

# A ROAD TO HEALTH

Eat Less and Walk More if You Are Losing All Your Vim.

JUST GIVE NATURE A CHANCE.

That Wonderful Old Doctor Is Always Ready and Willing to Be Your Friend and Will Produce Magical Results if His Laws Are Obeyed.

A man on the shady side of forty thought he was going into a decline. He went to his physician, submitted to a thorough examination and waited the word which was to consign him to the scrap heap.

This is what the doctor, who happened to be a modern physician, told him two or three days later:

"You eat too much, drink too much, sit around too much and walk too little. I am going to put you on a rigid diet, and I want you to walk—walk—walk."

The man who thought he was going into a decline demurred at the doctor's suggestion of a rigid diet. The diet prescribed consisted of milk—only milk—and the man who saw visions of the scrap heap loved his "tittles," but he decided to follow the doctor's orders. He stuck to the rigid diet.

And he made it a practice to walk two miles to the office every morning, rain or shine. The ease with which he acquired a scorn for the street car after a week or two astonished him.

At the end of a week of dieting and walking, this man began to look upon life with different eyes. His work, which had been a burden, began to assume an attractive glow. At the end of two weeks, with a modified but still skimp diet, and more walking, he began to catch himself in the act of running up the stairs instead of dragging himself up by main force. At the end of four weeks of this treatment, without taking a drop of medicine or a single pill, he felt as if ten years had rolled off his shoulders.

The average New York man who works at desk eats too much if he does not drink too much. He sits around too much and walks altogether too little. And what is true of the average New Yorker is true of the average American. Too much food, too much drink and too much sitting around are the unholy trinity of our national debilitation. We are becoming physically flabby and mentally drowsy. We are beginning to nod in the armchair.

Overindulgence has done it—that system of self pampering which Dr. John H. Quile of Cleveland calls "twentieth century habits."

Most of these "twentieth century habits" have to do with the stomach. In some languages a piece of basic philosophy has been crystallized, like a fly in amber, in the homely phrase, "I have the heartache," when stomach ache is meant. That phrase is an unconscious recognition of the fact that the stomach is the center of the human system.

The importance of the stomach has been recognized by the earliest lawgivers and thinkers of the human race. The dietary regulations of the Law of Moses were a farsighted attempt to make the food of a historic nation conform to the laws of nature. Legislation for peoples living under conditions similar to those under which the Jews lived, Mohammed, another of the world's great lawgivers, embodied in the Koran a good deal that he found in the Talmud on the subject of eating and drinking.

Moses put the children of Israel on a diet. Mohammed put the Arabs on a diet. Business and professional America ought to go on a diet and stay there for awhile.

Nature is the greatest of all physicians. Give nature a chance. Don't overload your stomach with too much food. Don't overwork your liver and your kidneys by too much drink, and sometimes very little drink is too much. Nature is the watchman sitting at the gate. Nature is ready to be up and at the enemy of your life at the first sign of danger. Don't bind and gag the watchman. Give him a chance for his life and yours.

Eat less. Walk more. The results will astonish you.—New York Mail.

### Spread the Meat Flavor.

Cold ham, chicken or other meat left over in quantities too small for use alone may be used advantageously by mixture with other foods. Here is a recipe for one way to use such meat.

Chop the meat fine and season it well. Mix in enough butter or other fat to make it "shape" well. Form into rolls about the size of a finger and wrap around each a thin piece of short dough made from a pint of flour, two tablespoonfuls of baking powder, salt and milk enough to mix. Bake the rolls in a hot oven until they are a delicate brown. Serve hot.—New York World.

### Feminine Ability.

Whoever it was that remarked woman is a mystery certainly remarked a heaping teaspoonful. We doubt if she herself can explain how it is she can always get something else in a suit case after it is so full it won't hold anything else.—Macon Telegraph.

### The Rivals.

"I have just been readin'," quoth Hamlet Fatt, "some startlin' statistics about the earth's capacity." "Why need you worry about the earth's capacity?" responded Yorick Hamm. "You'll never play to it."—Pittsburgh Post.

The only thing you can afford not to pay is a grudge.

