We Go Too Fast a Pace.

How We Weaken the Heart and Circulatory System. By Dr. Oliver T. Osborne.

IVERAL cases of late years have been at work to produce all sorts and all kinds of neuroses of the heart or debility of the heart muscle, and to hasten that degeneration of the circulatory system that comes normally only late in life.

The principal causes of this ever-increasing cardiac and

arterial weakness are the high tension of our daily life, the neryous strain of some of our pastimes, as bicycling and automobil ing in cities, and not the least cause is the constantly and recklessly increasing consumption of coaltar products for the relief of pain, whether for the

omnipresent headache or for simple neuralgias. We hardly realize this daily tension and its effect on our hearts unless We rise on time in the morning, fwhether by an alarm clock by the call of a servant, or by habit, eat breakfast, and read the papers on time, a clock in every room, and a watch frequently in our hand. We then, on time, meet office and outside engagements, college appointments, consultations, always and constantly carefully predicting the amount of time that will be required and timing the next engagement by this decision.

We then carefully subdivide this time, and note by our watches exactly

how long we can discuss a subject. An appointment kept by the other party even one minute late makes us restless.

During the day we rush up long flights of stairs or take elevators that go up with a rush and stop with a plunge. If we drive, either horse of automobile, by the carelessness and haste of bicyclists or pedestrians our hearts stop, jump and receive the vaso-motor contraction check from the sudden anxiety lest we do an injury.

If we are in a car or vehicle managed by some one else we often receive the same real or needless shocks to our nervous systems or hearts. If we are ailing we slight nature's signal to relax, and still keep up the pace. If we are actually sick, unless we are seriously ill, we fight and wrestle with the disease, whatever it may be, instead of calmly giving up and allowing the disease to be temporary master of the ceremonies.

A calm mind and heart will allow nature to expel the disease, if acute, and will mitigate or obstruct chronic diseases until the last rampart is taken and the last gun fired.

You have only to change the subject of the above sentences to describe the lives of most men and women of our rapid age and country. Even the school children, and I might say the young children, see too much, do too much, are amused too much, receive too much, compete in school too much, are taught too much, are awake too much for the welfare of their nervous

Wealth of American People \$100,000,000,000. By Ellis H. Roberts, Treasurer of the

United States.

VENTY years have added to the inhabitants of the United States numbers nearly equal to our total population just before the civil war. In the same period the wealth of the American people has more than doubled and has reached a hundred thou sand million dellars.

Our stock of money in circulation is greater per capita than that of any other nation, save France and the South American States; while our gold per capita is exceeded only by South Africa. Australasia and France and our growth in both these items is not equalled anywhere else, so that the gross gold in our treasury surpasses the volume ever gathered

before under single control. These are tokens of a material progress never matched in the history of the world. This is due to a restless activity and an efficiency of production which have not yet reached their maximum. Improvements always increas ing in communication and transportation consolidate our people and render

them more homogeneous. Perils exist, like over-exploitation in enterprise, the terrible prevalence of crimes of violence and of strikes in many branches of industry.

But the expenditure for education increased more than 25 per cent, per capita in two jecades, and the immense private gifts for colleges, charities, churches and libraries illuminate both the present and the future. The tendencies to arbitration between capital and labor, and between nations, emphasized by recent examples on a large scale, promise peace within our borders, and, let us hope, throughout the world.

Before two decades pass we shall add to our population more than the present total population of any other country in the world, save Russia, India and China, and possibly Germany. Our wealth will increase in a still larger raito. Already our achievements lift the Republic to a foremost place in our foreign relations.

What has been gained in twenty years past is the seed for the grander harvests of the future. America's contributions to civilization, to the amelioration of mankind, to the peace of the world, will grow and not diminish, and her rank among the nations must move forward to primacy in all that is noblest and most worthy .- The World.

Are Our Schools Inadequate?



