Little Talks on Health and Hygiene

by State Com. Dixon. When Adam first fell into the water the human race took a step forward. Civilization and bath tubs now

Authorities may vary in discussing the merits of the hot bath, the tepid bath and the cold bath, but they all agree in the abstract that bathing is a necessity to good health and a prime promoter of self respect. The removal from the skin of the accumulation of refuse matter is the primary reason for the bath.

It is essential to good health that the skin be kept in proper condition as it automatically regulates the heat of the body, permitting it to cool off when it becomes too warm and keeping in heat when it becomes too cold. It assists the lungs and kidneys in the disposal of refuse matter. When the skin sweats it assists the kidneys. When not too heavily clothed it respires and helps the lungs.

A bath should not be taken too near meal time. There is a normal attraction of the blood toward the stomach after eating; any interference this and the attraction of the blood toward the surface of the body is apt arrest digestion.

Warm baths have a soothing effect and are often prescribed for nervousness. The tepid bath can do no harm. Cold baths are stimulating but are apt be injurious if the heart action is not strong enough to permit of a ready To some individuals the shock to the nervous system is so they cannot accustom themselves to cold baths.

GOOD ADVICE TO BOYS.

Because the boy of twelve to eighteen years is inexperienced, he does does not welcome advice and if he knew who I am, he would probably form his opinion of me at once—that I am an old fossil, "butting' into other people's business. However, I am going to give him some advice in this article. If he accepts it, sometime perhaps, he will remember this paper and thank me for it If he does not accept it, the loss is his.

The boy wno is noisy and impolite on the streets is making a misitake in being so. He may work himself up to position of high-standing among his companions—he may become the "bully of the bunch," but that position is not worth striving for. In fact it is one to be avoided.

The business men of the town are watching you, young man and it is interest, more by far, to court their esteem than that of your pals. You are growing into manhood. rapidly. Soon you will be wanting em ployment. Your conduct today determines your chances of the future.

If we could read their minds there are no doubt several business men in town this very day who are needing a boy and who are wondering boy in town is worthy of his trust. You may be too young for the position, now, but such opportunities always will be open. It remains only for you to guard your character and reputation that men may have con fidence in you when your time comes. Men like a gentlemanly boy. You don't need to be a "sissy," but you must not be rude. Have all the fun you want, but make sure that your ideas of fun are not offensive to someone else. Try to keep always in mind that you are a boy and that older people really do know what is best. Respect their desires, acquire all the educa tion you can get, and your opportun-

VICINITY OF MEYERSDALE.

Urias Hook is working for Owen present. Mr. Hook likes heavy a beard as any man in Green-

Homer Fritz, a progressive young cting business in Meyersdale Saturday. Mr. Fritz intends to move near Garrett about the first of April.

Miss Luella Baker, who is teaching very sncesssful term of school Grennville, spent Sathrday and Slnday with her parents, Mr. and Mrs. Herman Baker, of Summit.

Adam Johnson of West Summit, is talking about going to Pittsburg in near future.

H. G. Peck of Savage has hired one of Jacob Schrock's boys for the sum-

Miss Grace Bockes was very ill last week owing to an attack of ap pendicitis, but the doctor was able to scatter it in time so an operation was not necessary. Miss Grace is a daughter of Dennis Baker of Summit.

Earl Schrock has hired to J. P. Savlor for the summer.

agreeably surprised last Satur- ed as executor. day evening when a number of her lady friends and neighbors came in to help celebrate her birthday. Mrs Livengood received many beautiful and useful presents. Refreshments were served and at a late hour the guests departed wishing Mrs. Livengood many happy returns of the day.

TIMELY HINTS ON

SAFETY FROM FIRE. Safeguards for the prevention of fires in stores, factories and other esmissioner John Price Jackson of the Department of Labor and Industry in

"There should be at least two ways of escape, for employes from every work room in a factory," says the

caused most of the loss of life from fires. The number and size of exits and stairways should always be ample to permit egress of workers from

"Fire drills should be held at irre gular intervals, at least once every drill is for practice or for escape from an actual blaze.

