

## NOTHING SO GOOD

lass of Soda Water, or Ice Cream than to THOMAS CAFE. The place where you patronage is appreciated. Our rest room is opened to the public; you are welcome there I handie a full line of Pure Drugs, Medicines, Perfumes, Toilet Articles. Imported and Domestic Cigars.

## F B. THOMAS, Leading Druggist.

Opposite Citizens Bank
meyersdale

## Healthful Sleep

is necessary for the enjoyment and prolongation of life. During sleep Nature renews the
forces of the body and restores the energy. Sleeplessness is one of the evil results of indigestion.
To avoid it, keep the stomach well, the liver active and


## Is Assured by

 neys, toning and putting Millilins of people elleep well and keep well because, at
the firs unfavorabie symplom, they beexin to take

## BEECHMSPMS <br> 

What We Know And
Do Not Know Ab
Infantile Paralys
$\mathbf{W}^{\text {ITH }}$ the history of the world's woriers on Prownyolit: edge that THE GERM OF THIS DISEASE : FOUND, and further, that we do not lnow hak ice
municated from one person to anith
 harm. Call in your fomily physician if you get sick lies. Long attentive treatment under a good doctor of medicine and helped if possible by a good nurse, will in many cases bring the child back to health.

There is not as much paralysis as commonly belicved. The reorts of the outbreak in New York seem to establish this. On the 3th of July New York reported 1,600 cases of Poliomyelijis, but ly 403 of paralysis. Until we know more about that which pro ee the paw it is communicated from one perso nother we, with our present knowledge, STRZMUOUSLY RZCOM MEND the following preoautio

All excepting the doctor and the one nursing the person sick of the disease must keep out of the room set aside for the patient. If possible keep children out of the neighborhood in which the disease prevails.
Keep all insects out of houses, particularly flies. GUARD FOOD STUFFS FROM FLIES. Flies may carry the disease.

Feed children on cooked food as much as possible. from flies. Wagons, trucks, etc., carrying bread should not be kept in horse stables.

Screen your houses and baby coaches or cribs or beds when The house is not fully screened.

The Department has literature on this subject which you can upon written request
THIS DEPARTMENT IS IN CONSTANT WARFARE TO PROTEOT OUR PEOPLE FROM DISEASE. TO ACCOMPLISH THE BEST RESULTS WE YUST NOT ONLY HAVE THE CONFIDENOE OF OUR PEOPLE BUT INDIVIDUAL AND PUBLIC co-operations.


Joseph L. Tresiser Puneral Director and Rmbalmer

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