By the Editor of Harper's Weekly. RIOUS college presidents and professors have at various times informed the people, and especially ambitious parents, of the inadequacy of the preparatory schools, and especially the public high schools, for the task of preparing boys and girls to enter college. So much has been said of the weakness of these schools in this regard that in some imperfectly informed quarters the suspicion has been excited that they are failures in every

respect, and scarcely worth their maintenance. It is interesting, and may be profitable, therefore, to note an example of a disposition to pass the blame farther down the line to the schools below the high school. In a New England city, where money is expended lavishly upon the whole publicschool system, and where presumably a correspondingly high condition of efficiency has been reached, attention has been recently directed to a suggestive result of an examination of the pupils who entered the high school in September last. Not one of them reached an average of 90 per cent, while most were considerably lower, and a surprising large number far below. Six members of the class were sent back to the grammar grades as being entirely unfit for the high school, and twenty or thereabouts were suspended because they stood below 50 per cent., with the warning that they must exhibit adequate reason for reinstatement before they can return. Requirements are not very strict, either, only 70 per cent, being exacted to ensure advance-When an explanation of this poor showing is sought, superintendent and principal talk for the public about radical changes in methods making difficulties for new pupils, but a department teacher to whose care these pupils are committed, says bluntly, "Not one of them comes up to the high school from the grammar-school ready to do the work," and inquiry among high-school teachers discloses such a judgment to be prevalent.

Too Much Aimless Giving. By W. H. Allen.



General Agent of the New York Mission for Improving the Condition of the Poor. E phase of vagrancy infects a great number of people and represents a great menace to social weifare, the source and support of the individual vagrant and the stronghold of the disease. I refer to the vagrancy of giving, that tramp philanthropy, that superficial Samaritanism, that vagrant interest in one's fellow men which purchases self complacency, relief from annoyance, reputation for generosity and spurious mortgages on mansions in the akies, from venders of hard luck stories, inventors of

mutilated limbs and exhibitors of moral and physical deformities.

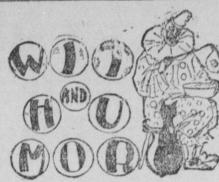
The real vagrancy is the vagrancy of intellect and sympathy, whether the gift be a mite or a million, which attempts to obtain satisfaction entirely out of proportion to the thought and time expended in giving; which confuses, almost, justice and relief. It is the recipient who is wronged, not

It is almost uncharitable and irresponsible for an individual unilcensed citizen on the street to prescribe for vagrancy as for hydrophobia or typhoid fever. Our problem is primarily to convince and correct this citizen giver, rather than to convince and reclaim the tramp.

We shall never be rid of the man who would raller beg than saw wood; we may hope to be rid of the man who would rather give a nickel to a beggar than send him to an agency which can make him self-supporting.

Rustic Work.

Sooner or later every owner of a country home runs up against the idea of rustic work. Generally it hits him hard-sometimes too hard. If you really need seats or summer houses in your woodland nothing can be more appropriate than logs with bark on, because they harmonize with the growing trees. This is the real secret of the popularity of rustic work-its fitness. It is opposed to costlier and more architectural features which make a strong contrast with natural surroundings. Ocasionally, however, you will find a man who has fallen head over heels in love with rustic work for its own sake. The consequence is that he fills the lawn in front of his house with all sorts of rustic impossibilities, which look doubly foolish because they have no earthly use and because they are out in a sunny spot in the midst of an environment which is civilization rather than nature .- Country Life in



SUBJECT HE LIKED BEST. "You talk well on the subject in which you are most interested," said the impertinent girl.

"And what is that?" said the man, smelling a compliment. "Yourself," said the impertinent girl. demurely .- New York Press.

TRUE GENEROSITY.

Wigg-Say what you will of Bjones, he is generous to a fault. Wagg-Yes, if the fault kappens to be his own.-Philadelphia Record.

A SEVERE TEST.

"Oh, yes, he used to consider her very dainty and graceful."

