

## MONTEUR AMERICAN

FRANK C. ANGLE, Proprietor.

Danville, Pa., July 9, 1903.

## REPUBLICAN STATE TICKET.

FOR STATE TREASURER,  
W. L. Matthews of Delaware County.

FOR AUDITOR GENERAL,  
Hon. W. P. Snyder of Chester.

FOR SUPERIOR COURT JUDGES,  
Hon. Thomas A. Morrison of McKean,  
Hon. J. J. Henderson of Crawford.

## REPUBLICAN COUNTY TICKET

FOR SHERIFF,  
George R. Seidler.

FOR REGISTER AND RECORDER,  
Curtis Cook.

## HORRIBLE FATE BEFALLS AGED MAN

RELLEFONTE, July 8.—Col. George A. Bayard, aged seventy-six years, one of the best known residents of this place, was struck by a train at the Pennsylvania railroad station here today and killed. At the time he was carrying around a petition in behalf of William H. Loe, an old comrade, who wants to be postmaster at Centre Hall. Colonel Bayard had been talking to John L. Potter at the Bush house, and then started down the Pennsylvania railroad track to the freight station. He was hard of hearing. The local freight was doing some shifting, and the cabin struck him and knocked him under the wheels. He was mangled beyond recognition. The remains were taken to Harris' undertaking establishment.

Colonel Bayard was a relative of the late Senator Thomas F. Bayard, of Delaware. When the war of the rebellion broke out he was one of the first in Centre county to listen to the call. He organized Company H, of the One Hundred and Forty-eighth Pennsylvania volunteers, and was its first captain. For bravery in battle he was promoted to the rank of major and at the close of the war was brevetted lieutenant colonel. James A. Beaver was the colonel of his regiment. After the war he returned to Bellefonte and has been a business man here ever since. At one time he was a candidate for county treasurer, and recently a very prominent candidate for the post office. He is survived by a wife and eight children.

## DEAFNESS CANNOT BE CURED

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is usually caused by inflammation of the mucous lining of the Eustachian tube. When this tube gets inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed deafness is the result, and unless the inflammation can be taken out of the tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces. We will give one Hundred Dollars for any case of deafness (caused by catarrh) that can be cured by the KIDNEY CURE. Send for circulars, free.

## QUEER PETS AS BED FELLOWS

Yesterday afternoon the Williamsport Board of Health was called upon to make an investigation that revealed the fact that a man in the eastern end of the city makes his home with a black bear, a wildcat and a monkey and at night the animals cuddle up close to him, and together the quartet pass the night in sleep.

The report to the board was to the effect that Charles Sears, an employee of the Susquehanna dye works, sleeps with the animals enumerated above each night in the Boushland barn. It was not believed to be exactly true, but the investigation made yesterday afternoon showed it to be entirely correct. At the instance of the board of health the health officer was directed to make the investigation, and his report to the board was that while it is true that Sears does sleep with the three full grown animals, and has done so for a year past, the report that the animals were uncared for is incorrect. The owner is very careful to give them many baths.

Sears, the owner of the animals, is a laborer at the Susquehanna dye works, where he has been employed for about a year. He is thirty-four years of age, and at the works is familiarly known as "Barnum." Prior to coming to Williamsport he was the owner of a number of animals, which he exhibited at the county fairs, etc. When he arrived here the bear now in his possession came with him, and some time later he secured the wildcat, which is as big as an ordinary hunting dog and said to be vicious to any person other than Sears. The monkey is a comparative stranger to the other animals of the family, he having reached Williamsport less than three months ago.

The animals are kept in the barn at all times, and when Sears has succeeded in training them he will again be ready to start his miniature circus. The board of health says that so long as the animals are kept clean, they have no objections to the owner sleeping with them.—Williamsport Sun.

Fractured his Skull.  
Falling from the overhead of C. M. Eves' barn at Millville, Tuesday, Edward Jackson, son of Charles Jackson, of Millville, fractured the base of his skull. He fell a distance of twelve feet and struck on his head. Blood flowed from both ears and he was unconscious for a long time. He was taken to his home and Dr. Christian summoned. The lad had regained consciousness but his condition is extremely critical. Only last spring he fell and broke both bones between the elbow and wrist.