### An "Orderly" Election.

I was in Puerto Mexico on election day when General Candido Aguilar was running for governor of Vera Cruz against General Gavira. You would have thought he had at least a good running start by being Carranza's candidate and engaged to his daughter—but Candido never takes any chances. He had two freight trains of decanted Constitutional soldiers, armed beyond the teeth, in that town bivouacked around the polls and the telegraph and cable offices. You had to step over sleeping arsenals to send a telegram. The simple job of that soldiery was to insure a constitutional and orderly election by keeping the Gaviristas from exercising a suffrage called by the new constitution universal. I don't know first hand just how matters stood in the other towns of the state of Vera Cruz, but on reaching Mexico City several days later I read in the capital papers that General Aguilar had been elected governor by substantial majorities after a very "orderly" election.—George Marvin in World's Work.

### Why People Die Early.

High blood pressure belongs to a group of old age diseases—Bright's disease, arteriosclerosis, heart failure, apoplexy and paralysis. People naturally die of them at seventy to eighty years of age. If they fall victims at an earlier age there is something wrong. What is wrong? Why do people die prematurely? I believe it is because we fail to search for and find the symptoms of these organic diseases. There is no question at all that if we can discover the right agent to fight the toxins that live in the colon or large bowel the average man and woman should live to be at least a hundred. The American people are going to take death prevention more seriously than they do now. Some day when men and women die under fifty years of age a coroner's inquest will be called to determine the cause of their untimely demise.—Dr. W. S. Sadler in Collier's Weekly.

### Military Orders.

The story goes that a raw battalion of rough backwoodsman, who had "volunteered," once joined General Grant. He admired their fine physique, but distrusted the capacity of their uncouth commander to handle troops promptly and efficiently in the field, so he said: "Colonel, I want to see your men at work. Call them to attention and order them to march with shouldered arms in close column to the left flank." Without a moment's hesitation the colonel yelled to his fellow ruffians: "Boys, look wild that! Make ready to thicken and go left endways! Tote your guns! Git!" The maneuver proved a brilliant success, and the self elected colonel was forthwith officially commissioned.—Manchester Guardian.

### Origin of "Hoosier."

While the derivation of the word Indiana from Indian is apparent, the origin of the word Hoosier applied to an inhabitant of that state is not regarded as entirely clear. The theory which has gained the greatest acceptance is that it received its present form from the vernacular rendering of the query, "Who's yer?" instead of "Who are you?" when a stranger appeared at the door of a frontier cabin. For a long time the word Hoosier was regarded as implying a reflection on the person to whom it applied, but of recent years it has found a recognized place in good literature.—Brooklyn Standard Union.

### Welcoming the Actor.

A well known society performer volunteered to entertain a roomful of patients of the Colney Hatch Lunatic asylum and made up a very successful little monologue show, entirely humorous. The audience in the main gave symptoms of being slightly bored, but one highly intelligent maniac saw the thing in proper light and, clapping the talented actor on the shoulder, said: "Glad you've come, old fellow. You and I will get along fine. The other dipples here are so dashed dignified. What I say is if a man is mad he needn't put on airs about it."—London Opinion.

### Helping the Coffee.

Some of the coffee sold roasted and ground causes complaint. Most of it can be improved a little. Trouble seems to be that it is not roasted enough and needs another touch of fire. You know the less it is roasted the more it weighs. Put a couple of tablespoonfuls in a seamless agate quart stepan or cup and set it on the stove, gas or blue flame and shake it while it gets another scant parching, never letting it get hot enough to smoke or scorch. Set it aside till it gets cold and then pour on the water and finish up in the regular way.

### Saving Time.

Mrs. Styles—I read today that hats are being made of banana skins. Mr. Styles—Why don't you get one, dear? "What's the idea?" "It would save a lot of time. It could be slipped on so easily."—Yonkers Statesman.

### A Reason For Forgiving.

"The Joneses are very forgiving. When their son wrote them he had eloped with the cook they wrote him to bring his bride home at once." "But you don't understand how hard it is to keep a cook in this place."—Baltimore American.

### His Attraction.

He—You used to say there was something about me you liked. She—So I did. But you've spent it all.—Minneapolis.

