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B. W. PECK, Editor and Proprietor.

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POWER OF HABIT.

Habit determines the customary course which we naturally follow without effort or thought, and is applicable to mental, moral and physical things.

The power of habit, even the tyranny of habit, is illustrated in the daily life of almost any man. One man, for instance, has contracted the habit of drinking to excess; the more he drinks the more he wants to drink.

Whatever you would make habitual, said an old Roman, "practice it; and if you would not make a thing habitual do not practice it, but habituate yourself to something else."

"Men's thoughts are much according to their inclination; their discourse and speeches according to their learning and infused opinions; but their deeds are after as they have been accustomed."

As the older the habit the stronger its hold, the importance of shunning evil habits and of forming good ones in youth is vital, because it is easier to dig up by the roots an oak tree than to root out bad habits that have "grown up with our growth."

"The fact is that our virtues are habits as much as our vices. All our life, so far as it has a definite form, is but a mass of habits—practical, emotional and intellectual—systematically organized for our weal or woe and bearing us irresistibly toward our destiny, whatever the latter may be."

This is a great truth, which is inspiring to those who would grow morally. The most astonishing genius among the Greek philosophers pointed out more than two thousand years ago that virtue is not the result of mere disposition planted in us, but is the result of "doing." Nature he said gives us the capacity of receiving virtues and that capacity is perfected by

habit. In the Olympian games it was not the strongest naturally who gained the prizes, but those who, after having prepared for the contests, actually entered the lists as combatants; and so, he beautifully and convincingly says, it is in the moral and intellectual world; they who constantly act aright are those who attain to the noble and good in life."

From these considerations he deduced the conclusion that virtue is a "definite habit of mind" which results from the constant repetition of good deeds, and that the impulse toward the right action is directed by intelligent and high-minded effort. This is the regulation of the natural impulses of man so as to direct them into the right channels and keep them there through the force of habit.

The cultivation of the habit of detesting all that is low and mean the habit of admiring sincerely the good and the beautiful; and undeviating attachment to truth and justice, and the sincere effort to bring our conduct into accord with these ideals, constitute the rigid discipline of the moral philosophy so beautiful that "without it no condition of life is tolerable and with it none wretched, sordid and mean."

CONFESSIONS OF A PRIEST.

Rev. Jno. S. Cox, of Wake, Ark. writes, "For 12 years I suffered from Yellow Jaundice. I consulted a number of physicians and tried all sorts of medicines, but got no relief. Then I began the use of Electric Bitters and feel that I am now cured of a disease that had me in its grasp for twelve years."

IRELAND'S BRIGHTENING SKY.

The Governments have a splendid opportunity for the settlement of the great Irish question, if only they have sense and spirit enough to accept the report of the landlords and tenants' conference as the basis of the measure, which they have promised to introduce in the coming session, says Justin McCarthy in the Independent.

Should they lose the opportunity then chaos will have come again so far as Ireland is concerned. Thus far the auguries seem hopeful. The influence of Sir Anthony MacDonal, the new permanent Under Secretary for Ireland, is already showing himself in Irish administration. The political prisoners in Ireland have all been released, and at the moment when I was writing the whole system of coercion seems to have given up by the authorities of Dublin Castle.

SAVES TWO FROM DEATH.

"Our little daughter had an almost fatal attack of whooping cough and bronchitis," writes Mrs. W. K. Haviland, of Armonk, N. Y., "but, when all other remedies failed, we saved her life with Dr. King's New Discovery. Our niece, who had Consumption in an advanced stage, also used this wonderful medicine and to-day she is perfectly well."

INDIGESTION.

Probably no ailment with which the human family is afflicted is more common than indigestion. The prime cause of indigestion is poorly cooked food. Fried food should be avoided, as a large amount of grease penetrates through every particle of the food if fried any length of time.

A great deal of the meat that is baked or roasted is cooked too much, which destroys the juices, making the meat indigestible. Meat in roasting loses about twenty-five per cent. of its weight while if steamed it will not lose any of its weight or nutrition.

All cereals can be cooked by steam with one-fourth the labor that it takes to cook them in any other way, as they need no watch ing or stirring.

All vegetables cooked by steam are far more palatable, nutritious and more easily digested than when cooked in any other way. Puddings, fruit cake, brown bread, and a score of other things have a much better flavor if cooked by steam, and are much more easily digested than they are when cooked in a hot oven.