## RAN LOCOMOTIVE FOR SIXTY YEARS

Gardner Cobb, of Shamokin, one of President Scott's trusted engineers on the Pennsylvania Railroad during the Civil War, was placed on the pension roll of the Philadelphia & Reading Railway Company last week, he having reached the age limit. For sixty years he served as engineer, and he never had an accident nor was he ever injured. He is now in his seventy-seventh year. He is healthy and energetic and if it were not that the Reading Company pensions its employees after thirty years' service, and retires them he would be able to remain in service for a number of years.

During President Pierce's administration Cobb, then a young man of Baltimore, Md., became an engineer on the Baltimore & Ohio Railroad, and later ran on the Central Ohio. Two years afterward he returned to Baltimore and was re-engaged by the Baltimore & Ohio. Some time later he was given a run between Baltimore and Williamsport, on the Northern Central division of the Pennsylvania Railroad. When President Lincoln came East for his first inauguration the Pennsylvania Railroad Company made extraordinary efforts to have the President-elect's journey made as safely as possible.

Engineer Cobb one morning received orders to bring a train of three cars and an engine from Harrisburg to Baltimore the next day. The train was to be occupied by the Lincoln party. He was at Harrisburg the same night and saw Lincoln, Alexander K. McClure and other notables walking about the main streets. Early the next day Cobb ran his engine up to the special train, a large crowd surrounded him, shouting and cheering for Lincoln. At York the train was held on waiting orders and Cobb went into the cars to greet the President, when, to Cobb's surprise, he learned that Lincoln the night previous had been taken through Philadelphia to Washington and was sworn in as President of the United States. When Cobb's train reached Baltimore the station was in the hands of a mob antagonistic to Lincoln. Some of the angry men spat on Lincoln's children before the family could leave the city for Washington. Cobb says that had Lincoln been on the train going into Baltimore the mob would surely have killed him.

When the war broke out Cobb and Conductor Samuel Blair, now superintendent of the Pennsylvania's Bald Eagle Valley division, had charge of all extra trains out of Baltimore, and they carried many regiments of Union troops to the front.

Mr. Cobb says one of his most exciting experiences was taking an ammunition car toward Gettysburg during the second day's fight. He was in Baltimore when a rush message from Hanover Junction stated a car full of ammunition had accidentally passed through to Baltimore, when it should have been sidetracked at the junction and hurried to Gettysburg, as the Union troops needed it. Cobb coupled one of the speediest locomotives in the round house to the car, and at a rate of more than a mile a minute ran the forty-five miles to Hanover Junction. On reaching there he uncoupled his engine and dashed up the main line. A switch was turned and as the car ran to the Hanover Junction, another special engine took the powder to the battlefield.

In 1893 Cobb entered the service of the Reading road, and for many years he ran passenger trains. Some time ago he was placed on the Shamokin division in charge of yard engines. In his career on the rail he has traveled more than 100,000 miles.

TO CURE A COLD IN ONE DAY.  
Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Groves' signature is on each box. 25.

## GEORGE FARLEY FOUND INSENSIBLE

George Farley, an old man, who claims residence in Cooper township, was found lying on Sider Hill insensible last evening, suffering, it was supposed, from a sunstroke. He was carried to the residence of Mrs. John Farley, Chambers street, where he received medical aid and later revived somewhat.

Seven O'clock Supper.  
The following well known young people attended a 7:00 o'clock supper given at Moore's cafe last evening in honor of Misses Mabel Gearhart and Nellie Adams, of Danville; Misses Mary Sollenberger, Nellie Kehler, Elizabeth McClure, Helen Sterling, Edna Roth, Bertha Sowers, Mrs. Ezra Morgan and Miss Grace Sollenberger, of Carlisle.—Shamokin Daily News.

## DO YOU GET UP WITH A LAME BACK?

Kidney Trouble Makes You Miserable.

Almost everybody who reads the newspaper is sure to know of the wonderful cures made by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy. It is the great medical triumph of the nineteenth century, discovered after years of scientific research by Dr. Kilmer, the eminent kidney and bladder specialist, and it is wonderfully successful in promptly curing lame back, kidney, bladder, uric acid troubles and Bright's Disease, which is the worst form of kidney trouble.

Dr. Kilmer's Swamp-Root is not recommended for everything but if you have kidney, liver or bladder trouble it will be found just the remedy you need. It has been tested in so many ways, in hospital work, in private practice, among the helpless too poor to purchase relief and has proved so successful in every case that a special arrangement has been made by which all readers of this paper who have not already tried it, may have a sample bottle sent free by mail, also a book telling more about Swamp-Root and how to find out if you have kidney or bladder trouble. When writing mention reading this generous offer. In this paper and send your address to Dr. Kilmer & Co., Binghamton, N. Y. The regular fifty cent and dollar sizes are sold by all good druggists.