Oh, what men dare do, what men may do, what men dally do, not knowing what they do!—Shakespeare.

## HIGH COST OF LIVING.

It's An Old, Old Story and Was Told 2,000 Years Ago.

A wife's letter 2,000 years old was unearthed recently in the ruins of the Serapoum, the temple of Memphis, the great city of ancient Egypt. The letter was written by Isis to her husband Hephæstion, who had deserted her. There were two letters, in fact, the first bearing a date equivalent to July 24, 186 B. C. In them the wife reproaches her husband for neglect of his family, and, what is particularly interesting at the present time, she complains of the high cost of living.

Here are some extracts from the first letter: "Isis to Hephæstion, her husband. Greetings—if you are well and other things are turning out with you according to your wishes it would be as I perpetually pray the gods. I myself am in good health, and the child and all in the house make mention of you continually. When I received your letter from Horus, in which you explained that you were in retreat in the Serapoum at Memphis, I immediately gave thanks to the gods that you were well. But that you do not return distresses me, for having piloted myself and your child through such a crisis and having come to the last extremity because of the high cost of corn, and thinking that your return would bring me relief, you have never even thought of returning or spared a look for my helpless state."—New York World.

## THINNEST SOAP BUBBLES.

They Almost Give Us a Sight of the Invisible Molecules.

What is a soap bubble? Nothing but a film of water molecules held together by the cohesive power of soap in solution. A soap bubble's size and strength depend upon the right composition of the mixture that furnishes its material. The colors in a soap bubble are due to what is known in physics as the interference of light, and depend upon the varying thickness of the film of water.

It is a singular fact that the last color to appear on a soap bubble just before it breaks is a gray tint. The thickness of the film when this tint appears upon it is less than the one hundred and fifty-six-thousandth of an inch.

Were a soap bubble to be magnified to the size of the earth and the molecules magnified in proportion, then the whole structure would be as coarse grained as a globe of small lead shot touching one another at their surfaces.

In the blowing of a soap bubble there is presented the spectacle of the stretching of a liquid to the extreme limit of its capacity. In this way we come nearer to a sight of the invisible molecules of matter than could be got in any other way no matter how elaborate the experiment.—Exchange.

### Passport to the North Pole.

A passport to the north pole was issued some years ago by the governor of the province of Tobolsk, which stretches along the Russian shores of the Arctic ocean. The official was approached by two men who had been engaged to proceed to the north with an English expedition then fitting out. Their petition was for a passport to the pole itself, but the governor pointed out that the pole was as likely to be in their home province as in any other, that it was extremely unlikely they would reach it and that if they did there were no police there to examine their credentials. At last, however, to satisfy them he ordered the issue of a document allowing them to pass without let or hindrance to the north pole.

### Tower of London.

A royal palace, consisting of no more than what is now known as the "White Tower," appears to have been the beginning of the Tower of London. It was commenced in 1078 by William the Conqueror and finished by William's son, William Rufus, who, in 1098, surrounded it with walls and a broad ditch. Several succeeding kings made additions to it, and King Edward III, erected the church. In 1638 the old White Tower was rebuilt, and in the reign of Charles II, a great number of additions were made to it. The new buildings in the Tower were completed in 1850.

### Collecting Antiques.

The little town was highly excited over the announced engagement of the nineteen-year-old widow to Mr. Hoary. "Why, Daisy," he best friend said to the young widow, "you're not going to tie yourself to that old man? Why, he's three times your age! What are you doing it for?" "Oh, I can't resist having him!" said the young widow. "He does harmonize so beautifully with my antique furniture!"—Pearson's Weekly.

### Where He Was Weak.

"That boy of mine knows a lot of Latin," said Mr. Cobbles. "Yes?" "He kin translate them Latin words on a silver dollar just like a flash, but not unless somebody lends him th' dollar."—Birmingham Age-Herald.

### Two Causes.

Of course unhappiness is the cause of divorce, and much of the unhappiness is due to the circumstance that the wife has nothing to do at home in the daytime and the husband has entirely too much to do downtown at night.—Houston Post.

