PHYSICAL CULTURE.

As Good For the Business Man as For the Soldier In Training. If physical culture is needed for those who bear arms in defense of the country why should it not be applied also to the soldiers of the business and professional world the man in the conalso to the soldiers of the business and professional world, the men in the commercial trenches? If a certain number of our citizens are compelled to go through a rigid course of physical training, why should not all others be called upon to follow suit?

The soft muscled clerk, the devitalized student, the overworked business.

riced student, the overworked business man—they need awakening. Now, in many instances they are but little more than human ciphers, 25, 50 or 75 per cent men. With a little properly directed exercise they could be fitted that the related to the state of the state o

directed exercise they could be fitted for the ranks of the 100 per centers. Six hours weekly, two hours for three days each week, would put the average flabby muscled, sedentary worker in fine shape. It would square-his shoulders, stiffen his backbone, put some energy and enthusiasm into his maleup. It would make a real man of

bim.

Every man who is not in training should begin now. If he cannot train with other men let him follow a system of home training. Hard muscles. strong, stable nerves, high grade endurance—in short, a physique as "hard as nails"—should be the ambition of every sensible man.—Physical Culture.

BRIGHT BOYS AND GIRLS.

The Head and Physical Marks of Intel-ligence In Children.

Its Head and Physical Marks of Intelligence In Children.

In summing up his conclusions on the relationship of intelligence to the size and shape of the head Karl Pearson is quoted in the Journal of Heredity as making these statements about the intelligence of children:

"To sum up, then, while no characters in school children so far dealt with show very high correlation with intelligence, we may yet say that the intelligence boy is markedly conscientious, is moderately robust, athletic and popular; he tends rather to quick than to sullen temper. He is more self conscious and quieter than the dull boy; he has a slightly bigger head and possibly lighter pigmentation than those of more mediocre intelligence. His hair has a larger percentage of curliness.

"The intelligent girl is also markedly conscientious, moderately robust, athletic and popular. She, too, tends to quick rather than sullen temper. She is less self conscious than the dull girl and noisier than the girl of mediocre intelligence. It is the slow girl who is quiet and shy. The intelligent girl has a slightly bigger head than the dulgirl, and her hair is more likely to be wavy and much less likely to be curly."

St. Sophia's Palimpsest.

Travelers who have visited the great Mohammedan mosque of St. Sophia in Constantinople tell of the visibility of inscriptions made in the interior of the building when it was a Christian church. These had been painted over by the Moslem conquerors, but time defeated their purpose of total effacement, says the Christian Herald. Over the entrance is the inscription in Latin. "I am the door; by me if any man enter in he shall be saved and shall go in and out, and he shall find pasture." The bricks in the great dome in the interior reveal this inscription: "Deus in medio eius; non commovebitur. Adluvabit eam Deus vultu suo." The translation may be found in Psain xivi, 5 medio eius; non commoveonur. Aduvabit eam Deus vultu suo." The translation may be found in Psaim xivi, 5. These facts are of interest in view of the present tottering condition of the Moslem power.

Moslem power.

Presidential Golf.

At the Columbia Country club links at Washington during one of the tensest days of the crisis with Germany Fresident Wilson came up to drive from one of the most difficult tees. Two members of the club stood aside to let the president "go through." That's a way they have at Washington. Mr. Wilson drove, and his ball shot off into precisely the place where he didn't want it to go. Experiences of that sort come even to chief magistrates; golf is no respecter of persons. The president turned to the two and remarked, "You turned to the two and remarked, "Golf the serience. An orifice the size of a fairly large pinhead will permit 3,600 gallons to escape in the same time.

Homely Philosophy.

No hustler wants Time to wait for him. He's on time to meet Time when the train rolls into the station.

Trouble likes company, in order to exercise his voice in telling how it happened.

We'll all need rest when we get where rest is, and the good thing about it is there'll be room enough for all.— Atlanta Constitution.

"Do you think that new recruit will ever learn to be a soldier?" asked the commanding officer.