Don't make no mistake, but remember the name, Swamp-Root. Dr. Kilmer's Swamp-Root, and the address Binghamton, N. Y., on every bottle.

## ORDERS OF ENCAMPMENT

On Friday next the Twelfth regiment will leave for the annual encampment of the Third Brigade, at Mt. Gretna. Major Nichols, the Brigade Quartermaster, has so laid out the camp this year that the regiment will not be divided by the ravine as at the last three camps but will be east of the ravine. This will throw the Ninth regiment further out on the parade ground but will make a much better camp.

The U. S. army hospital corps will camp just back of Brigade headquarters, down by the big spring. Captain Porter's regular battery will probably camp just beyond the left flank of the Brigade though it may go to the edge of the woods at the old artillery camp.

Colonel Clement's order announcing the movement of the Twelfth regiment directs that the baggage shall be loaded on Thursday. Company H will load at Lock Haven and the car will then be run to Williamsport, where the band will load its baggage in the other half car. Companies B, D, G and I will be furnished with two cars into which their baggage will be loaded. A car will be furnished Companies A and C and one for Companies E and K. Company F of Danville will have a car by itself.

The baggage cars will reach Mt. Gretna by noon on Friday and will be unloaded by the camping party. The troop train will leave Sunbury about 9:30 p. m. and is scheduled to arrive at Mt. Gretna at 12:30. Every thing will be in readiness for the morning and they will get a good night's rest before the opening of camp.

The Inspector General of the State Guard has issued a circular regarding the inspection of State troops at the encampment. It states that the division will be inspected under the supervision of the Inspector General, and the encampments of the several brigades. All organizations will parade for inspection in canvas uniform and camping hat, infantry commands with white gloves, gloves may be removed during inspection drills.

The infantry of the First brigade will be paraded by regiments at such place and in such order as shall be designated by the brigade commander, the first regiment reporting at 7 o'clock a. m., on July 14, 1903, to be followed by other regiments at intervals of two hours.

The infantry of the Third and Second brigades will be paraded for inspection in the same manner as the First Brigade, the first regiment of the Third brigade reporting on July 16, 1903, at 7 o'clock a. m.

The inspection of arms and personal appearance will be made by the Inspector General in person—the inspection being preceded by a review.

The inspection of infantry will include ceremonies, evolutions of the regiment, extended order, outpost duty, rear and advance guard and guard duty.

The inspection of guards and sentinels (excepting those of artillery), including guard mounting, will be under the direction of Lieutenant Colonel John P. Penny, Division Inspector and will cover the entire tour of duty.

The inspection of artillery will be under the immediate direction of Colonel Sheldon Potter, Chief of ordnance who will arrange details for camp inspection with battery commanders.

The cavalry will be inspected by the Inspector General in person, and the inspection will include troop drill, extended order, outpost duty, advance and rear guard. Troop commanders will be advised later when to report their commands.

The inspection books and papers will be under the supervision of Colonel B. Frank Eshelman, Judge Advocate General.

It will surprise you—try it.  
It is the medicine above all others for catarrh and is worth its weight in gold. Ely's Cream Balm does all that is claimed for it.—B. W. Sperry, Hartford, Conn.

My son was afflicted with catarrh. He used Ely's Cream Balm and the disagreeable catarrh all left him.—J. C. Olmstead, Arcola, Ill.

The Balm does not irritate or cause sneezing. Sold by druggist at 50 cents or mailed by Ely Brothers, 56 Warren St., New York.

Short-Lived Excitement.  
SHAMOKIN, July 8.—There was a short lived excitement here this morning. During the night the gangway in the Reading Big Mountain colliery caved in, cutting off egress to eighteen men who were known to be working beyond the point of caving. But the blockade was removed this morning, and all the men were found unharmed.

A Word on the Subject of 1000 Mile Tickets.  
"Of all inventions the Alphabet and the Printing Press alone, these inventions which abridge distance have done the most for civilization."—Macaulay.