"Locked doors or doors that open in Pittsburgh. "Locked doors or doors that open inward should be entirely eliminated. In many instances they have delayed escape just long enough to allow smoke and flame to accomplish deadly work.

"The first few minutes at the beginning of a fire are the vital ones and Occupants on the upper floors of a factory filled with working machinery or of large buildings or institutions cannot hear or know immediately of Agents of the New York Stock Exa fire occurring on a lower floor unless there is a proper fire alarm signal. A delay until they smell smoke will no doubt mean smoke filled exits and the devidence. death of these persons.

"The time to put out a fire is when it begins. Fire extinguishers should be plentifully supplied and prominently located.

"Every factory or assemblage hall should have fire walls and fireproof doors that close without fail. The automatic sprinkler has proven very ef-

ROCKWOOD

Mrs. Herman Enos, of Upper Turkeyfoot township, has purchased the home of James E. Douglas, in Rockwood for \$1,900.

Mrs. Fannie Moon has returned to her home in Confluence after a visit of several days with her son-in-law and daughter, Mr. and Mrs. Irvin Wolf in Rockwood.

Mrs. G. H. Lantz, 51 years old, died very suddenly at her home in South Rockwood after a lngering illness of tuberculosis. Funeral services were held March 8, at 2 o'clock with interment in the I. O. O. F. cemetery. She s survived by her husband and two children, Mrs. Cyrus Moore, and Jam es Lantz of Rockwood.

Mrs. S. L. Kenzy of York, Pa., state organizer of the P. O. S. of A. held an open meeting in the hall of the Farmers & Merchants Bank Building Friday evenng at 7:30 o'clock

The Rockwood Electric Company at a recent meeting decided to discontinue the 24-hour service during the spring and summer, beginning March 21. After this only night service will be supplied.

A son was born Saturday morning

to Mr. and Mrs. John G. Miller Mrs. Floyd Miller, formerly Miss Elva Gates, joined her husband here the middle of the week, where they make their home. Mrs. Miller ame from Blue Healing Springs, Va where the Gates are now located in the lumber business.

W. J. McVicker, who has been suffering from an attack of blood poisoning in his right arm, was again seen town recently.

Emmett Ridenour and Miss Grace
McClellan have returned to Pittsburg
to resume their course at the Pittsburg University, after spending sev-

spective parents, Mrs. Hannah Hay and W. J. McVicker of South Rockwood, for several days.

A thief who had robbed two men at McDonaldton on the evening o March 6th was captured at the Mer chants' Hotel, Boswell, March and on being searched, \$60 of the him . After being lodged in the lock up there by Policeman J. W. King he confessed to the robbing but claimed that he stole but \$70. He was taken to the county jail at Somerset to a

The will of William Koontz, late of Berlin, was probated last week. He leaves a life interest in his entire estate to his widow, Mary S. Koontz at whose death the same shall become the property of his daughter, Nellie Mrs. Jno. Livengood of Elk Lick Grace Koontz, the former being nam-

> Children Off FOR FLETCHER'S 行 A 真 节 内 剪 1 点

'BUCKET SHOP' **CRUSADE BEGUN**

a pamphlet issued Monday giving "Thirteen Offices In Western" Pennsylvania Raided

"Inadequate means of escape has TICKER WIRES ARE CUT

Six Offices Raided In Pittsburgh Consolidated Stock and Produce Exchange Cited to Defend Charter.

Simultaneously, thirteen alleged bucket shops were raided by state month without any previous notice police in western Pennsylvania, markbeing given to the employes. Workers ing the beginning of the crusade should never know whether a fire against these places promised by Governor Brumbaugh soon after his in-auguration. Six of the places were

Butler, Washington and Youngstown,
Pa.
Forty members of Troop A, state

the time when escape can be made.

Occupants on the upper floors of a Linn G. Adams and acting under the

the evidence.