"And doesn't he think so now?" "No. I believe he saw her eating asparagus the other day."-Philadelphi

PROOF TO THE CONTRARY. Husband (angrily)-f never saw a woman as hard to please as you are. Wife (calmly) -- My dear, you forget that I married you .- Chicago

THE FOOL'S WAY. The Barber-The fools are not all

lead yet. The Broker-No, but there are a

there being thirteen at the table to-

Guest-Superstitious, eh?

men to carry his umbrella. Mr. Wise-That's nothing. I guess twenty men have carried mine.-Detroit Free Press.

A QUESTION. "What do you think of the new boarder?" asked Mrs. Starvem. "Oh, I don't know," replied Star-

"I think he's very polité." "Either that or very sarcastic. Did

"How is your daughter getting on with her music?"

"Splendidly," answered Mrs. Cum- tastes.

COUNT ONE FOR HER. The Count (old enough to be a randfather and after Miss Moneyton)

I haf asked your mamma and she if her consent—and—now I—or—
Miss Moneyton—I am so glad! But

Egaiss seem to have declared a position at pastors, and to have stood in a certain relation to the former with regard to the diffusion of the gospel and the planting of churches. "Fall proof."

Leave nothing undone that it is possible to do for God. grandfather and after Miss Moneyton) -I haf asked your mamma and she gif her consent-and-now I-er-Miss Moneyton-I am so glad! But won't it be funny to call you papa?-Lippincott's Magazine.

CRANKS.

Judge-Let us get this thing right. You say this man whom we are examining is not insane, and yet he is not in his right mind. How is that? Witness-Lots of people, your Honor, who are not insane are wrong minded about everything .- Chicago

Tribune.

PERHAPS HE BLUSHED. Men filled the seats while she hung on to a strap. She had but two

CRUELTY IN REFINED FORM. "Yes," said the critic to the aspiring young playwright, "there are great possibilities in this play of yours." "Thank you. It is very kind of you

to say so." "But there will be greater possibilities in the fellow who is clever enough to find them and get them out."-Chicago Record-Herald.

THE BASIS OF WEALTH. "Of course Meaney made his vast fortune himself." "I believe he inherited the founda-

tion of it from his father." 'Why, I understand his father was quite poor.'

"Yes; but he was also mean and stingy, and the son inherited those traits,"-Philadelphia Public Ledger.

THE SABBATH SCHOOL

aternational Lesson Comments For June 21.

Subject: Paul's Charge to Timothy, 2 Tim, iil., 11 to Iv., 8-Golden Text, 2 Tim. iv., 8-Memory Verses, 14-16-Commentary on the Day's Lesson.

Timothy exhorted to remain firm in the Scriptures (vs. 14-17). 14. "But abide thou." In the first part of the chapter the apostle has been speaking of the terrible apostasy that was to take place both in practice and in doctrine, and now he warns Timothy against this and urges him to re-Timothy against this and urges him to remain firm in his early training in the Scriptures. "Things—earned." He had learned them not only from his grandmother Lois and mother Eunice, but from Paul, through long companionship with

"From a babe." From his infancy, or the period of his earliest recollection. It is impossible to begin too early to teach the children the truths of God's word. "The holy Scriptures." That is, the O'd Testament, for the New Testament was not then written. "Wise." Wise in seeking and obtaining selvation and in leading not then written. "Wise." Wise in seeking and obtaining salvation and in leading others to obtain it. "Through faith," etc. The Old Testament Scriptures, which Timothy learned in his godly home, by its types, history, prophecy and symbols, pointed to Christ. The way of salvation by the Scriptures, for Timothy and all men, is faith in the Saviour whom the Scriptures reveal.

16. "By inspiration." The reference here is to the Old Testament Scriptures. The proofs are found in its history, miracles, prophecy, diversity with unity, preser-

The proofs are found in its history, miracles, prophecy, diversity with unity, preservation and its effects. "Doctrine." The truths and precepts of revealed religion. To teach the will of God, and to point out Jesus Christ till He should come. All the great and important doctrines of religion necessary to be known in order to salvation are there taught, and that more clearly and fully than elsewhere, and with an authority and influence to be found in no other writings. "For reproof." Here meaning not only the rebuke of conduct, but also the refuation of error. "Correction." Correcting false notions and mistaken views; amendment in the deporttaken views; amendment in the deport-ment. "Instruction in rightcourness. Training, or building up, in this principle. 17. "Man of God." The Christian min-

The Broker—No, but there are a lot who dye every day, aren't there?—Yonkers Statesman.