Old and tough fowl can be cooked by steam and made as tender as a chicken. Poorly cooked food, and too much of it is enough to give any one indigestion. As a rule, people eat too much. A large per cent. of food is eaten simply because it tastes good, and not because the system demands it.

It matters not how much you are paying a day or week at a hotel for board, if you should order even an egg with your morning lunch you will be charged for it in your bill as extra service.

Two heavy meals and one light lunch are enough for an ordinary person, especially one sedentary habits. A great many people who are constantly taking medicine for dyspepsia, would be cured if they would eat properly cooked food, and only as much of it as the system demands.

SOME SOUND SENSE.

Charles R. Flint, the great New York importer, in contributing to the New York American's symposium, "Success, and How to Solve It," gives utterance to some very wise sayings, a few of which are here given:

In writing of the problem of success for young men the tendency is to write of men of remarkable capacity, to regard money accumulation as the measure of success. But "happiness is the chief end of man," and a happy man is a successful man. Health is essential to success. This is generally recognized, but it is the rare exception even among the intelligent that those possessing good health conserve it. They do not fully appreciate good health until they have lost it. Our ills generally result from neglect and indiscretion.

Your Column.

To show our appreciation of the way in which the Fulton County News is being adopted into the homes of the people of this county, we have set apart this column for the FREE use of our subscribers, for advertising purposes, subject to the following conditions:

1. It is free only to those who are paid-up subscribers. 2. Only personal property can be advertised. 3. Notices must not exceed 100 words. 4. All "clear" notices are included. 5. Not free to merchants, or any one to advertise goods sold under a mercantile license.

Impaired health forbidding more active employment, I will take in work, viz: silk or worsted quilts or cushions made of gingham, linen, swiss, etc. Prices low, Address MISS ANNA M. SNYDER Plum Run, Fulton Co., Pa.

Activity is necessary to success—rest by change of activity. Edison, measuring his life by the activity of the average man, figures himself 109 years old.

Develop intellectual energy; encourage the imagination, the initiator of invention and construction. Cultivate alertness, and let the encyclopedia lug the bulk of the facts.

Achievements are desirable but the ability to amuse is overvalued. Reserve your wit for a small circle of friends, and force the world to take you seriously. Consider yourself fortunate if you have had to struggle or are struggling—it develops strength.

You can cultivate the art of thinking, but "gigantic common sense" is a divine gift. Your success will largely depend on your keeping your ventures within the limits of your capacity. Test your judgment gradually. "Nothing risked nothing gained." But don't risk all.

If you keep within your limitations you can, with health and activity, secure a measure of success and happiness, but venturing much beyond your limitations will result in failure and misery.

Maxims, like good medicines, require judgment in the application. "Never put off till to-morrow what you can do to-day" applies to administrative work, in which most are engaged, but in complex situations where there is a probability of new developments, "never decide to-day what you can put off till to-morrow."

LAWS FOR FISHING.

For the information of the lovers of angling, it might be stated that fishing with nets and lines is prohibited by law at all seasons of the year, the penalty being one hundred dollars fines and costs, together with forfeiture of nets, boats, baskets, etc.

Fishing for black bass is allowed between June 15 and February 15; lake trout, January 1 to September 1; pike and pickerel, June 15 to February 15. The penalty for taking any of these fish out of season is ten dollars for each caught; collectable before any alderman.

There is a law in this state which declares that it is no misdemeanor to catch carp, suckers, eels and catfish in nets or with spears in streams not inhabited by trout, provided, however, all game fish caught are at once returned to the game warden, and that the dip-nets do not span more than five feet. The meshes are not to be more than two inches in width, and one inch from knot to knot.

Governor Pennypacker has approved the act, making the season for killing bullfrogs from July 1 to November 1, and terrapin from December 1 to March 1, and fixing a penalty of twenty-five dollars for taking them out of season.

Our new Spring Millinery

is now in full display! We are now to the front with the largest and finest line of Millinery ever brought to Fulton county. We are here to try and please one and all, and give the best goods for the least money.

Trimmed Hats.

besides hundreds of untrimmed ones. Trimmed hats from 50 cents to \$15.00. Shirt waist hats from 25 cts to \$2.50. Flowers of all description and prices.

Our goods speak for themselves. Hats trimmed free. Our trimmer Miss Myers is from one of the largest millinery houses in the United States and we are sure her trimming will please you. Call and see us. MRS. A. F. LITTLE, McConnellsburg, Pa.

ATTENTION!