Those arrested in the raids were:
Consolidated Exchange, Pittsburgh
—Alexander D. Munn, secretary and
treasurer: Louis Heilig, C. C. Ilgenfritz, G. S. Walker, W. R. Adams, F.
X. Heilig, J. S. Smyth and John

Davies, employees.

Harry C. Schauble's Brokerage Office—R. H. Mason, W. H. Fox and G. Vanderhoover, employees.

A. J. Cummings & Co.—Herman Reynolds, H. W. White, Otto Drager.

Thomas Fairley, employees.

Union Securities Compr.ny—F. H. Spuhler, H. J. Spuhler, William G. Heck, J. W. Blakeley, Samuel Inks, E. G. Meeley, Albert Walters, R. J. Bowler and Harry Richards, employ-

Rodgers & Co.—Samuel S. Rodg ers, D. F. Molseed and Frank Conner

Sharon, Pa.—C. L. Rennels. Sharon, Pa.—C. L. Rennels,
New Castle, Pa.—George E. Fisher.
Oll City, Pa.—George Lane.
Indiana, Da.—Harry Brown.
Butler, Pa.—F. Earl Stewart.
Washington, Pa.—W. N. Williams.
Youngstewn, Pa.—F. W. Goss.
In every office visited telephone and
telegraph wires were cut and records
of stock transactions were seized.
A dispatch from Harrisburg, Pa.,
stated the Dauphin county court had

A dispatch from Harrisburg, Pa., stated the Dauphin county court had

stated the Dauphin county court had granted a writ in quo warranto on the Consolidated Stock and Produce Exchange, eturnable March 27, requiring it to show cause why its charter should not be annulled.

Evidence that at least one of the concerns raided was violating the federal statutes by using the mails its alleged bucket shop transactions was found, it is said, and will be turned over to government postal authorities.

DYNAMITE ATTEMPT FAILS

Frozen Sticks Fail to Explode; Third Time In Few Months. For the third time within the past few months dynamiters attempted to wreck the Hotel Trees, owned by J. F. Trees, in Brackenridge, Pa. The fact that the dynamite was

ering from an attack of blood poisoning in his right arm, was again seen circulating among his many friends in own recently.

frozen and failed to explode, although the fuse and cap both did their work, probably saved the hotel and part of that section of the borough from destruction.

eral days with their respective parents of Rockwood.

Professor and Mrs. H W. Hay of Johnstown, are the guests of their rebomb in the deem placed.

Frank Thompson, a watchman, employed by Trees to watch the building as the result of the two previous at tempts to dynamite it, found the bomb just a few seconds after he had seen the flickering of the fuse and heard the cap explode. The bomb fel from the window sill to the sidewall immediately after the cap exploded.

PROBE OF COAL INDUSTRY

Federal Commission's Object Is to Eliminate Evils Affecting Miners.

An inquiry into the bituminous coal industry of the United States is abou to be undertaken by the federal trade-commission. Officials state that the object of the inquiry is to eliminate evils that adversely affect miners, to pave the way for laws that may b-helpful to operations and to effect changes that may result in benefits to

consumers.

Joseph E. Davies, chairman of the committee, and Commissioner W. H. Parry have been chosen to arrange for the inquiry and fix dates for the public hearings. Special attention will be paid to the effect of the fed-eral anti-trust laws on the soft coal

Trials of the conspiracy charges against six steel companies and Judge E. H. Gary, chairman of the board of the United States Steel corporation, will be started Monday, April 3, at Youngstown, O., according to present plans of Prosecutor Hengerson.

NO. 5801 REPORT OF THE CONDITION OF THE SECOND NATIONAL BANK

of Meyersdale, Pa.
At the Close of Business, March 7th, 1916.

