

NEED A CHANGE.

Timely Talks by Commissioner Dixon on Health and Hygiene.

The majority of people who are occupied for fifty weeks out of the year should seek in the remaining two to find, not necessarily rest, but a change of environment.

The man who has struggled through the crowded streets of a city, ridden on packed trolley cars and railroad trains for months on end should make his way to the quiet country side, the camp in the woods or some spot equally free from the press of humanity.

The man who lives in the country or small town may find a corresponding benefit from a week or more spent amid the rush and turmoil of the city. Each of these widely varying environments holds the possibility of affording a mental stimulus to those who are unfamiliar with their moods.

The mind no less than the body needs the stimulation of new ideas. It is more difficult to acquire this in our ordinary surroundings than where everything is strange and unusual and the mind is stirred to activity. It is out of the question for the man who maintains his regular routine day in and day out to continue to put into his work the same vigor.

We can become over developed along one line mentally just as readily as physically and the results may even more seriously affect our welfare.

If in seeking a change we encounter surroundings, which owing to unfamiliarity, are not agreeable, in the long run we profit. If in no other way, at least they make our own daily round seem more acceptable by contrast.

So plan your vacation that it will bring you to realize afresh how multifarious and interesting are the activities of mankind or how soothing to the weary mind are Mother Nature's marvels.

DANGER OF TYPHOID.

According to official figures two million Pennsylvanians attended the County Fairs in this state last year, thousands more at some time during the season attended some public festivity at a picnic grove or camp-meeting ground.

In many these places of amusement which are used but a few days each year, the sanitary arrangements have been more or less primitive. In carrying on a campaign for the still further reduction of typhoid fever throughout the state, Dr. Samuel G. Dixon, Commissioner of Health, has arranged for a complete inspection of every one of these public amusement places. This work is already under way and will be completed before the season for the county fairs begins.

The inspectors will study the source of the water supply in every instance, whether it is furnished by a Water Company, supplied from surface streams, wells or springs, the character of the watershed, the number of habitations on it, whether boating or fishing are allowed on the streams above the water intake, etc.

If the supply is received from springs, the location of the springs with respect to the camp, the nearness of buildings, outhouses etc., and the possibility for pollution of springs by the flow of the surface drainage, the method of its distribution around the grounds, etc. will be investigated.

Where wells are used they will be required to be free from surface drainage. Where conditions warrant it samples of the water supplies will be taken and forwarded to the state department of health laboratory for tests as to its quality.

The proper disposal of sewerage is another important protective measure. The condition of all vaults and regulations for their care and cleaning will be thoroughly investigated. The condition of public wash rooms, etc. will also be examined. Garbage disposal will also be studied and provision for its removal and destruction required.

MRS. NANCY SCOTT.

Mrs. Nancy Scott, 71 years old, one of the best known residents of Confluence, died July 5th at her home following an illness of several months. Her husband died about 38 years ago. The surviving children are as follows: Isaac P. Scott, Wm. R. Scott, Mrs. Samuel G. Zimmerman, all of Confluence; Mrs. O. G. Kantner, of Confluence, and Miss Mabel Scott at home.

LESTER LOHR

Lester Lohr, of Boswell, aged 28, years, died at the Memorial Hospital Johnstown on Saturday morning. He had been ill of tuberculosis for a long time and had been a patient in the hospital there since April 8th. The deceased was a son of Mr. and Mrs. Herman Lohr and was unmarried. His occupation was that of an agent.

Try our fine job work.

Sutphen Metropolitan Musical Men



The Sutphen Metropolitan Musical Men, who will tour the Redpath-Brockway Chautauquas during the coming season, is a most delightful and accomplished trio of musicians who will put on a delightful program of novelty music, using trombone, cornet, chimes, musical glasses, saxophones and other instruments. They will play two prelude programs each day throughout the entire season. This is a standard trio and every man an artist.

TO BE AT SALISBURY CHAUTAUQUA FROM JULY 18 - 24

ROCKWOOD

The following students from Rockwood and community have returned from the state normal at California, Pa., to spend the Summer vacation: Misses Mamie Brant, Nettie Barkman, Mae Bittner, Pearle Meyers, Edna Synder, Marian and Martha Dull and Irene VanSickel and Messrs Clifford Saylor and Peter Putman.

Miss Elizabeth DeMuth and Margaret Rose have returned to their home in Conneville after a several days' visit with Mr. and Mrs. John Davis.

Mr. and Mrs. William Knight of Oshewa, Canada, and Mr. and Mrs. Arthur Knight of Sault Ste Marie, Canada, are with relatives here for several days.

H. F. Berkebile, cashier of the First National Bank, met with a painful accident Friday morning when he fell over a small embankment as he was going to his garage. He sprained his back and hurt himself internally.

Misses Florence Dull and Edna Wolfersberger are visiting relatives in Somerset.

Harry E. Growall, of Black township, is seriously ill.

