

PNEUMONIA SECRET FOUND BY DOCTORS

Health Board's Fight on Consumption's Fatal Rival Progresses Rapidly.

Sun and Air Its Foes—Weak and Strong Alike Fall—Infection Comes Through Nose and Mouth.

That mystery, pneumonia, which has baffled the medical world so long, is being solved by the commission of eminent physicians from all parts of the country appointed by the Health Board in an effort to combat the disease. Pneumonia's death ratio in recent years has become greater than that of its fatal rival "the white plague."

Dr. Herman M. Biggs, general medical officer of the Health Board, who has led the fight against the spread of tuberculosis in the city, and at whose suggestion the pneumonia commission was appointed, told recently of the progress made.

"At the outset of our investigations some of us believed a great many things about pneumonia, and many of those beliefs have been proven to be true by actual experiments in various cities, as well as in different country sections.

"It has been proved that pneumonia is infectious; that it is caused by a germ, the Pneumococcus, and that it attacks the normally strong as well as the weak with like fatality.

"The pneumonia germ, which is a lancet-shaped creature, as germs go, generally travels in pairs and is taken into the system through the nose and mouth. It remains, waiting its chance to descend into the lungs and begin its havoc. This chance comes when the physical condition of the person is depressed from an insignificant attack of influenza, measles, bad cold, catarrh, tonsillitis or the like. Once in the lungs it propagates with marvelous rapidity, and the lungs soon become congested. If the congestion is not relieved death is sure.

"In many respects there is great similarity between consumption and pneumonia, and the accepted treatment for the former in many instances proves beneficial to the latter. However, the tuberculosis germ works slowly on the lungs of its victim, while the pneumonia germ works with amazing rapidity. This may be cited as one of the chief differences between the two diseases, due only to difference in the germs.

"Pneumonia is more prevalent in winter, because then its allies and contributory causes, such as influenza, more frequently occur. When other affections of the breathing organs and the pathway leading to the lungs exist it makes the most of its opportunity and attacks you when you are down.

"That pneumonia is theoretically preventable there is no doubt, yet it is extremely difficult, particularly in a great city. Every person, though, by observing a few simple details may greatly lessen its probability.

"Avoid colds and all that sort of trouble which is likely to affect the breathing organs. By all possible means preserve to the greatest degree the general health.

"Pneumonia has no terrors to the perfectly well man, but those who think themselves in the best of health sometimes are its readiest victims.

"The germ may be carried in the mouth of a perfectly well person for as long as six months, waiting for him to catch a cold or something of the kind. Instantly it makes the most of its opportunity.

"What has been said as to the avoidance of tuberculosis infection by expectoration is equally applicable to pneumonia. In the home let the housecleaning be done so as to stir up just as little dust as possible. Let the housewife use damp clothes instead of feather dusters, and in this way you will avoid dust, always from the street, and which is one of the most powerful agents for the spreading of pneumonia germs.

"And last, but by no means least, get just as much fresh air into your lungs as possible. The germ will die in an hour if exposed to fresh air and sunlight. If it were possible to get sunlight into the lungs, there would never be another case of pneumonia.

"The dark, stifling rooms and the foul and dusty streets of the cities are the breeding places of the germ, and that accounts for its rarity in the country.

"The most advanced treatment of the disease is by the fresh air method, the same as in cases of consumption, and it is accomplishing wonders and completely shattering old theories.

"Formerly, when a patient had pneumonia, the room was tightly closed and the temperature kept up. We

have been treating patients, and they have been treated in many hospitals in the city, in tents and in the open air, with the thermometers sometimes at zero.

"The work of the commission, which is covering thoroughly all forms of diseases of the lungs, is continuing, and making great headway, and ultimately will be able absolutely to control all these fatal diseases."—New York American.

HARDSHIPS OF CONSUMPTIVES.

Annoyances Endured By Those Who Are Sent to Distant States.

"One went off in a secluded spot and took poison," is what a letter from Redlands, California says, in regard to the pitiable condition in which consumptives find themselves, who flock to California in search of health. The Committee on the Prevention of Tuberculosis of the State Charities Aid Association received a copy of a letter which was sent to the Menominee News for a "White Plague" fighter on the firing line, and his appeal in the last paragraph encourages us to give further publicity to his communication evidently wrung from his sad experiences, hence we quote in full: "There never could be a worse place for consumptives to come than California at the present time, for there is scarcely a house or tent that they could rent at any price unless they go to isolated settlements devoted entirely to that class of patients. So many have come here—mostly in the final stages of the disease—that everybody's back is turned and door closed to them. It is pitiable to see their condition. In the daily of this morning is an account of one who went off to a secluded spot and took poison, thus ending his life. May every one interested within the range of this article prevent their friends, in any stage of the disease, from coming to southern California."