RESOURCES		
1. a Loans and discounts \$ 328,576.31 Total Loans	\$328,576.31	
2. Ovrdrafts unsecured \$68.27	63.27	
	03.21	
3. a U. S. bonds deposited to secure		
circulation (par value) 65,000.00 b U. S. bonds pledged to secure U.		
S. deposits (par value) 7,000.00 f Premium on U. S. bonds 231.87		
Total U. S. bonds	72.231.87	
4. a Bonds other than U. S. bonds to se-	12,201.01	
cure U. S. deposits 4,000.00		
b Bonds other than U. S. bonds pledg-		
ed to secure postal savings deposits 7,308.70		
e Securities other than U. S. bonds		
(not including stocks) owned un-		
pledged 74,384.80		
Total bonds, securities etc	85,693.50	
6. a Subscription to stock of Federal	00,000.00	
Reserve Bank stock 6,600.00		
b Less amount unpaid 3,300.00	3.300.00	
7. a Value of banking house if unen-	0,000.00	
cumbered		
b Equity in banking house	55,413.45	
8. Furniture and fixtures	7,161.05	
9. Real estate owned other tha banking		
house	3,974.58	
10. Net amount due from Federal Reserve		
Bank	8,600.00	
11. a Net amount due from approved reserve		
agents in N. Y., Chicago, St. Louis 1,694.06		
b Net amount due from approved re		
serve agents in other reserve cities 45,604.56	47,298.62	
15. a Outsie checks an other cash items 141.46		
b Fractional currency nickles and cents 201.86	343.32	
16. Notes of other national banks	1,000.00	
18. Coin and certificates		
19. Legal tender notes	1,500.00	
20. Redemption fund with U. S. Treas-		
	0.000.00	

20. Redemption fund with U. S. Treas- urer and due from U. S. Treasurer		
TOTAL		\$637,966.27
LIABILITIES		
24. Capital stock paid in	\$65,000.00	
25. Surplus Fund	45,000.00	110,000.00
26. Undivided profits 9,314.59		
b Reserved for Interest 1,100.00	10,424.59	
c Less current expenses, interest,		
and taxes paid	3,625.41	6,799.18
27. Circulating notes outstanding		64,000.00
31. Dividends unpaid		30.00
32. Individual deposits subject to check		148.144.81
33. Certificates of deposits due in less		
than 30 days		5,490.40
0.1 0 .1.0 1 1 1		4 001 00

3.259.38 33 34 35 36 37 38 and 39 162.718.19 40. Certificates of deposit 75,153,62

TOTAL \$637,966.27

STATE OF PENNSYLVANIA, COUNTY OF SOMERSET ss: I, J. H. Bowman, Cashier of the above named bank do solemnly swear that the above statement is true to the best of my knowledge and belief.

Subscribed and sworn to this 15th day of March, 1916

Robert Cook My com. expires Mar. 26, 1919

J. H. BOWMAN, Cashie Correct—Attest: E. C. KYLE, JOHN N. COVER, N. E. MILLER,

BRIEF BUT SUFFICIENT

The Rev. R. B. Dodge is a missionary of Maui, one of the Hawalian group of islands. He is a most resourceful man in his dealings with his charges, as his part in the following incident serves to show.

Recently a Japanese couple came to Mr. Dodge with a request in sign language that he make them man and wife. They could not talk English un-derstandingly, and Mr. Dodge could not talk Japan ese, so he conducted the

remony as follows:
"You like this wahine?"

"Bimeby no kickout?"

man.)

Bimeby no kick

"Pau." And the ceremony ended "Wahine" is Hawaiian for woman, cane" for man, "pule" for pray, and "pau" for enough.

MERE SCRAPS OF PAPER "I suppose you had a good deal of trouble when you spent your holiday in Germany this summer?" said Mrs.

"chiefly in the matter of getting money, however. Why would you believe it Mrs. De Jinks, a letter of credit over there wasn't of any more value than a treaty of neutrality!"

WHY HE LIKED IT

A scotchman and an Irishman met in the country one day and during their conversation a motor car passed the Scotchman said he hated the smell of a motor car; but Paddy said

Why?" said the Scotchman, and Paddy said when he smelt it he knew danger was past.

HE HADN'T HEARD Teacher—"Where is the dead sea?"
Tommie—"Don't know, ma'am."
"Don't know where the dead sea is?" "No ma'am. I didn't even know any of the seas were sick, ma'am."