I am now better than ever prepared to furnish farmers anything in the way of Implements and Machinery. Buggies and Spring Wagons, Falling-top Buggies from \$40 up, Binders and Mowers, Harrows \$8.50 up, Corn Shellers, Corn Planters, Hay Rakes from \$15. up, Hay Forks and Rope.

Boss Washing Machine

Lewis' White Lead at 7 1/2 c up, Linseed Oil at 60c a gallon, Machine Oil from 20c a gal., up, Horse Shoe Nails 10c a lb., Wire Nails at 3 1/2 c lb., Table Syrup 32c a gallon, Double-bit Axes 65c.

SEWING MACHINES \$15 UP

Smooth Wire—way down Pumps and Pipe at any old price All kinds of salable Live Stock taken in exchange.

If you want anything in my line call and see me; if you haven't time, drop me a postal card and I will call to see you.

W. H. NESBIT, McConnellsburg, Pa.

S. P. METZLER.

DEALER IN... Pianos Organs buggies Carriages

Good marketable stock taken in exchange. When in need of anything in our line write for particulars to...

S. P. METZLER, burnt Cabins, Pa.

M'CONNELLSBURG BAKERY

D. E. LITTLE, PROPRIETOR. Fresh Bread, Rolls, Cakes, Doughnuts, and Pretzels on hand all the time.

Free Delivery in town on Mondays, Tuesdays, Thursdays, and Saturdays.

For Parties, Weddings, &c we are prepared on a couple of days notice to furnish all kinds of cakes &c. Your Patronage Solicited. D. E. LITTLE.

MEN WANTED.

Choice country laborers, farm hands, and woodsmen, under 30 years of age to work several years in Wisconsin for \$25.00 a month and board or \$1.85 a day without board, Address ED REICHENBACH, York, Pa.

PATENTS

Anyone sending a sketch and description will quickly ascertain our opinion free whether an invention is probably patentable. Communications strictly confidential. Trade Mark Designs Copyrights &c. Patent taken through Munn & Co. receive special notice, without extra charge.

BUSINESS DIRECTORY.

THE FULTON COUNTY NEWS. Covers the Field. In every part of the County faithful reporters are located that gather the daily happenings.

Then there is the State and National, News, War News, a Department for the Farmer and Mechanic, Latest Fashions for the Ladies. The latest New York, Baltimore, Philadelphia Markets. The Sunday School Lesson, Helps for Christian Endeavorers, and a Good Sermon for everybody.

THE JOB DEPARTMENT IS COMPLETE. SALE BILLS, POSTERS, LETTER HEADS, ENVELOPES, CARDS, &c.

In fact anything and everything in the best style along that line. Sample copies of the NEWS sent to any of your friends on request.

CUMBERLAND VALLEY

TIME TABLE—May 26, 1902. Leave no. 20 40 60 80 100 120 140

GENERAL DIRECTORY.

Justice of the Peace—Thomas F. Sibley, L. H. Wible, Constable—John H. Doyle, Burgess—H. W. Scott, Councilmen—D. T. Fields, Leonard Holman, Samuel Bender, M. W. Nace, Clerk—William Hall.

BOROUGH OFFICERS.

President Judge—Hon. S. Mc. Swope, Associate Judges—Lemuel Kirk, David Nelson, Prothonotary, &c.—Frank P. Lynch, District Attorney—George B. Daniels.

SOCIETIES.

Odd Fellows—McConnellsburg Lodge No. 744 meets every Friday evening in the Comer Building in McConnellsburg. Fort Littleton Lodge No. 484 meets every Saturday evening in the Croner building at Fort Littleton.

EXECUTOR'S NOTICE.

Notice is hereby given that letters testamentary have been granted to the undersigned upon the estate of James Munn, late of Licking County, Ohio, deceased.

BUSINESS DIRECTORY.

HAIRBRS. R. M. DOWNES, FIRST CLASS TONSORIAL ARTIST, McCONNELLSBURG, PA.

ISAAC N. WATSON, Tonsorial Artist. Strictly up to date in all styles of hair cutting. Quick, easy shaves. Hot-iron, Green's, Wile-hage, without extra charge.

LAWYERS. M. R. SHAFFNER, ATTORNEY AT LAW, Office on Square, McConnellsburg, Pa.

CHURCHES.

PRESBYTERIAN.—Rev. W. A. West, D. D., Pastor. Preaching services each alternate Sabbath at 10:30 a. m. and every Sunday evening at 7:00.

TERMS OF COURT.

The first term of the Courts of Fulton county in the year shall commence on the Tuesday following the second Monday of January, at 10 o'clock a. m.

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