forests. For years they depended for iron implements on the hoops of casks which came to them over seas.—Theodore Waters in *Alaska's*.

The Willing Worker.

"Why is it," asked a modest young breadwinner, "that when I stay at the office after hours to voluntarily do an extra amount of work somebody who is in charge pounces upon me as his justifiable victim and gives me still more to do?"

"That has happened to me time after time in my business, and at each repetition I have taken a vow that if I am ever in charge of an office I shall give any one of my subordinate who sits down and does work which isn't specifically required of him credit for what he does do and let it go at that, without adding insult to injury, as it were, by giving him something further to do."

"Of course it's an old saying that the man who does the most work is the man usually 'worked,' but it's discouraging, don't you think? Strangely enough, though, he goes ahead and lets himself be 'worked,' with only a weak objection to ease his feelings."—New York Mail and Express.

Mushrooms Are Filling.

One virtue of the mushroom that oftentimes is not realized by its champions even is its nutritive qualities. For it is often considered fit only for a sauce or a side dish. Recently I ate dinner with a friend who is a bon vivant and gifted with an abnormally large appetite. To my surprise, he ordered nothing but mushrooms, bread and butter and, of course, drinkables. We had mushrooms raw, stewed, fried and broiled on toast. It was my first experience, but I found them excellent. I certainly thought they would not "stay by me," but, to my surprise, for many hours afterward I had as complete a sense of fullness as rare roast beef or juicy steak ever imparted.—New York Telegram.

The Congressional Record.

To appreciate the value of the Congressional Record one must see it used. It is the only means by which members themselves keep informed of the progress of legislation when scores of measures are often considered in a day. It is on the desk of the president of the United States and is read by every executive officer, from cabinet to chief of division. Every government in the world envies the possession of such a publication, forming at once an indispensable current record and a permanent history of events even more valuable through the centuries.—Argonaut.

The Carnation.

In its original state the carnation was a five petal flower about one inch in diameter, in color a light pink, though it was sometimes seen in a mauve shade. The carnation of the present day is the product of careful hybridization, as a result of which the size of the flower has not only been increased to a marked degree, but it has been filled with petals, something like a hundred being seen in a single choice specimen.

His Propensity.

"I never forget a joke that I once heard," remarked Borem. "No," rejoined Guyer, "and you don't give any of your acquaintances a chance to."—Chicago News.

The speaker of unpaid bills never haunts those who buy only what they can afford.

The greatest of all pleasures is to give pleasure to one we love.

Dorothy Dodd.

FEED BABY SLOWLY.

ONE OF THE MOST IMPORTANT FACTORS IN CHILD REARING.

Reasons Why Food Should Not Be Tumbled Rapidly Into the Little Stomach—Advice Which Applies to Grown Folks as Well as Babies.

In the proper bringing up of a child there is nothing absolutely more important than this one thing—to teach it to eat slowly.

Every groom knows and observes the rule in the care of a horse that rapid eating is fatal to digestion. There are all sorts of patent mangers to prevent the horse swallowing his oats too quickly. The man who has no patent manger knows enough, when necessary, to put a stone in the manger, scattering the oats around it, so that the horse may be compelled to eat slowly. If the horse's inclination is to gulp down water too fast, the careful man will put a big sponge in the water, compelling slow drinking.

A child's appetite, when he is allowed to eat rapidly, is always in excess of his actual needs unless the child is in bad health. The reason for this is extremely simple. The child craves food because his body requires to manufacture new tissue. He is growing, and he must not only replace the used up tissues that his daily life destroys, but he must make new flesh, new muscles, new bone and new blood every day, adding weight and size.

The sensation of hunger is not the craving of an empty stomach, satisfied as soon as the stomach is filled; it is a craving that is felt by the nerves all over the body. This craving cannot possibly be satisfied until the stomach has begun the work of transforming the food into blood, flesh, muscles, etc.; consequently the sensation which we call hunger persists long after the child or grown person has rapidly absorbed as much food as it really needs.

A million foolish parents urge their children to eat a great deal and always let them eat as much as they want to. Yet all of these know that a famished man taken off a wreck will eat himself to death if allowed to do so. The very hungry child goes to the same excess, only in a lesser degree. The great safeguard against that excess in eating, which kills 90 per cent of men before their time and which accounts for 30 per cent of children's diseases, is slow eating.

Nearly all children eat too rapidly. They do so by nature. Slow eating is a matter of education. But too often the mother or the nurse teaches the child the habit of eating fast. When the baby is little, it is fed one spoonful at a time. Before it has time to half chew or even gulp down the first spoonful of food, another is held to its lips. Of course it swallows what it has in its mouth and seizes upon the next mouthful. The habit thus inculcated by foolish adults often ruins the child permanently.

