

DEGENERATIVE DISEASES

Timely Talks by Commissioner Dixon on Health and Hygiene.

Benjamin Franklin said, "Nine men in ten are suicides."

The indifference of individuals to their continued personal welfare which inspired this remark one hundred and sixty-nine years ago applies equally to-day.

Carefully accumulated statistics show that there has in all probability been a steady increase in Bright's disease and the degenerative diseases incidental to advancing age, within the past few years.

Few are willing to go to the fancied discomfort of denying themselves the pleasures of eating, drinking or indolent ease.

Probably every individual will admit to himself that he is running a risk and that the ultimate outcome will probably prove serious.

Self denial and temperance may seem Spartan virtues to the self-indulgent but they are worth cultivating if one would challenge Father Time and his grim companion.

MORE HASTE LESS SPEED.

"More haste less speed" is a venerable warning against misapplied energy.

The average city dweller regardless of years is apt to scurry about as if life depended upon his catching a particular train or trolley.

All this is extremely wearing on the nervous system and physically exhausting. It easily becomes a habit and it continued leads to loss of personal efficiency.

To progress at moderate speed with due consideration for other people's "rights of the road" results in benefits of no small value.

Then too there is much in our daily round he who runs may not read. If we are to live rationally and think broadly it is well to make one's progress through life at a moderate pace.

To live peacefully and to live happily materially aid in maintaining our physical health and vice versa.

STORING A MILLION TONS OF COAL

Anticipating a boom in business next Winter, as well as a shortage of labor in the Cambria County fields, from which section hundreds of foreigners are leaving for Europe to participate in the war.

Children Cry FOR FLETCHER'S CASTORIA

THROUGHOUT THE COUNTY

Mrs. Christ and Miss Alma St. Clair music teachers from Friedens, were thrown from a buggy Friday morning, near Boswell, when a horse they were driving became frightened at a motor-cycle and ran away.

It is estimated that more than 5,000 people were in attendance Saturday at the annual Friedens Harvest Home picnic, under the auspices of the Friedens Lutheran Sunday school.

While engaged in oiling a wringer recently, preparatory to doing the family wash, Mrs. W. H. Traup, of Somerset had a finger severed in the cogs of the machine.

The comptroller of the currency has given notice that the incorporators of the First National Bank of Cairnbrook, have complied with the law and therefore are authorized to commence business.

Judge Ruppel of Somerset filed a decree last week at Greensburg in the case of Rebecca Shupe vs. Roy A. Paul J., and George Rainey in which the Somerset jurist sustained the plaintiff's claims.

The corps of teachers for Allegheny township for the coming term is as follows: Glen Savage, Anna B. Coughenour, Mount Zion, Kate Shaffer, Pine, Nelle Menges, Werner, Florence Will, Harmon, Besse Hall, Felton, Edith Clites; Mountain, Grace Caton; Hilligas, Cella Caton; Suhrie, Thos. Hilligas.

The fourth annual reunion of the descendants of the late Jacob and Maria Eppley of Jenner township was held at the home of Mr. and Mrs. George Peterson near Sulphur Springs in Conemaugh township, on last Saturday.

Ralph Galluci, an Italian, who had resided in Somerset county, decided to return to his native country and fight for native land, which is now involved in war.

Three young men were injured, although not seriously, in an automobile accident Friday evening at 6 o'clock about one mile from Jerome on their way to Boswell.

The hard work and stooping of workmen, The woman's household cares, Often weaken the kidneys.

Backache, headache, dizziness, Kidney troubles, urinary troubles—frequently follow.

STRAIN TOO GREAT.

Hundreds of Meyersdale Readers Find Daily Toil a Burden.

Mrs. Joseph Quinn, 37 Broadway, Meyersdale, says: "About one year ago one of our family was troubled by severe pains in the small of the back.

Price 50 cents at all dealers. Don't simply ask for a kidney remedy, get Doan's Kidney Pills, the same that Mrs. Quinn had. Foster-Milburn Co Props., Buffalo, N. Y.

No. 5 Shipping tags on hand ready to print what you want on them.

DRESSED AND LIVE SPRING CHICKENS AT DONGES' MEAT MARKET.

NEARBY COUNTIES.

Two men pleaded guilty at Brookville, to a charge of fraudulently collecting bounties on weasel skins and were fined \$200.

Bedford Springs is enjoying the largest patronage in a hundred years and hundreds of visitors cannot secure accommodations, even though private families give their rooms.

A. H. Glenn, aged 40 years, a Western Maryland railroad conductor, of Elkns, W. Va., was drowned late Saturday afternoon in the Potomac at Cumberland. Glenn, who could not swim, was under the impression that he could wade out in the water, not knowing its depth.

Because the train was late, Paymaster Fred Vinton, of the Greenwich Coal & Coke Co., did not wait Saturday morning to deliver to the express office the pouch containing money to be paid their miners that day.