For years past it has been the custom to advise one who is known to have tuberculosis to go at once to Colorado, or New Mexico, or California. Thousands of people have been lured annually in these distant, strange communities, absolutely penitents, broken in health, unable to work. In fact not to work is one of the conditions to recovery, and these people are struggling for life. Then why are they sent to these places under circumstances, in most cases, which make death inevitable. The worst of all deaths. Death among strangers. Death in poverty?

Yet often, even today, a physician advises his patient, as soon as it is discovered that he has tuberculosis, to go to California or to Colorado—to go as soon as he can get money to pay his fare. Fortunately most physicians, and the best ones, do not give such advice. They will advise that in most cases one can be cured in his own home, or at least at a sanatorium here in his own State.

Fresh air, sunlight, rest and good food are obtainable in any State and these are the most important factors in effecting the cure of consumption. Reinforce this treatment with the peace of mind resulting from nearness to home and it hardly seems necessary to exile the unfortunate to a distant State to suffer not only in body but to feel the pangs of isolation.

In no case should a person, having tuberculosis, be advised to go to a far off State, away from home and friends, unless he has ample means to provide for himself the best of care and conditions, which make for happiness and hopefulness.

The warning from the above letter is still most timely.

A Queer Diagnosis.

Mr. Good Fellow became at once Mr. Authority-with-a-Duty and he saw as never before what Rascals his fellow men really were. Their Morals, Customs, Habits, Methods, Motives, in fact Everything About Them were all wrong. They were Enemies to Society, a Menace to Progress, Slaughterers of the Innocent, Graters, Parasites, Liars, Crooks and one or two other kinds of Moral Reptiles. Mr. Authority-with-a-Duty saw that he must get busy. With his Duty held conspicuously before him he raved and preached, criticised and condemned, pointed out Weakness after Weakness, Evil after Evil, and showed how the Jaws of Hell fairly yearned for those who did not straightway get next to the Call of His Particular Duty.

And then one day Somebody did get next—and found out that his Duty was not only mislabeled but that it was fearfully adulterated with Personal Ambition, Self-Love and Political Preservative. And then Somebody Else got the Job, and he went forth unwept, unhonored and unsung.

Moral: Holding an official position is not a guarantee that a man is not misbranded within the meaning of the Pure Deed and Trust Act.—American Medicine.

Industrious Wisconsin Beavers.

Industrious beavers are causing a great deal of trouble for the Kimberly-Clark company on the Fence River. Hundreds of thousands of feet of logs are now held up there by a dam which the beavers have constructed so solidly as to be almost impregnable.—Neanah correspondent Milwaukee Sentinel.

A \$20,000,000 terminal station has been planned for the steam, electric and subway lines of San Francisco.

WORTH QUOTING

Whether riches really have wings or not, they certainly are hard to overtake on foot, sighs the Dallas News.

The paper trust sees the ax descending, but it is nimble enough to sidestep lightning, observes the Atlanta Constitution.

"How shall we keep the young men in the small towns?" asked a western college president. Very easy, professor, retorts the New York Herald; keep the girls there.

The Methodists have found a name for the American divorce habit, declares the Haverhill Gazette. They call it "consecutive polygamy" and, in view of the continuous performance, that isn't half bad.

A Boston pastor says that the only way a man could justify the use of tobacco would be to consent to let his wife share his use with him. But suppose his better half should insist on selecting the brand? asks the Springfield Union.

Expert are now able to distinguish the writing of any particular type-writing machine, just as they recognize the penmanship of an individual. Surely that's discouraging, observes the New York Herald, to the writers of anonymous letters.

The Englishman's ardent admiration for the Jap is not appreciated by the Canuk, notes the Sacramento Union. The mistress of the seas made a mistake when she took the Mikado into her political family.

It is a mean woman, insists the Philadelphia Inquirer, who says that the Merry Widow hats which are the rage just now are smaller than the panamas men sported a few years ago. But the men admitted they were ridiculous and soon gave them up, which is more than the women will do.