Four factors point in the healthy assimilation of food, factors which parents and nurses should remember. Assuming the food to be properly prepared, thoroughly cooked and wisely selected, there comes, first, the work of the teeth, which prepare the food for easy digestion; second, the action of the saliva, with which the food must be thoroughly mixed in order to minimize the necessary work of the gastric juices in the stomach; third, the work of the stomach itself; fourth, and most important, a proper supply of blood and of heat.

Force your child to chew slowly and thoroughly every mouthful. If nothing else will do, compel him at frequent intervals to lay down his knife and fork that the importance of prolonged chewing may be impressed upon him. Don't allow your child to gulp down water or any other liquid with his solid food. If you allow him to drink while he eats, the salivary glands will not get their full work. You can't do anything to help along the unconscious process which goes on in the stomach, but you can do everything to help that process by attending to the fourth necessity, which demands blood and the heat of the blood in the stomach. Allow no child after eating to take violent exercise, to study or even to read an exciting book. The brain has first call upon the service of the heart, and as soon as the heart is excited the blood leaves the stomach and goes to the head. The muscles also when too violently exerted draw the blood away from the stomach.

It is absolutely impossible for a child or a grown person to digest properly or to get strength and vitality from what he eats unless for at least a half hour after eating the stomach be allowed to monopolize the blood supply. Children should be kept quiet in some way, especially very young children, after they have eaten. In the case of very young babies nature attends to this mercifully by making them go to sleep as soon as they have absorbed their milk. Older children ought not to go to sleep directly after eating for physiological reasons which may be explained at some other time; but they ought to be quiet and calm. Tens of thousands of children in homes where this newspaper is read are ruined in health by studying right after meals. The public school system which gives children too short a resting period in the middle of the day is responsible partly for this, and the home studies at night are also responsible.

Every word that is said here applies to grownup people, of whom not one in a hundred has ever been taught to apply to himself such common sense care as is bestowed on a second class horse.—New York Journal.

ADMINISTRATOR'S NOTICE—Letters of Administration on the estate of Elizabeth McConick, late of Gregg township, deceased, having been duly granted to the undersigned, they would respectfully request all persons knowing themselves indebted to the estate to make immediate payment, and those having claims against the estate to present them duly authenticated for settlement. J. P. GROVE, ADMINISTRATOR.

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Dorothy Dodd.

A VALUABLE PUBLICATION.

The Pennsylvania Railroad 1907 Summer Excursion Route Book.

On June 1 the Passenger Company will publish the 1907 edition of the Summer Excursion Route Book. This work is designed to provide the public with descriptive notes of the principal summer resorts of Eastern America, with the best routes for reaching them, and the rates of fare. It contains all the principal seashore and mountain resorts of the East, and over seventeen hundred different routes or combinations of routes. The book has been compiled with the greatest care, and altogether is the most complete and comprehensive handbook of Summer travel ever offered to the public. The cover is handsome and striking, printed in colors, and the book contains several maps, presenting the exact routes over which tickets are sold. The book is profusely illustrated with fine half-tone cuts of scenery at the various resorts and along the lines of the Pennsylvania Railroad.

On and after June 1 this very interesting book may be procured at any Pennsylvania Railroad ticket office at the nominal price of ten cents, or, upon application to Geo. W. Boyd, Assistant General Passenger Agent, Broad Street Station, by mail for twenty cents.

How to Avoid Trouble.

Now is the time to provide yourself and family with a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy. It is almost certain to be needed before the summer is over, and if procured now may save you a trip to town in the night or your busiest season. It is everywhere admitted to be the most successful medicine in use for bowel complaints, both for children and adults. No family can afford to be without it. For sale by J. F. Smith, H. F. Rossman, J. B. Fisher's Sons.

Reduced Rates to Denver, Colorado Springs and Pueblo.

On account of the Triennial Convention of the International Sunday School Association, to be held at Denver, Col., June 25 to July 2, the Pennsylvania Railroad Company will sell excursion tickets to Denver, Colorado Springs, or Pueblo, Col., from all stations on its lines, at rate of single fare for the round trip. Tickets will be sold and good going on June 21 to 23, and will be good to return leaving Denver, Colorado Springs, or Pueblo not later than August 31. Tickets must be validated for return passage by Joint Agent at any of the above mentioned points, for which service a fee of twenty-five cents will be charged.

For specific rates and conditions, apply to ticket agents.

My little son had an attack of whooping cough and was threatened with pneumonia; but for Chamberlain's Cough Remedy we would have had a serious time of it. It also saved him from several severe attacks of croup.—H. J. STRICKFADEN, editor World Herald, Fair Haven, Wash. For sale by J. F. Smith, H. F. Rossman, J. B. Fisher's Sons.