"Well, he's acquiring the foundations," responded the drill sergeant. "He had not been in camp a day before he was putting up a howl about the food."—Richmond Times-Dispatch.

Redd-He's taking steps to reduce

his fiesh.

Greene—What steps is he taking?

"What do you mean—what steps:

He's walking."—Youkers Statesman.

"He's very old fashioned."

"Yes. He still shines his own shoe and spits on the dauber when he does it."-Detroit Free Press.

The man who is always trying to cave himself trouble is likely to save a lot more than he can take care of.—

MOTORCAR ECONOMY.

How to Make a Gallon of Gasoline Go Further Than It Does.

In the first place, use care in the se-lection of fuel. Gasoline which does not vaporize with sufficient readiness to remain in a gaseous state eventually condenses in the cylinders and is either burned or lost without developing its power. Furthermore, the gasoline must be pure, with a minimum amount of residue which will serve to form car-

Secondly, the gasoline must be burn ed under the most favorable conditions conducive to a development of maxi-mum power following each explosion. mum power following each explosion. Such conditions require tight piston rings and valves, which prevent the leakage of compression or the power of the explosion; a uniform and quickly attained engine temperature; a hot, fat spark occurring as early as is possible without producing a knock, and a sufficiently flexible carburetor which will give proper mixtures at all engine speeds. The above mentioned maintenance of engine temperature is an important consideration, especially in important consideration, especially in cold weather.

cold weather.

Thirdly, the earbon should be removed from the engine as soon as an undue accumulation is indicated, usually every 500 to 1,000 miles, depending upon the kind of oil used, the condi-

ly every box to hoot all the least upon the kind of oil used, the condition of the rings, the nature of the fuel, and the like.

In the fourth place, the mixture should be set to as lean a point as will run the motor under normal conditions when the engine is warmed to its average temperature. Nearly every carburetor will permit the needle valve to be screwed down one or more notches. In fact, it is well to set the carbuto be screwed down one or more notches. In fact, it is well to set the carburetor to so lean a mixture that the engine will not pull properly before it is thoroughly heated. The difficulty thus encountered may be overcome by the use of the choke or other adjustments of the carburetor which serve to give a richer mixture when starting. A lean mixture may be further assured by the use of some of the well tried out attachments designed to furnish auxiliary air to the engine under certain conditions.

Fifth, the carburetor should be inspected by an expert and the strainer drained frequently to prevent the accumulation of dirt which may lodge under the float valve and cause the latter to leak when the engine is shut down.

down.
Sixth, the engine should never be left running while the car is standing idle. If adjustments are properly made the engine will start easily, and the current from your starting battery is cheaper than gasoline. Furthermore, the engine should not be raced at rantices where the propers where you have your propers. dom for testing purposes unless you have a definite idea as to just where

have a dennite face as to just where
the trouble lies.

Seventh, all brakes should be free so
that they do not drag, bearings should
be well oiled, tires inflated to the pressure recommended by the manufacturer and the whole car so free in its motion that it can be pushed by hand
without difficulty on a hard level pavement.—H. W. Slauson in Leslie's.

Dynamite Whiskers.

The name "whiskers" is applied to feathery crystals which gather upon the outside of the wrappings of frozen dynamite. The "whiskers" are more "irritable" than dynamite itself. A case is on record where sticks of dynamite had been thawed out in hot, water and the can of hot water in which it was done left in the blacksmith shop without being emptied of the residual seum of grease and whiskers. The first blow of the blacksmith's hammer on a nearby anvil was sufficient to set off the "whiskers" by concussion. The can was blown to pleces, but fortunately no one was hurt.

Sap of a Tree.

Sap is pumped up through the wood in a tree and will even go through dead wood, but will not return by the same medium. Therefore a tree may live medium. Therefore a tree may live until the roots starve. Sap ascends on the inside and descends on the out-side. Therefore the descending sap alone builds new tissue of wood and

Andrew Carnegie was once asked which he considered to be the most important factor in industry—labor, capital or brains? The canny Scot replied, with a merry twinkle in his eye. "Which is the most important leg on a three legged stool?"—Christian Register.

