

FOOD AND THE SEXES.

The Male Human Needs to Eat More Than the Female.

According to a writer in the *Lancet*, the male human needs more food than the female not only on account of his larger stature, but also because he is the more katabolic of the two. The man tends to expend energy and the woman to store it up in the form of fat; he burns the faster. This sexual difference shows itself in the very blood. The man has a larger percentage of chromocytes than the woman, showing that he needs a proportionately larger quantity of oxygen in order to maintain his more active combustion, a fact which one may associate with his comparative freedom from chlorosis. Moreover, weight for weight, his pulmonary capacity is greater than that of the woman, whose smaller respiratory need is further shown by the facility with which she can without discomfort diminish her breathing power by means of the corset.

"The great contrast between the metabolic activity of the two sexes," continues the writer, "was forcibly brought home to me by a military display given by a troop of dusky amazons, with whom were also a few male warriors. The women, in spite of their daily exertions, were all rounded and plump, some very much so, no single muscle showing through the skin, and it was noticed that their movements, though full of grace, lacked energy and 'go.' The men, on the other hand, were spare, their muscles standing out plainly under the shiny skin, and they, in further contrast with the women, displayed a truly amazing agility, bounding about and whirling round in a most astounding fashion. The women, in short, were essentially anabolic, and the men were katabolic. I may here draw attention to the fact that men are apt to be larger meat eaters than women, just as they are, possibly in consequence of this very fact, more prone to drink alcohol and to smoke tobacco."

SLEEPING HEROES.

Mighty Men of the Past That Are Expected to Return.

Is there any race that has not its sleeping hero? A correspondent recently pointed out that the time for the fulfillment of the prophecy that the tenth of Krishna will restore to India her independence is near at hand, and every nation has some such savior to whom the people look. West country rustics still believe that Arthur did not die, but sleeps in Avon, and that in the hour of Britain's need he will awake, deliver the land and restore the golden age. In Germany it is a popular belief that Charles V. will some day wake from his enchanted sleep to reign over Germany, Spain, Portugal, Denmark, Belgium and Holland. Thousands of French peasants hold that Napoleon is only sleeping and that at some future time he will reappear and rule. And Mr. Newbolt has enshrined the Devon legend that Drake is only listening for the drum.

The Irish peasantry steadfastly refuse to believe that Mr. Parnell is really dead. They assert that his death was a ruse, that he was an interested spectator of his own funeral and that when the time comes he will emerge from retirement to give Ireland her independence. Every true Moslem believes that when antichrist, appears Mohammed Mohadi will awake and conquer him. A Moorish legend declares that Bobadil el Chiclo sleeps spellbound near the Alhambra and that one day he will awake to re-establish the Moors as rulers of Granada. The Seryians look to King Lager, slain by the Turks in 1389, as their final hope, and should Switzerland be again threatened by tyrants Swiss folklore declares that the three members of the Tell family who are sleeping at Rutill, near the Vierwald-Staten-See, will rise from their enchanted slumber and maintain the freedom of the land.—*London Chronicle.*

Hopi Courtship.

When a Hopi maiden decides which of the eligible young men of the tribe she wishes to marry, she goes and sits in his house and grinds corn until he is sufficiently impressed by her industry to marry her.

After the ceremony, which is an elaborate one, the couple go to live in the wife's house. If she tires of her husband, she can obtain a divorce by merely throwing his saddle out of the house. After marriage the house, fields and all their property except the herds belong to the wife.

The Hopis are indulgent parents. The right of the children to do as they please is never questioned.

How a Woman Gets a Seat.

"I will tell you how to work it," said a woman, whose figure showed she would be tired by standing, to a companion in a Broadway car. "When there is no vacant seat, watch for two men who are in conversation and stand right in front of them."

"Each one will want his friend to think he is very polite, so both of them will jump right up and offer their seats. That's the way I do, and it never fails."—*New York Herald.*

An Effective Way.

"They say," said the young dramatist, "that I shall have to cut my play down, but I really don't know where to begin."

"Why not start at both ends," his candid friend asked, "and work toward the middle?"—*Chicago Record-Herald.*

Opposite Meanings.

"Cleave" is the best instance of an English word with two opposite meanings. "Nervous," "let" and "propugn" are other instances.