House and Lot for Sale. The Ritter homestead in Centre Hall is offered for sale by the owner, Rev. Robert O'Boyle, in order to close out the estate. The property consists of dwelling house, outbuildings, stable and about five acres of land. The location is pleasant, and will make a splendid home. For further particulars inquire of W. B. Mingle, Centre Hall, Pa.

Of what does a bad taste in your mouth remind you? It indicates that your stomach is in bad condition and will remind you that there is nothing so good for such a disorder as Chamberlain's Stomach & Liver Tablets after having once used them. They cleanse and invigorate the stomach and regulate the bowels. For sale at 25 cents per box by J. F. Smith, H. F. Rossman, J. B. Fisher's Sons.

Dorothy Dodd. College of Music. The summer term of this well known school of music will begin July 21, six weeks instruction and board for \$60. As all schools have vacation at this time, it gives an opportunity to school children and teachers to attend. Parents desiring a home-like school for their children should apply for catalogue to HENRY B. MOYER, FREEBURG, PA.

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Read It in His Newspaper.

George Schaub, a well known German citizen of new Lebanon, Ohio, is a constant reader of the Dayton Volkzeitung. He knows that this paper aims to advertise only the best in its columns, and when he saw Chamberlain's Pain Balm advertised therein for lame back, he did not hesitate in buying a bottle of it for his wife, who for eight weeks had suffered with the most terrible pains in her back and could get no relief. He says: "After using the Pain Balm for a few days my wife said to me 'I feel as though born anew,' and before using the entire contents of the bottle the unbearable pains had entirely vanished and she could again take up her household duties." He is very thankful and hopes that all suffering likewise will hear of her wonderful recovery. This valuable liniment is for sale by J. F. Smith, H. F. Rossman, J. B. Fisher's Sons.

Write Grant Hoover for prices on insurance. Pennsylvania R. R. Rates to Minneapolis. On account of the National Education Association's Annual meeting at Minneapolis, Minn., July 7 to 11, the Pennsylvania Railroad Company will sell excursion tickets from all stations on its lines July 4 to 6, good to return not earlier than July 8, and not later than July 14, at rate of single fare for the round trip, plus \$2.00. These tickets will be good for return passage only when executed by Joint Agent at Minneapolis end payment of 25 cents made for this service. By depositing ticket with Joint Agent not earlier than July 8 nor later than July 14, and payment of 50 cents at time of deposit, an extension of return limit may be obtained to leave Minneapolis not later than September 1.

For specific rates and conditions, apply to ticket agents.

Dorothy Dodd. For biliousness use Chamberlain's Stomach & Liver Tablets. They cleanse the stomach and regulate the liver and bowels, effecting a quick and permanent cure. For sale by J. F. Smith, H. F. Rossman, J. B. Fisher's Sons.

Dorothy Dodd. FOR SALE.—The undersigned offers for sale at a sacrifice the following articles: 6-HORSE POWER PORTABLE ENGINE, 1-1/2 E CUTTING MACHINE, DRAG SAW, complete. ALSO, 36-INCH FLOURING BUHR, FLOURING MACHINERY, 12-FOOT ROLL AND CONVEYERS, MILLING MACHINE, ELEVATORS, FLOUR CHESTS, ETC. The 3-horse power machinery will be sold separately, or can be bought with the building. Apply to JOHN R. STRONG, 2nd St. Feters Mills, Pa.

BANKS. Penn's Valley Banking Company, CENTRE HALL, PA. Receives Deposits, Discounts Notes. W. B. MINGLE, Cashier. July

ATTORNEYS. HUGH S. TAYLOR, Attorney-at-Law, Bellefonte, Pa. No. 24 Temple Court. All manner of legal business promptly attended to. J. H. ORVIS, C. M. BOWER, R. J. ORVIS, ORVIS, BOWER & ORVIS, Attorneys at Law, BELLEFONTE, PA. Office in Orider's Exchange building on second floor. David F. Fortney, W. Harrison Walker, FORTNEY & WALKER, Attorneys at Law, BELLEFONTE, PA. Office north of Court House.

CLEMANT DALE, Attorney at Law, BELLEFONTE, PA. Office N. W. corner Diamond, two doors from First National Bank. J. VICTOR ROYER, Attorney-at-Law, BELLEFONTE, PA. Office directly North of Court House.

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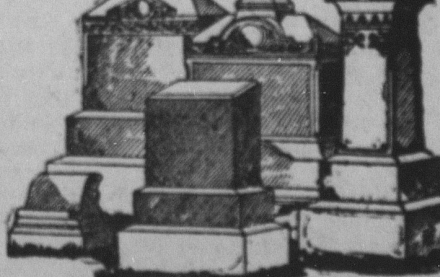
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