### Counting a Billion.

An expert money counter of the United States treasury can count 4,000 silver dollars an hour, or 32,000 a day. At that rate it is figured that it would take him 102 years to count a billion.

## FIGHT OFF WORRY.

Do Not Waste Nervous Strength and Energy in Useless Fretting.

The immediate cause of neuralgia is poison in the blood. Therefore our object is to keep the blood pure and healthy, as it is only when the blood is poor that the neuralgia poisons develop in it. Poor blood is caused by lack of sleep, lack of fresh air, improper food and overfatigue, by too little exercise and by mental worry.

Nothing is easier to say than "Don't worry" and few things so difficult to carry out. But by "don't worry" the doctors mean do not waste valuable nervous strength and energy in fretting over things beyond your control. Make a point of putting all anxiety from you during meals and, above all, when you go to bed. Train yourself to think of something cheerful as you try to go to sleep. Otherwise your sleep will be harassed and fitful and will do you very little good.

He was a wise man who made it a rule to think of nothing disagreeable after 10 o'clock at night. He at any rate could never have been a victim to neuralgia. Keep up the general tone of the nervous system and you will have little difficulty in keeping off nervous ailments, notably neuralgia.—London Mail.

## MADE MALTA A GARDEN.

The Island Was Once Merely a Rock in the Mediterranean.

What Malta was like before the Maltese found it one cannot imagine, says the Manchester Guardian. Presumably there was some soil somewhere, hidden among the little valleys that scar the golden rock. But there was very little soil. Most of the island must have been just plain rock, with nothing in particular to recommend it. But somewhere in the dawn of history there came an industrious, ingenious race and proceeded to make the best of it. They have been doing that all down the centuries, till now they have reduced it to a fine art, and the barren rock is a garden from end to end.

They realized, those clever Maltese, that although they might not have earth enough to grow their food, there were plenty of people who had enough and to spare. So they sent their ships abroad, and the ships came back loaded with just plain earth. This earth they took and spread on the ledges of their rocks and sowed their seed and reaped their harvests and prospered exceedingly, till now fruits and flowers might be a fitting name for the island.

### Study the Words.

Noah Webster started with 70,000 words. That was in 1828, when the first edition of his dictionary was published. In the next edition, that of 1864, the list had grown to 114,000. Noah had died in the meantime, but his heirs and assigns continued his work. In 1890 a total of 175,000 words were listed. Since then the number has more than doubled. It is now about 400,000.

Of course nobody could be expected to learn all those words, nor is it necessary. Whenever in your reading you come across a word the meaning of which is not entirely clear to you drop your book or newspaper, as the case may be, and consult the dictionary. Don't delay. If you do probably you will never look the word up. It is surprising how many words one may add to one's vocabulary by this simple method.—New York Times.

### An Egyptian Delicacy.

Every country has its own little delicacies, and Egypt is famous for its kabobs. The kabob is broiled meat, but it is broiled in so ridiculous a fashion as to be really funny. The peddler uses a little charcoal furnace something like that in use by our plumbers. In it he keeps up a small but hot fire. Attached to the side of the furnace are a lot of iron skewers. When a customer approaches the hawk takes a small piece of meat, mutton or goat, the latter being the most popular, cuts it with a sharp knife into a long ribbon, winds it around the skewer and places it upon the charcoal fire. Some of the drippings are collected and, with a little salt and spice, make a pleasant sauce for the kabob when it is done.

### The Pepper Vine.

The pepper vine grows best in a wooded valley where there is plenty of moisture and abundant foliage to protect it from the heat of the sun. It is given a rude sort of cultivation. The growers plant it, keeping the grass from its roots, and when the tree near which it is planted has no lower branches strings or poles are placed in proper position to enable the vine to climb the tree. It needs no further attention.

### Bringing the Paradox Home.

"Pa, what's a paradox?" "It is when the impossible happens." "Then we had a paradox here this evening." Ma said you couldn't possibly be expected home before midnight because you had an excuse for stayin' downtown."

### Wrecked.

"You refused me ten years ago." "I remember," said the heiress. "You said it would wreck your life." "It did. I have had to work for a living ever since."—Life.