SWEET CONTENT.

Blobbs—Sillicus is very proud of his lineage, isn't he?
Slobbs—Yes; he would rather have ancestors than make a name for himself.—Philadelphia Record.

AN AID TO MEMORY.
Slopay—And, doctor, if you will, I wish you would give me something to help my memory. I forget so easily. Doctor—Very well. I'll send you a bill every month.—Bultimore American.

WORRIED.

Host—My wife is worrying about there being thirteen at the table tonight.

Training, or building up, in this principle.
IT. "Man of God." The Christian minimon of the Christian sloop of good works." "May be expecially meant. It means, also, all persons who are "zealous of good works." "May be expecially meant. It means, also, all persons who are "zealous of good works." "May be expecially meant. It means, also, all persons who are "zealous of good works." "May be expecially meant. It means, also, all persons who are "zealous of good works." "May be expecially meant. It means, also, all persons who are "zealous of good works." "May be expecially meant. It means, also, all persons who are "zealous of good works." "May be expecially meant. It means, also, all persons who are "zealous of good works." "May be expecially meant. It means, also, all persons who are "zealous of good works." "May be expecially meant. It means, also, all persons who are "zealous of good works." "May be expecially meant. It means, also, all persons who are "zealous of go

wise unfitting as to time and circumstance.
Paul was always courteous; he timed and
suited his words most wisely. "Reprove."
Or convince; show them their errors. "Re-Guest—Superstitious, eh?

Host—No; she has only a dozen silver knives and forks:—Chicago News.

OTHERS DO.

Mrs. Wise (reading)—I see by this that the Emperor of Japan has ten men to carry his umbrella.

suited his words most wisely. "Reprove." Or convince; show them their errors. "Exhort." Appeal to men. Show the truth as opposed to their error, the right as optosed to their error. "Reprove." Or convince; show them their errors. "Republic." Show them their errors. "Exhort." Appeal to men. Show the truth as optosed to their error, the right as optosed to their error, the right as optosed to their error. Dong suffering." Have patience and perseverance, for the work of bringing men to God is sometimes slow and discouraging. "Doctrine—teaching." The word doctrine here, and in other places in the New Testament does not mean a creed.

the New Testament, does not mean a creed, but teaching the truth.

3. "Time will come." In the third and fourth verses the necessity is shown for this faithful ministry. It is one that has always been in force, since human nature is the same in all ages. "Not endure." They will not listen to healthful teaching that is calculated to lead the soul away from ain to holiness, but they procure teachers who will flatter them while in their sins and carnal pleasures. "Itching ears." It is the listeners who have the itching ears—ears which desire to hear some pleasing thing, with no reference to the New Testament, does not mean a creed,

"Either that or very sarcastic. Divergence of their vices."

you hear him ask me if I'd pass the cream? "—Philadelphia Press.

BROGRESS.

**Some packing their vices.

4, 5. "Turn away." Because sound and salutary teaching about their own errors and sins is abasing to the pride of men it will not be endured. Yet their moral national same opiate; hence they will tures demand some opiate; hence they will resort to various so-called teachers in order to obtain rules of life that suit their native tastes. "Watch." Be vigilant against errox. "She can go to a classical concert and tell exactly where to applaud without watching the rest of the audience."—Washington Star.

tastes. Watch. Le vigiant against error and against sin, and faithful in the performance of duty. "Endure afflictions." This verse sounds like a review of Paul's life. He is charging Timothy to follow on in his footsteps. "Evangelist." Much the same as a preacher or missionary. In the apostolic age persons recognized as evan-gelists seem to have occupied a position be-

to do for God.

Paul's triumphal anticipation of martyrdom (vs. 6-8). 6. "Ready to be offered."

