

LOW BLOOD PRESSURE.

First Aid to Those Suffering From Hemorrhage or Shock.

One hears a great deal about the danger of high blood pressure, but not much about the danger of too low a pressure. Yet the latter may be very swiftly fatal. It results often from shock, as well as from severe loss of blood. But there is a very simple means of giving temporary relief, which every one should know, since such knowledge might often be the means of saving life.

A diastolic pressure of fifty millimeters is critical, for the blood tends to accumulate in the abdomen, but death may be avoided if immediate means be taken to raise the arterial pressure. A late number of La Revue gives the following directions:

"The wounded person in whom arterial pressure is low should be placed immediately on an operating table heated by electricity, with his feet elevated for an hour or more some thirty millimeters (about one and one-quarter inches) higher than his head. If the diastolic pressure remains below eighty millimeters an injection of isotonic serum should be made and if necessary repeated. If the pressure does not remain sufficiently high after the second injection another injection is made of adrenalin into a vein, preferably a vein near the head."

It will be noted that the first part of these directions can be carried out by any one—namely, the application of warmth and the raising of the patient's heels higher than his head. This is so important and so efficacious that the famous French physician and research scientist, Dr. Charles Richet, has made it a practice in his lectures to students to give them the striking object lesson of a dog which had been bled almost to the point of exhaustion, so that death was imminent, being instantly revived by this simple expedient of changing its position. When he was apparently dead while the head remained higher than the extremities, as soon as the head was lowered the wanting life returned.

First aid to the injured, therefore, suffering from hemorrhage or shock is to place the victim on a mattress or bench and raise the feet slightly higher than the head.—Review of Reviews.

Stepping Stones to Success.
Picture what you want.
Visualize it.
Dramatize it.
Rehearse it.
Make your mental picture clear.
Focus your attention on it.
See it over and over a thousand times.
Improve it; empower it.
Put your inspiration into it.
Have dynamic interest in it.
Awaken your sleeping genius.
Expect success; laugh at failure.
Be confident and poised.
Rest in accomplishing.—Nautilus.

Sovereigns in Bolivia.
Bolivia has a strange connection with Great Britain in the fact that the English sovereign is the standard gold coin. This is minted from local gold at the capital of the country, La Paz, along with the Peruvian half sovereign, which also is legal tender. Although Bolivia is as yet quite a "new" country and has not had time to adopt a coinage of her own, she has found an opportunity of establishing state monopolies on alcohol, spirituous liquors and tobacco, rendering the prohibition of them at any time an easy matter.—London Chronicle.

What Can Be Done in One Day.
"Every day is such a usual occurrence that its true significance does not come home to us," says a writer in the Woman's Home Companion. "We get so used to our days that we are blind to their universal possibilities."

"In the beginning one-sixth of the whole world was made in a day, yet how many of us feel that we can do one-sixth, or even one-hundredth, of all the things we ought to do in one day?"
"Within one day the battle of Waterloo and the battle of the Marne were won. How about all the days between? A man can change the fortune of his entire life in a day."

Loading on the Job.
Mrs. Woman, are you married? If you are we wish you all of the happiness and the best of blessings a generous world can give you. But let us ask a bold question and probably offend you. We do not mean to be impolite. It is just the perversity of human nature to want to know if you married a lazy man—a man who talks in a loud voice about his back yard garden and lets his wife do all the work.—Memphis Commercial Appeal.

Didn't Do It.
Flatbush—He's always knocking the married men.
Bensonhurst—Yes, I know it.
"Only a few years ago he told me he was just crazy to get married."
"That's right, but it seems he wasn't quite crazy enough."—Yonkers Statesman.

Caught in His Trap.
"I am in an embarrassing situation," declared Judge Flubbub, former member of congress.
"How is that, judge?"
"Here I am called upon to try to make sense out of a law that I framed myself."—Louisville Courier-Journal.

Musical Note.
Mrs. Jones—Does my daughter's piano practicing annoy your husband?
Neighbor—Oh, not at all; Jack can't tell one note from another.—Life.

The employee who has a horror of working overtime will never own the business.—New York.

FIRST AMERICAN TRAITOR.

Benjamin Church Played That Role During the Revolution.

Benjamin Church, a graduate of Harvard and a member of a distinguished New England family, was the first American traitor. Church became eminent as a surgeon and as a writer of verse and was one of the leading Whigs in the years just preceding the Revolution. At one time he was a member of the Massachusetts provincial congress and became a member of the famous Boston committee of safety.

