DEGENERATIVE DISEASES

Timely Talks by Commissioner Dixon on Health and Hygiene.

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

dred and sixty-nine years ago applies equally to-day. Conditions have bruises. changed in many ways and some of It is e

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been a steady increase in Bright's within the past few years. Certainly brought many more. the number of deaths from this cause

aware to be sure that indulgence is effects of certain favorite indulgenes. But the fact that a single gratification of their weakness is not likely to be accompanied by any of the forecasted ill effects seems to lead the majority of people on regardless of the ultimate accounting which Nature is certain to demand. The way of least resistance seems to be the popular path.

Probably every individual will admit to himself that he is running a risk and that the ultimate outcome will probably prove serious. Nevertheless continue he will and so there is than a modicum of truth in what Poor Richard said.

Self denial and temperance may eem 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 summer season gives additional reason to consider the value of rational well directed activity as opposed to spurts of action.

The average city dweller regardless of years is apt to scurry about as if life depended upon his catching a particular train or trolley. Rushing to and fro with small consideration for those who impede his progress, he will risk life and limb to cross a street thirty seconds sooner and then gaze in a show window for ten minutes,

All this is extremely wearing on the nervous system and physically exhausting. It easily becomes a habit and if continued leads to loss of personal efficiency. A certain degree of deliberation usually insures more chine occupied by Raiph Marrison thoughtful and effective action and is and A. Bittner and another automobile better from the health standpoint.

due consideration for other people's "rights of the road" results in bene-

Then too there is much in our dai- about the body. ly 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. Your scurrying busybody is The selfish even though unintentional. To men, have an eye for other people's desires and ambitions and a considera- workmen, tion for their ideals may help us to

To live peacefully and to live happily materially aid in maintaining our physical health and vice versa. Progress is not necessarily measured squirrel in the revolving cage.

STORING A MILLION

from which section hundreds of foreigners are leaving for Europe to at Eldorado leading to a parcel of ground near the Meyers Brothers greenhouses on which 1,000,000 tons of coal will be dumped. The first conplant arrived on the ground last week. It is also understood that a similar dumping ground will be provided at the Hollidaysburg classifi-

Children Cry FOR FLETCHER'S CASTORIA THROUGHOUT THE COUNTY

Mrs. Christ and Miss Alma St. Clair near Boswell, when a horse they were were fined \$200. driving became frightened at a motor-

them are less beneficial for the indipeople were in attendance Saturday at the spring.

ual advancing toward middle life. Of Somerset had a finger severed in the course everyone now-a-days is famil cogs of the machine. On the day pre-

commence business.

plaintiff's claims

The corps of teachers for Allegheas 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; Hillegas, Celia Caton; Felton, Edith Suhrie, Thos. Hillegas.

The fourth annual reunion of the cendants 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. The officers of the association are: President, Wm. J. Eppley; secretary, Anna Alwine; histor ical secretary, Elmer G. Peterson. At the reunion, the forenoon was given over to amusements and sports. The afternoon was more formal some excellent addresses were given,

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 in volved in war. So selling his possess ions and gathering together all the money that he had, he went as far as Altoona, having \$170 with him. That evening he fell in with several of his countrymen and they sat down to a little game of cards, at the close of which the prospective soldier found that his money was gone but \$25, but later the thief was caught

and identified. Three young men were injured, although not seriously, in an auto mobile accident Friday evening at6 o'clock about one mile from Jerome on their way to Boswell. A racing maile occupied by William Smith, Glenn To progress at moderate speed with Cable, Gomer Williams, and James Goodisky collided. Doth cars over turned. Morrison was the most se-Ats of no small value. Your physical riously injured, having sustained a machinery is far more likely to successfully meet emergencies if it is received an injury to one of his ankles not continually running on high gear. and Smith received bruises and cuts

STRAIN TOO GREAT.
Hundreds of Meyersdale Readers
Find Daily Toll a Burden.
The hustle and worry of business

The hard work and stooping of

The woman's household cares,

Backache, headache, dizziness, Kidney troubles, urinary troublesfrequently follow.

A Meyersdale citizen tells you what

Mrs. Joseph Quinn, 37 Broadway, Meeyrsdale, says: "About one year ago one of our family was troubled TONS OF COAL by severe pains in the small of the Anticipating a boom in business back. It was hard to stoop over or to next Winter, as well as a shortage of do any lifting. One box of Doan's labor in the Cambria County fields, Kidney Pills, procured at Thomas's Drug Store was all that was needed igners are leaving for Europe to to show him that they are a wonder-participate in the war, the Pennsyl-ful kidney medicine. Now, whenever vania Railroad Company several days attacks of backache come on, Doan's ago began the erection of a side track Kidney Pills are used with satisfactory results."