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Kidney Trouble Makes You Miserable.

Almost everybody who reads the newspapers is sure to know of the wonderful cures made by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy.

It is the great medical triumph of the nineteenth century; discovered after years of scientific research by Dr. Kilmer, the eminent kidney and bladder specialist, and is wonderfully successful in promptly curing lame back, kidney, bladder, uric acid troubles and Bright's Disease, which is the worst form of kidney trouble.

Dr. Kilmer's Swamp-Root is not recommended for everything but if you have kidney, liver or bladder trouble it will be found just the remedy you need. It has been tested in so many ways, in hospital work, in private practice, among the helpless too poor to purchase relief and has proved so successful in every case that a special arrangement has been made by which all readers of this paper who have not already tried it, may have a sample bottle sent free by mail, also a book telling more about Swamp-Root and how to find out if you have kidney or bladder trouble. When writing mention reading this generous offer in this paper and send your address to Dr. Kilmer & Co., Birmingham, N. Y. The regular fifty cent and dollar sizes are sold by all good druggists.

A New Remedy.

The old friends of Chamberlain's Cough Remedy will be pleased to know that the manufacturers of that preparation have gotten out a new remedy called Chamberlain's Stomach and Liver Tablets, and that it is meeting with much success in the treatment of constipation, biliousness, sick headache, impaired digestion and like disorders. These Tablets are easier to take and more pleasant in effect than pills, then they not only move the bowels, but improve the appetite and correct any disorders of the stomach and liver. For sale by J. F. Smith, H. F. Rossman, J. B. Fisher's Sons.

Tourist Rates via the Seaboard.

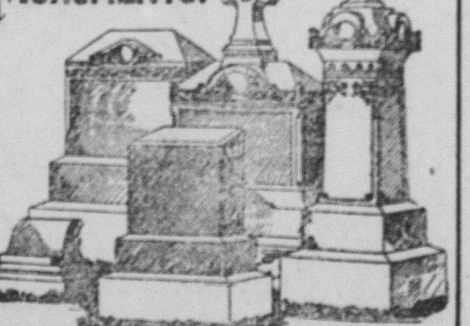
Winter Tourist Tickets are now on sale at greatly reduced rates, via the Seaboard Air Line Railway, to all points in Florida, also to Cuba and Nassau, as well as to Pinehurst, Camden and the leading Southern Winter Resorts.

These Tickets are good for stop-over, either going or coming, until the end of the Winter Season.

The Seaboard is the short route from the North and East to Florida and the South Atlantic States. For further information and Book of Winter Tours, apply to Agents of the Seaboard Air Line Railway and those of connecting lines. Also, for "The Land of Manatee," about a region on the west coast of southern Florida, in three booklets: No. 1, Historical and Descriptive; No. 2, For Gardener and Fruit Grower; No. 3, For Tourist and Sportsman. Ask or send for the one you want.

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on all couches, side boards and bed room suits from first of December to January 1st.



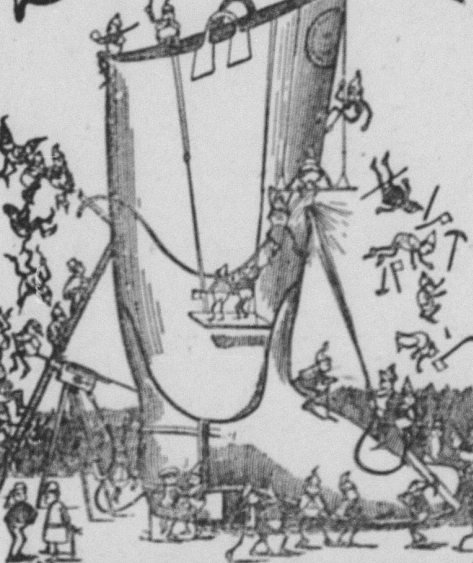
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C. J. FINKLE Spring Mills, Pa.

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A. J. Snell wanted to attend a party, but was afraid to do so on account of pains in his stomach, which he feared would grow worse. He says, "I was telling my troubles to a lady friend, who said: 'Chamberlain's Colic, Cholera and Diarrhoea Remedy will put you in condition for the party.' I bought a bottle and take pleasure in stating that two doses cured me and enabled me to have a good time at the party." Mr. Snell is a resident of Summer Hill, N. Y. This remedy is for sale by J. F. Smith, H. F. Rossman, J. B. Fisher's Sons.