A clever scheme to defraud the B. & O. railroad was nipped in the bud recently. A car of supposed munitions of war consigned from the vicinity of Clarksburg, W. Va., to the war zone for the use of the Allies, was mysteriously burned in the Curtis Bay yards at Baltimore.

Joseph A. Bell, of Cresson, 30 years old on Friday confessed to post office inspectors in Johnstown that he was guilty of rifling them all has been stealing money from letters "for several months."

Having been converted and earned sufficient funds to reimburse all from whom he had stolen. Evangelist C. P. Ellis of Longmont, Col., is in Bedford, Fayette and Somerset counties making an effort to locate his burglar victims of 22 years ago.

An important decision affecting the banking law was made by the appellate division of the supreme court in Wulf vs. Roseville Trust company, in which the court vacates an attachment in this state against the property of a financial institution in New Jersey which has been closed by the commissioner of banking and insurance.

Sneezing as a Diagnosis. A sneeze is responsible for the discovery by City Clerk Newton that he had three broken ribs and a dislocated shoulder, says a Hanford (Cal.) dispatch to the Los Angeles Times.

Brush Your Teeth, AND ALSO YOUR TONGUE. Brush your teeth by all means, brush your teeth religiously and well but for pity's sake brush your tongue too.

Every time you open your mouth a whole regiment of little microbes charge through the aperture and take up quarters somewhere in the confines of your chewing apparatus.

"Our Friends the Enemy." A zealous bobby captured a workman and haled him into court on the charge of being an unregistered German.

Rapid Changing. "Well," said the janitor of the city hall in Dixmude, as he shoved another bomb off the bed coverlets preparatory to rising, "well, I wonder which flag I'll have to put up over the building today!"—Detroit News.

We print sale bills quick. All kinds of job work here.

OLD CURSE AT WORK STILL

Death of English Officer in France Recalls Malediction Pronounced Centuries Ago.

The death by a German bullet of Hon. Francis Geoffrey Pearson, Lord Cowdray's third son has recalled in England the violent end of other heirs to Cowdray, the historic mansion near Midhurst, and of the curse that was pronounced in 1538, when Sir Arthur Browne, father of the first Lord Montagu, received Battle abbey as a gift from Henry III.

After the death of the last Lord Montagu the Cowdray property came into the possession of the viscount's sister, Mrs. Stephen Poyntz, who soon after receiving the estate lost her two sons by drowning at Bagnor. On the death of Mrs. Poyntz the property was divided between her three daughters, but was sold to the earl of Edmont in 1843.

PLAN LONG BRIDGE OVER SEA. British Engineers Contemplate Project Successfully Carried Through in America.

The project of connecting the island of Ceylon with the mainland of India by a railroad bridge has been revived again, though, like all such projects, it must wait till after the end of the war.

Even if this bridge is built, it will not be the longest structure of the sort in the world. The Florida East Coast railway goes out to sea 46 miles, from the tip of the Florida peninsula to Key West.

The engineers of British India will have a hard job to beat the precedent set by the American builders whom Henry M. Flagler set at work. It will be interest to see them try.

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Condensed Statement CITIZENS NATIONAL BANK OF MEYERSDALE, PA. At Close of Business June 23rd, 1915. RESOURCES: Loans and Investments \$681,064.41, U. S. Bonds 75,000.00, Banking House 29,300.00, Due from Banks and Reserve Agents 126,594.25, Cash 74,738.76, Total \$986,697.42. LIABILITIES: Capital Stock \$65,000.00, Surplus 100,000.00, Undivided Profits 25,323.01, Circulation 63,800.00, Deposits 732,574.41, Total \$986,697.42.

Butter From Best Local Dairies



BUTTER is not butter unless it is made by a process that preserves all the oils of the milk. When you lose part of these nourishing (oil) qualities you lose part of your butter. The butter we handle is made so as to preserve every nourishing and necessary quality.

McKenzie & Smith Meyersdale, Penn'a

Every Farmer with two or more cows needs a A DeLAVAL, THE BEST SEPARATOR MADE. Office 223 Levergood St., Johnstown, Penn'a

BALTIMORE & OHIO SEASHORE EXCURSIONS from MEYERSDALE to Atlantic City. CAPE MAY, SEA ISLE CITY, OCEAN CITY, STONE CITY, WILDWOOD. JULY 1, 15 AND 29, AUGUST 12 AND 26, SEPTEMBER 9. TICKETS GOOD RETURNING 16 DAYS.

"WHY didn't I have this bathroom put in long ago. It is so clean and beautiful that I feel provoked thinking of all that time that I worried along with the old bathroom." Don't wait until you can say that when a "Standard" bathroom put in by us will mean so much to you now. Baer & Co.

Children Cry FOR FLETCHER'S CASTORIA. FOLEY KIDNEY PILLS FOR RHEUMATISM KIDNEYS AND BLADDER. Get our prices on Job work.