### Feminine Reasoning.

Stella—Her gown is just like yours. Bella—I don't care if hers is a duplicate of mine, but I don't want mine a duplicate of hers.—Puck.

How many could be made happy with the blessings which are recklessly thrown away!

## CONDENSED REPORT OF CONDITION

# The Second National Bank

MEYERSDALE, PA.

JUNE TWENTIETH, NINETEEN SEVENTEEN

### RESOURCES

Loans and Investments	\$ 592,905.60
U. S. Bonds and Premium	70,179.37
Real Estate, Furniture & Fixtures	64,075.20
Cash and due from Banks	125,338.50
Total Resources	\$ 852,498.67

### LIABILITIES

Capital Stock Paid in	\$ 65,000.00
Surplus Fund and Profits	65,621.83
Circulation	64,400.00
Deposits	657,476.84
Total Liabilities	\$ 852,498.67

Growth as Shown in Following Statements Made to Comptroller of Currency.

JULY 15, 1908 \$262,014.92  
ONE QUARTER MILLION

JUNE 20, 1917 \$852,498.67  
OVER THREE QUARTER MILLION

NET GAIN BETWEEN ABOVE STATEMENTS

\$590,483.75

—OVER ONE-HALF MILLION—

# J. T. Yoder

JOHNSTOWN

Sells the Champion Cream Saver

## THE NEW DE LAVAL

THERE is no machine made in which proper lubrication is more vitally important than it is in a cream separator. A separator that is not properly oiled will turn hard and soon wear out. The old-fashioned method of oiling through a number of little holes with a squirt-can was unsatisfactory for the reason that some users would oil too much and too often, while others would not oil often enough.

## The NEW De Laval is automatically oiled

You don't have to fuss around a NEW De Laval with a squirt-can. Simply keep the sight-feed indicator on top filled with oil and the automatic oiling system will see that every gear and bearing in the machine has just the right amount of fresh, clean oil at all times.

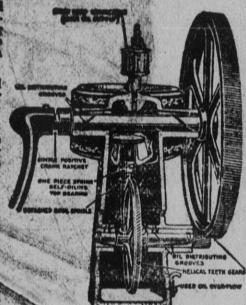
The automatic oiling system saves time and saves trouble, makes the machine run easier and adds years to its life.

The De Laval oiling system has been greatly improved by the addition in the NEW De Laval of an automatically oiled neck-bearing and the consequent elimination of the tube that formerly carried oil to this most important part.

There has never been a cream separator that embodied so many improvements as the NEW De Laval.

The new self-centering bowl with its improved milk-distributing device, and the new speed-indicator which insures operation at proper speed, are two of the greatest improvements that have ever been made in cream separator construction.

Come in and see the NEW De Laval.



## Talk About Value!

From the standpoint of educational entertainment, getting a Chautauqua season ticket for \$2 is like going to market with a two dollar bill and coming home with enough flour, potatoes, sugar and other physical necessities to last through a hard winter. The head must be fed as well as the stomach.

On the world's counters of worth while entertainment it would cost you a handful of dollars to see and hear all of the stars of the 1917 Chautauqua, but for the price of a single night reservation in a city theater you may hear right at home:

- The Killarney Girls, in Irish costumes.
- Edwin M. Whitney, in "Turn to the Right!"
- The Regniers, music and impersonations.
- Ida C. B. Allen, household efficiency expert.
- Dr. Ng Poon Chew, "the Chinese Mark Twain."
- Montague Company, sketches from familiar operas.
- Opie Read, novelist, in humorous philosophy.
- Metropolitan Artists, well known Chicago musicians.
- Dr. Charles E. Barker, physical adviser to President Taft.
- Light Opera "Dorothy," by the Murray-Lane Company.
- Christine Giles Company, flute, violin, voice and piano.
- Dr. E. T. Hagerman, on "The Man With One Window."
- Ralph Bingham, America's chief funmaker.
- Walton Pyre, presenting "The Spinner In the Sun."
- White Hussars, Ralph Dunbar's Singing Band.
- Morning hour and children's features as usual.

How's That For a Big Two Dollars' Worth?

SEASON TICKETS ARE ON SALE