ADMINISTRATOR'S NOTICE—Letters of Administration on the estate of H. M. Cain, 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 same to present them duly authenticated for settlement. WM. M. GROVE, Centre Hall, Pa. Administrators. MR. CAROLINE CAIN, Spring Mills, Pa.

EXECUTOR'S NOTICE—LETTERS TESTAMENTARY on the estate of Susan Coldren, late of Gregg township, deceased, having been duly granted to the undersigned, he would respectfully request all persons knowing themselves indebted to the estate to make immediate payment, and those having claims against the same to present them duly authenticated for settlement. WM. PEALER, Centre Hall, Pa. Executor, Spring Mills, Pa.

REAL ESTATE AT PRIVATE SALE. Farm and woodland, well located, 160 acres, about 72 acres in good state of cultivation with running water in each field; about 370 fruit trees on property. New 2 room house with hard wood finish and 30 ft. porch. This property is in good condition; new out buildings, large bank barn, running water in each field, with well and running water at the house. ALSO. BRICK DWELLING located in the village of Spring Mills, 10 rooms, well finished with hard wood; property all built within four years, stable and out buildings.

ALSO. FRAME DWELLING located in the village of Spring Mills, 8 rooms. ALSO. FRAME DWELLING located in the village of Spring Mills, 6 rooms. Terms of sale of above property will be made to suit purchaser, prefer having part investment remain in properties. Correspondence solicited, and will at any time, by due notice, arrange to have these properties shown to any one wishing to purchase property. After Jan. 1st, 1903 these properties will not be for sale. G. F. LONG, Spring Mills, Pa.

HOUSE AND LOT FOR SALE.—The undersigned offers at private sale a splendid home on the Lamar railroad station, on the Central Railroad of Penn. The dwelling house has eleven rooms and is new, well finished and conveniently arranged, and is admirably located for a club or summer boarding house, being convenient to a fine stream of water and hunting ground. Also coal yard and trestle and an established business in fuel. Good water and fruit on the premises. For further particulars address: JOHN SMITH, Lamar, Pa.

CAUTION—All persons are hereby cautioned that my wife, Lucy Brown, left my bed and board, without cause or provocation, and that no bill contracted by her, for board, clothing, shelter, or any purpose whatsoever, will be paid by me; and this shall be sufficient notice. JACOB B. BRON.

ESTRAY. Came to the residence of the subscriber, in Boalsburg, on or about the first of October last, one red heifer, supposed to be about one and a half years old, with no marks—no dehorned. The owner is requested to come, prove property, pay charges and take her away, or she will be disposed of as the law directs. LEONIDAS MOTTERBAUGH.

HOUSE AND LOT AT PRIVATE SALE.—A house and lot, at Centre Hill. The property contains five acres, and upon which is erected a good dwelling house, stable and out buildings, also two gardens and fruit trees. It is a very desirable home. 2500 1/2 MRS. W. W. ROYER, Centre Hill, Pa.

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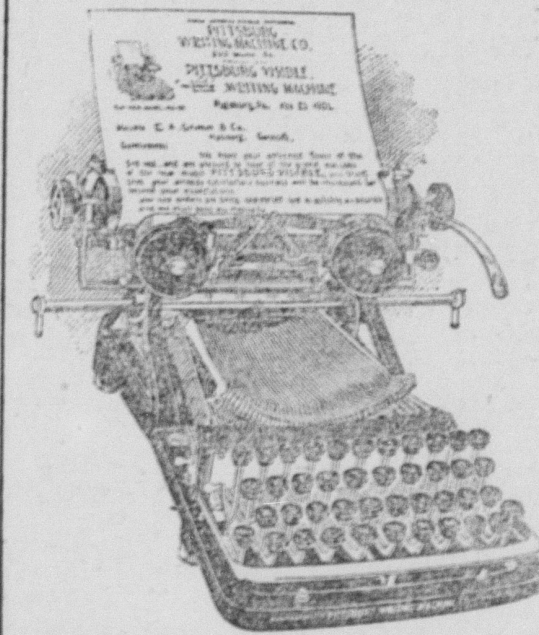
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