The committee's plans were consistently revealed to General Gage, governor of the province, but the source of the leak was not discovered until after the Revolution was fairly under way. At the time of the actual break between the colonies and England Church was assigned to an important colonial hospital. In September, 1775, a letter from Church to a British army officer, containing secrets of the colonial army, was intercepted. Church had intrusted the letter, written in code, to a woman, to be conveyed to one of General Gage's staff officers. The woman confessed her share in the treasonable move and implicated Church.

The traitor was taken before a council presided over by Washington, and he there practically admitted his guilt. Congress, acting on the suggestion of the trial council, ordered Church kept in close confinement in the Cambridge jail, "without the use of pen or paper, and that no person be allowed to converse with him except in the presence and hearing of colonial officers until further orders from this or a future congress."

Church's health failed rapidly, and he was permitted to undergo banishment to the West Indies. He sailed in a merchant vessel in May, 1776, and neither the ship nor Church ever was heard of again.—Kansas City Star.

PACKING GOLD IN KEGS.

Care Taken in Preparing the Money Metal For Shipment.

When a gold shipment is to be made by ship the necessary number of kegs are taken in a truck to the assay office, where they are received at a door in the rear. The gold bars are then placed on a hand truck and rolled to the kegs. In the presence of the agents of the shippers and of the officials of the assay office the bars are packed in the kegs, and sawdust is placed around them to prevent abrasion. When the heads of the kegs have been placed over the packed bars a piece of red tape is stretched across and fastened between the chime and the edge of the head. The seal of the shipping house is then attached to the head and the bottom of each keg.

After sealing the kegs are rolled to the wagon and lifted on. It takes two men to handle each keg, as there are ten bars to a keg, with a total gold weight of about 190 pounds. It may be mentioned that \$100,000 weighs in gold about 380 pounds, and \$1,000,000 weighs 3,800 pounds. Some time ago one of the officials of an assay office compiled figures showing how much gold a man could actually handle. It is a singular thing that great difficulty is experienced in carrying gold for any distance. The weight seems to be more "dead" than that of other metals, although that may be an illusion.

For instance, the average man could carry 100 pounds of gold one mile without much discomfort. Its value would be about \$26,000. A strong man could carry, say, 150 pounds a mile, reaching the end of his journey with just under \$40,000. A very powerful man might carry 200 pounds, or nearly \$53,000, a mile without exhaustion. Carrying gold is almost as difficult as getting it.—Los Angeles Times.

Courage in Elephants.
An elephant with a good mahout gives perhaps the best instance of disciplined courage—courage, that is, which persists in the face of knowledge and disinclination—to be seen in the animal world. They will submit day after day to have painful wounds dressed in obedience to their keeper and meet danger in obedience to orders, though their intelligence is sufficient to understand the peril and far too great for man to trick them into a belief that it is non-existent. No animal will face danger more readily at man's bidding.—London Spectator.

True to His Promise.
"William, when we were married you promised to stop smoking."
"So I did, my dear. You will remember that I said to you, holding up three cigars I had in my pocket, 'As soon as I smoke these I'll quit.'"
"Well, you haven't kept your promise."
"Oh, yes, I have. You see those three identical cigars are still unsmoked. I have them in my desk."—Boston Transcript.

A Curious Case.
Some years ago a woman in Brussels was aroused by church bells ringing in consequence of a fire. She had been asleep for nearly seventeen years. When she awoke she was in perfect health and remembered in detail events that had taken place before she fell off into her long nap.

Lengthening the Life of a Chain.
By twisting a hemp rope in and out of the links of a chain that runs over a pulley not only is the noise suppressed, but the life of the chain is lengthened 70 per cent.

A Cent a Day.
If a man saves a cent each day he will not need to risk the loss of a friend at the end of the year by trying to borrow a dollar.—New York Globe.

Chautauqua Gets You Where You Live



"Hello, Henry! Bought your Chautauqua ticket?"
"Nope! Guess I won't go."
"What's the matter? Didn't you get your money's worth last year?"
"Ye-ah; I got my money's worth, all right!"
"Well, if your season ticket was a good investment last summer you want to be sure to be on deck this time, for it's a great program."
"Nothing doing! Guess I won't go." man, look at this lineup: Ralph

"Aw, I've seen all that kind of 'You've seen all of it? Why, Bingham, Opie Read, White Hussars, light opera with twenty people, China's 'Mark Twain,' a bunch of singing Irish girls and a whole pile of other features."
"Nothing doing! Haven't been feeling right lately. Stomach's all out of fix. Dyspepsia, I guess."
"Then take my word for it, Henry, you want a whole family of Chautauqua tickets. There's going to be a woman here on the second day of the Chautauqua who tells your wife how to feed you, and then a couple of tells you how to live 100 years to

days later a man comes along and enjoy that good eating."
"Zat so? How much are those tickets you've got there?"
"Two dollars for you and \$2 for your wife. The children can get in all week for \$1 each."
"That boy and girl of mine are still talking about the stunts they had at Chautauqua last year, so you can just fix me up with \$6 worth of tickets. Then we can all go."
"All right, Henry. We'll see you at the big tent."