Calvin Sterner, while at work in the mines lost the thumb of his right hand. He was loading coal on a car when he slipped and fell, the car passing over the thumb and bruising it so that amputation was necessary.

Mr. and Mrs. Edward Summers, of Canada, are guests of Mr. and Mrs. Joseph Baine.

G. E. Wingard is seriously ill at his home on Main street.

Howard Critchfield, fell from his motorcycle a few days ago, but is now improving.

Little hopes are entertained for the recovery of James Furrle, who is critically ill with tuberculosis.

Mrs. Aaron Cramer, of Casselman, is seriously ill from a complication of diseases.

Urias Burkholder fell from a cherry tree on the farm of W. W. Vought, Friday and fractured several ribs.

PHILLIPPI-BORDER.

Miss Jennie Border, daughter of Squire and Mrs. D. W. Border, of Holsopple and Mr. George Phillippi, of Somerset, an engineer on the P. & O. railroad, were married at 6:30 o'clock Friday evening at the Border residence by Rev. A. Davison, pastor of the Holsopple Lutheran church. Only a few relatives and friends witnessed the ceremony, including Mr. and Mrs. Frank Glunt, of Meyersdale and Miss Margaret Crouse, of Pittsburgh. Mr. and Mrs. Phillippi have gone to housekeeping in a residence at Somerset furnished by them before the wedding.

Do you want some shipping tags? We have them ready to print?

Our job work merits "Fine!"

THROUGHOUT COUNTY

Gordon Levi, the infant son of Mr. and Mrs. George Fritz, of Friedens, died recently aged 5 months and 23 days.

The suffrage liberty bell, which has attracted national attention, will be in Somerset on Monday, July 26th. The bell comes here after touring the northern tier of Pennsylvania counties.

Judge Ruppel has called a special term of court for the trial of civil cases to convene in October. A two weeks' session will be held during the weeks commencing October 4th and October 11th.

Ogle is the first township in the county to elect teachers for the ensuing school term. The following have been chosen: Oglestown, Prof. James C. Begley; Rodgers, Harry R. Hostetler; New Ashtola, Lloyd Gardner.

With both legs off, Michael Swick, of Boswell, aged 27, is in the Memorial hospital, Johnstown, making a brave fight for life. Swick was run down by mine car Saturday in a Boswell mine. One of his legs was severed and the other was amputated at the hospital.

Miss Vita Hoffman and William Sitman both of Holsopple, eloped to Cumberland over the Fourth and were married. The bride is a daughter of Mrs. H. Hoffman, and Mr. Sitman is a son of Mrs. David Livingston.

The Wilmore Coal company has awarded contracts for the erection of 15 new houses in various sections of Windber.

Following the order of the state, authorizing the oiling of various highways throughout the commonwealth, the road between Scalp Level and Johnstown was given a heavy coating of oil. A force of men have been making extensive repairs over that road. The heavy oil is distributed by a special spraying machine, hauled by an auto truck.

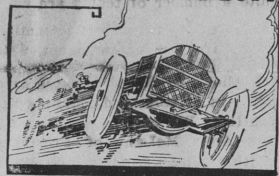
Michael Salonich, aged 49 years, a native of Austria, died at his home in Coal Run, Saturday, July 3, of miners' asthma and was buried in Saint Michael's cemetery, West Salisbury Monday morning. The deceased is survived by a wife and nine children.

The state department is preparing the constitutional amendments on which the voters will have to pass at the election in November. They are four in number—the woman suffrage amendment, one permitting an increase of debt in Philadelphia, permission to enact workmen's compensation legislation and one providing for the guaranteeing of land titles.

Children Cry FOR FLETCHER'S CASTORIA

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SO comprehensive
is our stock of
TIRES
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The Second National Bank OF MEYERSDALE, PA.

At the Close of Business May 1, 1915

RESOURCES.	LIABILITIES.
Loans and Investments... \$435,762.26	Capital stock paid in... \$ 65,000.00
U. S. Bonds and Premiums 72,231.87	Surplus Fund and Profits .. 53,041.96
Real Estate, Furniture, Fix. 62,499.50	Circulation .. 63,800.00
Cash and due from Banks... 79,855.22	Deposits .. 468,506.89
Total Resources... \$650,348.85	Total Liabilities... \$650,348.85

Growth as shown in following statements made to Comptroller of Currency.

ASSETS

July 15, '08	\$262,014.92
June 23, '09	\$411,680.13
March 7, '11	\$512,574.48
April 4, 1913	\$605,870.62
Mar. 4, '19	\$610,212.34
March 4, '15	\$624,867.35
May 1, 1915	\$659,348.85

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There's nothing more important to an automobile than good oil. "Waverly Special" is free from carbon—it is light—it is thin—it feeds easily—it will not congeal. The ideal oil for either air-cooled or water-cooled cars.
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CUMBERLAND

AND RETURN

SUNDAY, JULY 11--25, 1915

ROUND TRIP \$1.00 FROM MEYERSDALE

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