I am aiready being offered."—R. V. The allusion here is to the custom which prevaised among the heathen of pouring wine and oil on the head of a victim when it was about to be offered in sacrifice. The apostle was in the condition of the victim on whose head the wine and oil had been already poured, and which was just about to be a sacrifice; it is that his death was already poured, and which was just about to be a sacrifice; it is that his death was about to occur. Probably there were events occurring in Rome which made it morally certain that though he had once been acquitted he could not now escape. "Departure." The verb from which the noun translated "departure" is derived means in Greek to loosen again; to undo. It is applied to the act of loosing or casting off the fastenings of a ship preparatory to a departure.

a departure.
7, 8. "The good fight." Against Satan. squares to go when a man got up to leave the car.

"You may take my seat," he said, politely, raising his hat.

"Well, mlater," said she, "it's a pity you can't take it with you, isn't it?"—
Pittsburg Dispatch.

7, 8. "The good fight." Against Satan, sin and error. The enemies and the armor are described in Eph. 6: 11-17. "Finished." Most men in his position would have thought the greatest struggle just before them, but Paul counted death as nothing. "My course." He compares his Christian life to a race which is finished now that he sees the goal so near him. "Kept the faith." The truth of the gospel. Paul had not turned aside on any account, or imnot turned aside on any account, or imbibed a single error. "A crown." Won in the cause of righteousness. It was not the crown of ambition, or a garland won in the struggle for worldly distinction. See Jas. 1: 12: 1 Pct. 5: 4, "At that day." The day of judgment; the morning of the resurrection. resurrection.

> A Clever Elephant. The little daughter of a missionary

in Siam, tells in an exchange of a clever baby elephant, who would select a flag, either white, black or red, whichever his marter called for, and carry it to him. The animal would also carry a fan of bananas on his head and put them down before his master. Then he would salute the man by holding up his trunk and crossing his front feet. After this the master gave him the bananas to eat, one by one.-Sunday School Ad-

LONG TRIP ON MOTORCYCLES

Adventurous Men Plan Journey of 3,500 Miles.

Weber Benton and William Rodemacher of St. Louis are about to start on a trip of 3,500 miles on a motorcycle, the entire trip to be made in a period of three months. The men will ride their motorcycle to Kansas City, and go from there to San Francisco by train. Then the real trip will begin. The machines they will ride weigh 175 pounds each, and are guaranteed to make a mile a minute under favorable circumstances. The machines are gasoline motors of the latest pattern. The tourists are both men of light weight; Mr. Benton tipping the scales at 120 pounds and Mr. Rodemacher at 145. They will, of course, carry no more luggage than is absolutely neces-

tial part. From 'Frisco the proposed route will take them through the Yosemite valley and among the big trees, on down through the Mojave desert and ever the pass into semi-tropic California. All the side trips which tourists usually make from Los Angeles will be gone over and then the road down the coast, through Escondido and La Jolla, to San Diego, the Naples of America, will be taken.

sary, a camera being the most essen-

The tracks will have to be doubled back almost to Los Angeles and then the trip will be through the citrus belt, where the great crange and lemon groves are located. When the Sierra Madres are crossed and "Old Baldy," the big peak, fades from sight, the really serious part of the trip will be before them, for the great Colorado desert must be crossed. It was on this desert that so many people perished in their attempt to reach the "land of gold" in the early 50's.

The Grand canyon of the Colorado will be visited, and ther the sagebrush country will be crossed and the Apache Indian villages in eastern Arizona will see the motor cycle for the

The great Pecos valley is the next objective point and from that wonderful country the riders will tour to San Antonio and other southern Texas points. From here another double will



Cyclist and Equipment. be made back across the Texas plains, through the Pecos valley and over the

mountains to Albuquerque. The mountain trail will be followed to Las Vegas and points of interest not on the railroad in New Mexico. The Santa Fe will be followed through Colorado and Kansas on the way to Kanens City.

When a Girl Angles.

Ethel-Fred has broken our engagement. Maude-Well, don't you care. There are just as good fish in the sea,

you know Ethel-Yes, but suckers are the only kind that bite now, and I want



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