Well Defined. "Dad," said little Reginald. "what is

a bucket shop?"
'A bucket shop, my son," said the father feelingly—"a bucket shop is a mod-ern cooperage establishment to which a man takes a barrel and brings back the bunghole."—Puck.

An Egotist.

Tommy-Pop. what is an egotist?

Tommy's Pop—An egotist, my son, is a man who thinks he can form an impartial opinion of himself.—Philadelphia Regord

Beware of the man who offers you advice at the expense of a mutual friend.

BURSTS WITH THE HEAT.

Sad Fate of the Terrashot When It

Enters Death Valley.

That most frightful of deserts, Death valley, in California, lies between two lofty ranges, one of which is called the

Funeral mountains. The higher levels of these mountains are rather densely forested, with here and there little meadows and "parks' (natural clearings), in which dwells a strange animal known as the terrashot So inaccessible are these inhospitable heights, however, that the creature, rarely seen, has remained almost un

known:

Respecting its habits little can be said. There is no reason for supposing that it is dangerous to man. Nobody knows even whether it is carnivorous or a plant feeder. It has a coffin shaped body, six or seven feet long, with a sort of shell running the whole length of its back.

Having, it is presumed, few natural genemics the terrashot increases in

Having, it is presumed, few natural enemies, the terrashot increases in numbers until it is selzed with an impulse to migrate, possibly because its food supply no longer suffices. The animals then form long processions, marching down into the desert in single file, with the evident intention of crossing the valley to the mountains on the other side.

But none of them ever gets across.

As they encounter the hot sands they

As they encounter the hot sands they rapidly distend with the heat, and one after another they blow up with loud reports, the places where this happens being marked by deep, grave shaped holes.—Philadelphia Record.

SLIPS OF THE PEN.

Even the Best of Writers at Times Nod While They Work.

Nod While They Work.

Many it not most writers have had to bewall the occasional freakishness of the pen in putting down on paper something very different from that intended by its author.

Readers of Sir George Trevelyan's "Life of Macaulay" will recall the historian's horror when too late he discovered that he had written in the Edinburgh Review that "it would be unjust to estimate Goldsmith by "The Vicar of Wakefield or Scott by The Life of Napoleon' when he really intended to say that it would be unjust to estimate Goldsmith by his "History of Greece." There was, too, an amusing slip of the pen perpetrated by the

tended to say that it would be unjust to estimate Goldsmith by his "History of Greece." There was, too, an amusing slip of the pen perpertated by the grave Sir Archibuld Allson in including Sir Peregrine Pickle instead of Sir Peregrine Maitland among the pall bearers at the Duke of Wellington's funeral.

Another striking instance of the pen mechanically writing something not intended came under notice the other day on the title page of a reprint of a once famous book, Jane Porter's "Scottish Chiefs." This edition, published some years ago by a well known London house, describes Miss Porter as "author of 'Prkle and Prejudice, 'Sense and Sensibility,' ", etc. Doubtless the Christian name of "Jane" induced the slip, All remember and nearly all-Charlotte Bronte was one notable exception—love Jane Austen; not so man, remember Jane Porter.—Westminster Gazette.

Magic of a Siphon.

When a pipe shaped like the inverted letter U, in which the arms are of equal length, is filled with water and each end of the pipe is put into a separate vessel full of water "the downward pull" or weight of the liquid in each of the two arms will balance the other, and if the water is at the same level in the two vessels it will remain at that level in both vessels. But if the level of the water in one vessel is lower than in the other, since the two vessels are connected with a pipe full of water, the water will run down from the higher level to the lower. This constitutes what is called a siphon. A siphon itself has no more magic about it than a pencil has when it falls or than any other similar phenomenon in nature, yet some of the siphon's manifestations seem to be not only magical, but almost incredible.—St. Nicholas.

One hundred years ago appeared what Byron called "the most perfect ode in the language," "The Burial of Sir John Moore," It was the Newey Telegraph Moore." It was the Newty Telegraph which gave to the world this anonymous poem of Rev. Charles Wolfe, which won for its author but a posthumous fame, for not until his death in 1823 was its real authorship made known, though various had been the guesses as to the writer. That obscure curate of Ballyclog must have felt proud indeed to find among its putative authors such neets as Campbell and authors such poets as Campbell and Byron.-London Chronicle.