Price 50 cents at all dealers. Don't simply ask for a kidney remedy, get and get busy. 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 NEARBY COUNTIES.

Two men pleaded guilty at Brook music teachers from Friedens, were ville, to a charge of fraudulently colthrown from a buggy Friday morning, lecting bounties on weaset skins and

Bedford Springs is enjoying the The indifference of individuals to cycle and ran away. Both ladies were largest patronage in a hundred years are continued personal welfare thrown into a field. Mrs. Christ sus- and hundreds of visitors cannot sewhich inspired this remark one hun-tained cuts on one of her arms but cure accommodations, even though Miss St. Clair escaped with a few private families give their rooms.

Carefully accumulated statistics picnic, under the auspices of the ern Maryland railroad conductor, of show that there has in all probabili- Friedens Lutheran Sunday school. Elkns, W. Va., was drowned late Sat-The Baltimore & Ohio trains brought urday afernoon in the Potomac at disease and the degenerative dis- hundreds of visitors to the town, Cumberland. Glenn, who could not incidental to advancing age, while automobiles by the scores swim, was under the impression that he could wade out in the water, not While engaged in oiling a wring. knowing its depth. He sank imme is sufficiently high to warrant the seer recently, preparatory to doing the diately but came up frantically call-rious consideration of every individ-family wash, Mrs. W. H. Traup, of less to aid the drowning man.

Because the train was late, iar with the doctrine of fresh air, ex-ercise and simplicity of diet, etc. was killed while handling a Spring-which makes up the creed of the san-field rifle, the property of the N. G. P. The comptroller of the currency express office the pouch containing Few are willing to go to the fancied has given notice that the incorpodiscomfort, of denying themselves rators of the First National Bank of the pleasures of eating, drinking or Cairnbrook, have complied with the indolent ease. They are perfectly law and therefore are authorized to ing the money instead of it being unwise. They have been warned by other people's experience and not improbably have been admonished by their medical adviser as to the evil effects of certain favorite indulgents.

Judge Ruppel of Somerset filed a darreensburg in the case of Rebecca Shupe vs, Roy A. Paul J., and Grace Rainey in which state police was called upon, three state police was called upon, three control of the rephers country and of the rephers country and of the rephers country and the state police was called upon, three peer in the state police was called upon, three peer in the state police was called upon, three peer in the state police was called upon three peer in the state police was called upon three peer in the state police was called upon three peer in the state police was called upon three peer in the state police was called upon three peer in the state police was called upon three peer in the state police was called upon three peer in the state police was called upon three peer in the state police was called upon three peer in the state police was called upon three peer in the state police was called upon three peer in the state peer in the s Somerset jurist sustained the of the robbers caught, and a soldier was shot by them but not seriously.

A clever scheme to defraud the B. township for the coming term is & 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 British Engineers Contemplate Pro war zone for the use of the Allies, was mysteriously burned in the Cur tis Bay yards at Paltimore. A claim for \$17,218.87 was made. Clerks who broke into the car, however, found that the cargo was chiefly cement and A fuse nearby sawdust. that the fire had been of incendiary origin.

> Joseph A. Bell, of Cresson, 30 years old on Friday confessed to post office inspectors in Johnstown that he was guilty of rifling them ails has been stealing money from letters "for several months." Mr. Bell has been employed since January 1st., 1913 as the only mail clerk on a train be tween Cresson and Indiana by way of the Blacklick Valley. United States Commissioner Robt. C. Hoerle held Bell in \$1,000 bail for the September term of federal court at Erie.

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. In many instances Evangelist Ellis has found that the people whom he robbed are dead and heirs of his victims, after hearing his story of conversion from a burglar to a Christian, refuse to accept the money offered in payment for articles stolen. The evangelist had a partner in his confessed nightly raids on business houses, but he knows nothing of the whereabouts of the other man. All that he wants to is to reimburse the people from whom he himself stole. He wants to make atonement for his thefts and re-lieve a troubled conscience. He was converted 12 years ago, he says, went west joined the Methodist church and became an evangelist and this is his first opportunity he has had to return to the east having been waiting 12 years to earn sufficient funds to pay his railroad expenses and for ar

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. Wield your brush backwards and forward under and over, to the north, the south, the east and the west: scouring it with fervor for it is in very truth a tiny forest of dense foliage wherein lurks the unseen enemy

Every time you open your mouth a whole regiment of little microbes charge through the aperature take up quarters somewhere in the confines of your chewing apparatus Seek them out and annihilate them before sweet sleep enfolds you; fortified with an enormous capacity for work; they rest not; nor do they grow weary and you may awaken in the morning to find whole companies firmly intrenched in the very middle of your tongue. If you can't conceive of your own particular organ being so invaded take a micrscope and mirror

The statement issued by Dr. Mayo the Rochester, Minn. surgeon of national repute, that "the next step in preventive medicine should come from the dentist," meaning that the mouth must be kept clean if health is to be maintained.