SHE WAS MISTAKEN

The other day when it was sizzling hot and there was a rush for soda fountains, a little old man, wearing a long linen duster and a straw hat long linen duster and a straw hat that was seeing its third season, pushthat was seeing its third season, pushed his way thru-the crowd in the drug store and said to the young man who commanded the soda fountain: "Can I speak to you a moment sir?" "You will have to wait; I am very busy just now." "But it is very important—most important."

"You will have to wait until this crowd thins out," answered the young

man.
"But my life may hang upon your "You like this kane?" (To the wo answer," persisted the other.

Three or four minutes later when a dozen or fifteen men had got their

cooling drinks and departed, the young man bent over the counter and asked the old man:
"Now, then, what is it?"

"I told my wife that I was coming out for a drink of soda," was answered in a whisper.

She said that one drink of soda water might cause an internal explos-ion and that I would be blown to bits. there any danger, sir?"

"Not in the least—not if you drink a whole barrel full."

kled the old man. "I will go home Ried the old man. "I will go home and tell her that she was mistaken. I will tell her more, sir. I will tell her that I will come back here and drink six glasses of soda water with pineapple syrup in each one of them."

With that he went out, but he did

Two sizes 25 and 50 c at all stores. not return.

IT MEANT THE SAME THING "Well," she inquired, "what can I

Lady, replied the tramp, you mean

Favor us with your job work.

MOTHER RESCUES CHILDREN

Carries Three to Safety and Suffers

Carries Three to Safety and Suffers From Severe Burns.

Mrs. Fred Thompson of Deerlick, near Waynesburg, Pa., was seriously burned when she rescued her three children, Charles, an infant; Paul, aged five, and Leona, seven, from fiames which destroyed the Thompson residence. Mrs. Thompson was taken to the Waynesburg hospital and is said to be in a serious condition.

The three children were m one room when Mrs. Thompson, at the barn, milking, saw fiames shooting around the windows. She hurried to the house, found her entry to the room, where her children were imprisoned, cut off by a wall of flame, but rushed through the flame to rescue the children. She made a separate trip for each child and on the final trip, exhausted and almost overcome by smoke, the mother staggerer dagainst a blazing wall and her clothing ignited.

HIS UNPREJUDICED OPINION "Which side of the house do you think the baby resembles most" proudly asked young Popioy.
"Well-h'mi" answered Smith. "Can't see that he looks very much like

A STEP ONWARD Hospital Nurse—"These new patent fire escapes are great blessings.
Hospital Doctor—"Indeed they are.
It is much easier to cure fractures than burns."

HIS TRAINING "My man, where did you become such an expert swimmer?"
"Why, lady," responded our here, modestly, "I used to be a traffic cop in Venice."

CARUSO

"Tuxedo completely satisfies my tobacco taste. Most important of all, from a singer's standpoint, Tuxedo does not irritate my throat."

"Tuxedo Does Not Irritate My Throat"

That's what the world's greatest tenor says about Tuxedo. That's what you will say about Tuxedo after you've given this mildest and pleasantest of all tobac-



The original "Tuxedo Process" of refining mild Kentucky Burley, mellowed by 3 to 5 years' ageing, positively removes every particle of harshness and "bite"

Put Tuxedo to the pipe test. That will show you why, to millions of men, Tuxedo is the only "just right" smoke.

Read the guarantee in the top of You can buy Tuxedo everywhere

5c Suxedo 10c In Tin Hu

and 80c. In Glass 50c and 90c

THE AMERICAN TOBACCO COMPANY

"But my wife said—"
"Your wife is utterly mistaken sir."
"I thought so—I thought so," chuction. Doan's regulets operate easily. Harsh physics react, weaken the 2 c a box at all stores.

> Accidents will happen but the best regulated families keep Dr. Thomas Electric Oil for such emergencies

Harsh physics react, weaken the do for you? Do you want employpation. Doan's Regulets operate bowels, will lead to chronic constieasily. 25c a box at all stores,

> The more you scratch, the worse the itch. Try Doan's Cintment. For ecsema, any skin itching. 50e a best.

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