A scientist says that a temperature approaching 2,000 degrees F, would be necessary to make a light equivalent to that emitted by an ordinary firefly. The enormous waste of energy in all industrial methods of producing light is a matter of common knowledge, and the example of the firefly remains unimitated by man.

Fountain Pen Tests.
Fountain pens are tested by an instrument called a micrometer. If one piece of the mechanism is out even a six-hundredth part of an inch the micrometer rejects it as faulty.

"Do you think that the lady who is moving in above you is nice?"

"Oh, dear, yes. Why, she noticed that baby had two teeth before she had been in the house two hours."

The minutes saved by hurry are as useless as the pennies saved by parsi-mony.—C. B. Newcomb.

BURIED BELLS OF NAKOUS.

Nature's Curious Freak on the Border of the Red Sea.

of the Red Sea.

A singular phenomenon occurs on the borders of the Red sea at a place called Nakous, where intermittent underground sounds have been heard for an unknown number of centuries. It is situated about half a mile distant from the shore, whence a long reach of saud ascends rapidly to a height of 200

from the shore, whence a long reach of sand ascends rapidly to a height of 300 feet. This reach is about eighty feet wide, and resembles an amphitheater, being walled by low rocks.

The sounds coming up from the ground at this place recur at intervals of about an hour. They at first resemble a low murmur, but ere long there is heard a loud knocking somewhat like the strokes of a bell, which at the end about five minutes becomes so strong of about five minutes becomes so strong

of about five minutes becomes so strong as to ngitate the sand.

The explanation of this curious phenomenon given by the Arabs is that there is a convent under the ground here and that these sounds are those of the bell which the monks ring for prayers. So they call it Nakous, which means a bell. The Arabs affirm that the noise so frightens their camels when they hear it as to render them furious.

Scientists attribute the sound to suppressed volcanic action, probably to

suppressed volcanic action, probably to the bubbling of gas or vapors under

WHEN WOMEN FISH.

It Makes the Trip Such a Jolly and En-

It Makes the Trip Such a Jolly and Enjoyable One.

It does not serve to mellow a man's disposition to take a woman or two into the boat when he goes bass fishing. For women always want to fish, yet never could they or would they stick those horrid, nasty, wriggling angleworms on the hook.

So, between builting their hooks and removing the perch and pumpkin seeds and straining your spine to keep the hoat from turning turtle and the lines from getting snarled up, you have a most enjoyable day's outing, do you not? Yes, you do not! I'll run the risk of answering that question for you.

And then, when you finally hook a dive pound bass weighing at least three pounds and eight ounces by his own standard scales, and play him for twenty minutes against their earnest entreaties not to bring that big, ugly thing into the boat or else they'd jump out—you calmly ease up on the line and give him back, also his freedom, do you not? Yes, you do not!

And when the day is spent they tell you what a gorgeous time they have had and make you promise to fetch them again, and you promise, of course, do you not?—Cartoons Magazine.

Gasoline Poison

Gasoline Poison.

The poisonous character of the fumearising from a gasoline engine may be appreciated by the following extract from a recently published book: "If a gasoline engine producing five cubic feet of CO per minute were allowed to run in a tightly closed garage that was twelve feet high, fifteen feet long and fifteen feet wide—that is, having a capacity of 2.750 cubic feet—it could produce an atmosphere if the latter were thoroughly mixed containing about 1 per cent CO in about five minutes. This percentage of CO in air is a fatal proportion and would probably kill a person in less than a minute. In fact, an exposure for as long as twenty minutes to an air containing as little as 0.25 per cent CO would make most people very ill."

Burns That Kill. Burns That Kill.

Burns are generally classified in three degrees of severity. First degree burns are simple reddening of the skin. Second degree burns result in bilstering. Third degree burns are followed by actual destruction of the skin and tissues.