We print sale bills quick. All kinds of job work here OLD CURSE AT WORK STILL

Death of English Officer in France Re-Malediction Pronou Centuries Ago.

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 It is estimated that more than 5,000 by Lee Hoffman, will be started in people were in attendance Saturday at the annual Friedens Harvest Home incinic under the average A. H. Glenn, aged 40 years, a West-

Sir Arthur destroyed the great church at Battle and the cloisters, and converted the abbot's lodging into a dwelling house. While he was holding a feast in the great hall one of the dispossessed monks entered and sol-emnly cursed the family, declaring that the Montagu line should "perish by fire and water." It was not till 1793, two centuries later, that the curse was fulfilled. In that year Cowdray house was destroyed by fire, and a week later the last Viscount Montagu was drowned in the Rhine

After the death of the last Lord Montagu the Cowdray property came into the possession of the viscount's 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 Edgmont in 1843. In 1909 it came into the hands of Sir Weetman Pearson, and when Sir Weetman, on being made a peer in 1910, chose the title of Lord Cow'dray, an old Sussex woman spoke of the curse, which, says a London letter, is still remembered among the Midhurst people.

#### PLAN LONG BRIDGE OVER SEA

t 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 The distance is 22 miles, nu merous rocky islets furnish natural halting places, and the intervening wa-ter is said to be shallow enough to make pler-building easy for modern

engineers. engineers.

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. At one point, it crosses nine miles of open water, and passengers on its trains are out of sight of land. The whole remark. of sight of land. The whole remarkable structure is of re-enforced concrete, calculated to last for ages.

The engineers of British India will have a hard job to beat the precedent

set by the American builders whon Henry M. Flagler set at work. I will be interest to see them try.

An Important Decision.

An important decision affecting the banking law was made by the appel-late division of the supreme court in Wulff vs. Roseville Trust company, in which the court vacates an attach-ment in this state against the property of a financial institution in New Jer-sey which has been closed by the sey which has been closed by the commissioner of banking and insurance. The court held that New Jersey law relating to the closing of a bank by the commissioner is similar to the provisions of the New York banking law and that the commissioner "is deemed to have become vested with the title to the assets of said institution as the trustee of an express trust." The court says that "in such a case no creditor is permitted to obtrust." The court says that "in such a case no creditor is permitted to obtain a preference over others or to obtain a lien upon the property of the banking institution after the commissioner has taken charge thereof."

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. Sev. eral days ago Newton and a number of friends were returning from an automobile ride when the machine turned over. He was slightly injured, of friends but thought nothing of it.

Later he sneezed vigorously and the pain increased; he sneezed again and then hastened to see a doctor. The physician, after an examination, informed him that he had three bro then ribs and a shoulder out of joint.
Since then Newton has been too ill to
work. His friends are now wondering work. His friends are now wondering whether he would have felt the injuries if he had not sneezed twice.

A zealous bobby captured a work-ingman and haled him into court on the charge of being an unregistered German. The man swore he had a Russian birth certificate, and pro-duced it. Then said the magistrate

"But why then have you for ten years been masquerading as a Ger-man?" "Because," answered the man apolo

getically, "when I came to England ten years ago the feeling against Rus-sia was so strong that I was obliged to pass myself off for a German." Molly Best in Harper's Weekly.

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. Rapid Changing.

Condensed Statement

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
fotal	\$986,697.42
LIABILITIES	
Capital Stock	\$ 65,000.00
Surplus	100.000.00
Udivided Profits	25,323.01
Circulation	63,800.00
Deposites	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. and necessary quality.

### McKenzie & Smith

Meyersdale, Penn'a

Every Farmer with two or more cows needs a

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J. T. YODER.

Office 223 Levergood St, Johnstown, - Penn'a

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\$8.50 Good in Coaches Only.

\$10.50 Good in Pullman Cars with Pullman Ticket.

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Secure Illustrated Booklet Giving Full Details from Ticket Agents
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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

Children Cry FOR FLETCHER'S CASTORIA OLEY AIDNEY PILLS

Get our prices on Job work.