Salisbury, September 2 - 8, 1917

Featured in Title Role of Light Opera "Dorothy" at Chautauqua



HELEN GUENTHER AS "DOROTHY."

MISS GUENTHER went to New York from college halls. She sang for the Shuberts and they immediately placed her in a new production, "The Beautiful Unknown." From Philadelphia and Boston, where the play was introduced, her company was taken to New York. Two days after her return she signed a contract for the opera "Dorothy" this summer on the Chautauqua circuit. She is very enthusiastic over her new work and will be heard here in a part that is strikingly adapted to her personal charm and talent.

Sincerity is the basis of all true friendship. Without sincerity it is like a ship without ballast.

Mrs. Michael Yaest of Pottsville drowned her seven-year-old son in the bathtub of her home after an admitted suicide by cutting her throat. She had been melancholy.

Three persons were killed and five others were seriously injured when two large boilers in the Leckrone Coke works at Leckrone, near Uniontown, Pa., exploded.

The Pennsylvania board of pardons postponed the September meeting until Sept. 25. The regular date would have been Sept. 19, primary election day.

A Beginning.
Two college freshmen of the male persuasion were looking at a counter of magazines which had the usual pretty girl covers.
"There's a rather good one," remarked one.
His companion cast an appraising eye upon the golden haired, blue eyed little thing on the cover.
"Yes," he drawled, "but she has an incipient face."—New York Post.

Value Trebled.
Stockson—You say your mining stocks are worth three times what they were when you bought them. That's astonishing. How do you account for it?
Bonds—Waste paper has trebled in value since I made the purchase.—Exchange.

Condensed Statement CITIZENS NATIONAL BANK OF MEYERSDALE, PA.

At Close of Business June 20th, 1917

RESOURCES	
Loans and Investments	\$829,301.57
U. S. Bonds	80,000.00
Banking House	30,200.00
Due from Banks and Reserve Agents	308,099.70
Cash	106,728.53
Total	\$1,354,329.80

LIABILITIES	
Capital Stock	\$ 65,000.00
Surplus and Profits	143,741.41
Circulation	64,400.00
Deposits	1,081,188.39
Total	\$1,354,329.80

OUR GROWTH THE PAST YEAR.
June 30th, 1916 \$1,023,623.01
December 27th, 1916 1,143,436.97
June 20th, 1917 1,354,329.80

SHOWS GAIN OF—
\$120,000.00 June to December, 1916
\$110,000.00 December, 1916, to June, 1917
\$31,000.00 Gain in the past 12 months.

The Citizens National Bank
"The Bank With The Clock With The Million"

Don't Take Risks
If your stomach is strong, your liver active, and bowels regular, take care to keep them so. These organs are important to your health. Keep them in order with **Beecham's Pills** and avoid any risk of serious illness. A dose or two as needed, will help the digestion, stimulate the bile, and regulate the habits. Their timely use will save much needless suffering, fortify the system and **Insure Good Health**
Sold by druggists throughout the world. In boxes, 10c., 25c. Directions of Special Value to Women are with Every Box.

PROFESSIONAL CARDS.

FIRE, AUTOMOBILE, COMPENSATION AND PLATE GLASS INSURANCE
W. D. COOK & SON
Meyersdale, Pa.

W. CURTIS TRUXAL, ATTORNEY-AT-LAW,
SOMERSET, PA.
Prompt attention given to all legal business.

WANTED—Old papers, magazines, rubbers and shoes.
J. D. DOMER,
201 Grant st.

Veterinarian
S. P. Fritz, veterinarian, castrating a specialty. P. O. Address, Pine Hill, Pa. Economy Phone, Gumbert store. 13 21

Of Course She Likes Ice Cream
Everybody does. It's the one dainty sure of welcome in any company.
When you offer her **Imperial** The Crown of All Ice Creams.

Driving It Home!
Let us drive home to you the fact that no washwoman can wash clothes in as sanitary a manner as that in which the work is done at our laundry. We use much more water, change the water many more times, use purer and more costly soap, and keep all the clothes in constant motion during the entire process.
It is simply a matter of having proper facilities.
Meyersdale Steam Laundry
Get our prices on Job Work.

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