Death is almost certain to result if approximately one-third of the body surface is burned. Often burns of much less extent are fatal. Death may result from shock, from acute kidney. Ilver or blood disease resulting from the toxins of the burned skin, or the burns may later become infected and kill the patient from blood poison.

Educate the People.

Illiteracy is one of the problems with which the American people are confronted. There should be a pressure. fronted. There should be a pressure of public opinion and of public effort brought to bear to wipe out the disgrace. Each community should see to it that every child of school age is under instruction. Increased efforts to induce those of adult age to enter night schools should be made.—Memphis Commercial Apneal. schools should be Commercial Appeal.

Wild Pigeons. Wild Pigeons.

Until little more than fifty years ago the most abundant bird in North America was the wild pigeon (Ectopistes migratorius). It moved in immense flocks calculated not by thousands, but by millions, and it is not known today if a single pair of this native American bird is alive.

As Man Grows Older.

Another time when a man realized that he is older than he was comes when he finds that he doesn't mind it at all when he has to wear spectacles instead of eyeglasses and doesn't even care about tortoise shell rims any more -Ohio State Journal.

Easily Explained. Mistress—How do you manage to make such a noise here in the kitchen Cook—Well, just you try to break four plates without making a noise!—London Ideas.

CONDENSED REPORT OF CONDITION

The Second National Bank

MEYERSDALE, PA.

SEPTEMBER ELEVENTH, NINETEEN SEVENTEEN

RESOURCES

Loans and Investments U. S. Bonds and Premium Real Estate, Furniture & Fixtures	75,179.37 64,075.20
Cash and due from Banks	\$ 901,945.50
LIABILITIES	
Capital Stock Paid in	\$ 65,000.00
Surplus Fund and Profits	
Circulation	
Deposits	706,010.57
Total Liabilities	\$ 901,945.50

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

\$852,498.67 JUNE 20, 1917 - - -SEPTEMBER 11, 1917 - -\$901.945.50

NET GAIN BETWEEN ABOVE STATEMENTS \$49,446.93

APPROXIMATELY SIX PER CENT

Help Win the War Union Patriotic

Mass Meeting

Amity Hall, Meyersdale

Thursday, November 8th 8:00 p.m.

CLINTON N. HOWARD

Will deliver his famous war lecture

"The World on Fire" The call to all patriotic citizens will win the war

Hear what it means and what it will cost Everybody Welcome Admission Free

Billy Sunday says: "Howard is the one man I could listen to by the hour and never grow tired."

Gordon, Washington, D. C., where lecture was dalivered three times, says: "Eloquent, patriotic, logical, masterful." W. J. Bryan says: "Howard is one of our greatest speakers."

Rev. I. S. Monn says: "I consider Mr. Howard one of the best orators

on the platformtoday."

J. T. Yoder

JOHNSTOWN

Sells the Champion Cream Saver

THE MEW TIE LAVAL

F you have ever owned a separator of any other make, there is one outstanding feature of the NEW De Laval that will appeal to you as much as even its mechanical superiority, and that is its simplicity.

You won't find any complicated, troublesome parts in the NEW De Laval. It does not get out of order easily, even when it is missed; and if for any reason you ever should want to take it apart, the only tool you need is the combination wrench and screw-driver furnished with each machine.

The NEW De Laval is the simplest cream separator made.

A person who has never before touched a separator can, if neces-DELAVAL (A) Only tool required

sary, unassemble a modern De Laval machine down to the last part within five ble a modern De Laval machine down to the last part within five minutes, and then put it together again within ten minutes. This is something that cannot be done outside a machine shop with any other separator made, and any separator user who has ever had to wrestle with the complicated mechanism found in other separators will appreciate what it means to him.

pon't fail to stop in and see the NEW De Laval the next time you are in town. Even if you are not in the market for a separator right new, come in and examine a separator that is said by experts to embody the greatest improvements in cream separator construction in the last thirty years.

"Her new hat becomes her."
"Why, it's a perfect fright!"
"You heard what I said."—Browning's Magazine.

Advertice it All the Time