If we have fewer ministers, the tendency will be to make more of those we have, and by a natural law to improve the quality of the work done. The incompetent minister who is silly and pretentious brings the whole profession into disrepute, asserts the Christian Register. The sooner he is weeded out the better.

Says the Baltimore American: A sound mind in a sound body is still the college ideal, and there never will be a return to the days of cadaverous scholarships, when the student went through the dull round of study without appeal to his physical nature, at the age when the demands of the latter are closely linked to health and success in the battle of life.

Relates the San Francisco Chronicle: At a banquet in New York Hudson Maxim, the explosives expert, and Alexander Graham Bell, expert flying machines, predicted the possibility of an aerial navy in the next war. Predicting is an entertaining and more or less harmless form of diversion, and sometimes the predictions come true. In the meantime there is no necessity to regard the battle ships as obsolete types.

Asks the Richmond Times-Dispatch: Isn't it better to remove the cause of hoodlumism with small expense than to try to reform a distorted life by jails, asylums, punishments and police? Whether a child's tendencies lead him to poor health or bad morals the playground is the best remedy that has been discovered.

Why should the maple tree produce ten thousand seeds a year when one seed in ten years would more than perpetuate its kind? asks The Dial Of course the naturalist's explanation is obvious enough; but the truth remains that nature is the very type and example of exaggeration, of a lavish exuberance that is the very opposite of restraint and reserve. In a sort of frolic superabundance of vital energy not even the superlatives of the up-to-date journalist can vie with her.

Uses of a London Church.

The church of All Hallows, London Wall, presents a strange appearance every morning. The building is opened early for the accommodation of girls and women who arrive in the city by the "workmen's" trains, which frequently are run at such an hour as to compel the passengers to make a long wait after arriving in the city for their places of business to open. A short service is conducted and then the congregation is permitted and even encouraged to employ themselves with needlework or with reading. The women and girls are provided with reading matter, though care is taken that it shall not be too narrow in its range.—London Globe.

The Kaiser believes in the old adage, "Early to bed," and woe be to any of his sons who may come in later than 10 o'clock.

Household Notes

VALUE OF PIMENTOS.

Not every one is as familiar with the canned Spanish red peppers (pimentos) as they should be. The peppers are tasty addition to soups, salads, etc., and are delicious stuffed with bread crumbs, rice or meat or fish mixtures and served as an entree or served whole as a garnishment and relish with the steak.—Indianapolis News.

ONE-EGG CAKE.

One and a half cups granulated sugar, half cup butter, scant one cup sweet milk, two and a half cups sifted pastry flour, one egg, two and a half level teaspoonfuls baking powder in sifted flour, flavoring. Beat butter and sugar thoroughly, adding a little of the milk to help make creamy. Beat egg well and add then the balance of milk. Just at this point beat the mixture with the egg beater, which makes it fine grained. Add flour last.—Indianapolis News.

STUFFED ONIONS.

These make a delicious and substantial dish for luncheon. Select large onions. Peel and slightly parboil, then remove the heart of each onion and fill the vacancy with equal parts of moistened bread crumbs and chopped beef or chicken; season well and fill as full as possible. Arrange in a well-buttered baking dish, and pour stock over them. Cover the dish and bake in a moderate oven one hour. If you lack stock place a piece of butter on top of each onion and baste frequently with hot water.—Boston Post.

SPANISH CHICKEN.

For 10 people stew 2 birds, then cut into even dice; boil down the chicken stock till you have 2 cupsful, then strain, thicken and brown; cook 6 tiny onions and put them in with a cup of cooked peas, the livers of the chickens chopped and 3 sweet red peppers cut up. Put in the chicken and turn it over without breaking the dice till well heated. Pile on a hot platter in pyramid shape and put triangles of toast all around the edge with parsley between. Serve with this very small round potatoes scraped and cooked whole by plunging in deep fat.—Boston Post.

LILIES.

Separate 3 eggs and beat lightly. Into the yolks gradually add 1 1/2 cup sugar until foamy. Then add the whites (which must be very dry). Fold in with the egg beater 1 1/2 cup of flour and add 1 teaspoon of lemon juice or extract. Drop on buttered saucers, a tablespoon to each saucer, and bake for 15 minutes. When done take out of saucer and roll quickly, keeping one end tight with the fingers while the other end is left open like a lily. When cold fill with whipped cream. A yellow candy may be added to make them look even more like a lily.—Boston Post.

ICE CREAM CONES.

One-fourth of a cupful of butter, one-half of a cupful of powdered sugar, one-fourth of a cupful of milk, seven-eighths of a cupful of flour, one-half teaspoonful of vanilla. Cream the butter, add the sugar and cream them well together; then add the milk slowly and last add the flour and flavoring. Spread thin with a broad-bladed knife on the bottom of a square or oblong tin. Bake until light brown, then cut in large squares and roll up, beginning at one corner, like a cornucopia. If the squares become too brittle to roll up, place them in the oven again to soften. The lower end must be pinched together.—New York World.

HOUSEHOLD HINTS.

Flour thrown upon burning oil will extinguish it, while water will only spread the flames.

To keep beans from burning when oven is too hot, lift lid from bean pot, replace with a deep saucer filled with cold water.

For pneumonia, rub chest with vaseline and turpentine several times a day. Work as much turpentine into the vaseline as it will take up before applying.

If one has an expensive back comb this is a good way to make sure of keeping it. Have a hole bored in the upper right-hand corner and attach a neat gold chain and hairpin to suit fancy.

Put the juice of an onion into a pan; add two ounces of fuller's earth and one-half pint of vinegar. Cook slowly for five minutes, strain and cool. Use a little on a clean white rug to remove soiled stains.

Save all lemon rind, dry it in the oven, grate and store in an air-tight tin. A little of this added to an apple pie gives a delicious flavor.

Omelets are more tender if the eggs are thinned with hot water instead of milk. Before folding the plain omelet, spread it, for a change, with a green pepper minced fine. The pepper does not need previous cooking.

Married men of Belgium have two votes and the single one but one. Priests and some other privileged persons have three.

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THE POCKET MINERS.

Before the days of steam dredges to hoist and wash the gold bearing gravel from river bottoms, and of mighty hydraulic plants to break down and sluice the gravel of old river beds, in the days of old, the days of gold, the days of '49, in short, the pocket miner was looked upon with disesteem by the men of pick and pan.

The miner who loosened pay dirt with his pick, shovelled it into his barrow and wheeled it to the side of running water, there to pan it out, was the legitimate worker; his wages were not always large, but they were remarkably regular, considering the character of his work. He did not attempt to steal from nature any of her secrets; he made a few test washings of the gravel on his claim and if he was satisfied with the promised wage set up his camp and went to work. Now and then a nugget would dully gleam out of the melting mound of earth in his pan as he lifted it from a fresh dip in the water, a bonus nature threw in to reward faith and industry.

This, before the day of heavy and expensive machinery, was the work of thousands of individuals on the bars, flats, creeks, gullies, gulches of the western slope of the Sierra Nevada—the romance period of American gold mining.

But not all of those young adventurers who swarmed to every dip in the foothills where for ages casual or regular flow of water had deposited flakes and granules of gold worn away from some distant outcropping ledge of quartz were content with the slow, regular wage returned by the pan, the rocker, the roughly built sluice box.

Where those countless millions of minute particles came from nature had hidden stores of bulky nuggets, thick layers of virgin gold—such weighty masses of the metal as all miners dream of but few search for. Pockets of solid gold! There were men who sought for such secret stores—pocket miners.

They were the drones, the dreamers, the highly imaginative. An ounce a day, worth from \$17 to \$20, made no appeal to them; they would have a fabulous treasure of the metal revealed by one lucky stroke of the pick. The dreams of few came true. Some thought they had learned signs which led to pockets, knew the formation whereof the strongboxes were built, and wasted their "stakes" and their frequent borrowings from the pan men, their strength and sometimes their lives, in pursuit of pockets which seldom opened to them.

It was a saying among the pick and pan men that most pockets were found by accident and that no finder ever profited in the end by his bonanza. It is probable that the pockets recently found near Williams Creek in Oregon were accidentally discovered.

The text books tell nothing of the signs by which pocket ledges may be known; they are examples of nature's architectural whimsies, and as if half ashamed of the lighter mood in which she designed them she leaves no clue by which her departure from normal building may be traced.

An elderly gentleman, a California pioneer, delighted many of his friends and aroused contrary emotions in the minds of others by blossoming into verse later in life than the customary bloom period for flowers of song. One of his friends whose early ounce a day had grown into some tons of the metal, transmuted into delectable stocks and bonds, remarked upon the literary event: "I knew Jack would do some fool thing, for I mined with him on the North Fork in '52 and he was always looking for a pocket."—New York Sun.

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