The Reading Railway interchangeable mileage ticket would no doubt be classed by the writer of the above as one of the greatest of THOSE INVENTIONS, they can be bought for \$30.00 at all principal ticket offices of the Reading system, are good for anybody to use, for himself, family, neighbors, friends or whoever he cares to take along, and will be honored for one year from date on lines of the Reading system, Central R. R. of New Jersey, New York Central, West Shore & Buffalo, Rochester & Pittsburgh Roads. They are of course good, through to New York from Philadelphia, where the Reading operates country fast express service, leaving each terminal on the hour, another very important invention to abridge distance which does away with the annoyance the average traveler usually feels towards time tables.

Appointed Jail Physician.  
At a meeting of the County Commissioners held Friday Dr. C. Shultz was appointed jail physician for next year vice Dr. J. R. Kimerer, deceased.

## BOYS PUT UP AN OLD TIME GAME

The game Tuesday afternoon, between the First Ward Juniors and the Third Ward nine, was the real thing in base ball, even to vigorous kicking at the decisions of Umpire Frederick Jacobs.

There was also plenty of hitting, running and base stealing. Indeed the contest was so full of earnest playing that it was impossible to keep in touch with the individual work. Above all was the incessant chatter of the interested boys, who entered most heartily into the spirit of the occasion.

The terrace of the lawn at J. R. McCoy's residence was converted into a car, delightful grand stand. The roomy porches were also filled with interested spectators, the majority of whom were ladies.

There were many tickets sold that were not used and the proceeds, which will go to the Mary M. Packer Hospital, Sunbury, will be very gratifying.

To the lovers of base ball, who remember the good old times when there were no curved balls, foul strike rules and other modern devices for keeping down hits, the detailed score will read like it did in those days when they were on the diamond and hit the ball for keeps:

THIRD WARD.					
	R.	H.	O.	A.	E.
Young, c.	3	1	1	2	0
Jacobs, 1b.	3	1	1	1	0
R. McCoy, 1b.	2	1	1	1	0
Johnson, s.	3	3	2	1	0
Ricketts, 2b.	3	1	2	1	0
Cleaver, r. f.	1	1	1	1	0
Farley, p.	3	2	1	1	0
Dreifuss, 2b.	3	0	2	1	0
R. McCoy, c. f.	3	0	0	1	0
27					13
FIRST WARD.					
	R.	H.	O.	A.	E.
Swartz, c. f.	1	0	0	1	0
Frick, 1b.	1	0	0	2	0
Foist, p.	3	1	1	1	2
Price, 1b.	4	1	5	1	2
Lloyd, 2b.	3	3	2	1	0
Wetzel, 2b.	3	3	12	1	2
Kostenbauer 2b.	1	0	2	1	0
Deutsch, 1b.	0	1	1	2	1
Thomas, s.	2	2	0	1	0
17					10

Umpire—Fred Jacobs. Score—G. Jacobs and C. Raver.

## Indigestion Causes Catarrh of the Stomach.

For many years it has been supposed that Catarrh of the Stomach caused Indigestion and dyspepsia, but the truth is exactly the opposite. Indigestion causes catarrh. Repeated attacks of indigestion inflame the mucous membrane lining the stomach and exposes the nerves of the stomach, thus causing the glands to secrete mucus instead of the juices of natural digestion. This is called Catarrh of the Stomach.

**Kodol Dyspepsia Cure** relieves all inflammation of the mucous membranes lining the stomach, protects the nerves, and cures bad breath, sour eructations, a sense of fullness after eating, indigestion, dyspepsia and all stomach troubles.

**Kodol Digests What You Eat** Make the Stomach Sweet. Bottles only. Regular size, \$1.00, holding 24 times the quantity of the smaller size. Prepared by E. O. DAWITT & CO., Chicago, Ill. Sold by Gosh & Co., Danville & Co.

A Paying Occupation.  
The most profitable employment a young man or a young woman can follow is that of writing advertisements. The salaries paid range from \$25.00 to \$100.00 a week. John Wamannaker pays his advertising manager \$100.00 a year.

More young people should qualify themselves to write ads as there are openings for all who are properly qualified. You can take an advertising course by mail. There is also a book on the subject containing Fifty Complete Lessons. It is entitled "Theory and Practice of Advertising," is the first and only text book on advertising in the world and is written by a practical advertising man.

Who can profit by having this book? FIRST, the merchant who should get twice the results from his advertising. SECOND, the young man or woman who wants to prepare for positions paying from \$25.00 to \$100.00 a week.

THIRD, school teachers, clerks, stenographers and book keepers, who wish to double their income. "Theory and Practice of Advertising," in flexible covers will be sent to any address on receipt of twenty-five cents or in cloth for one dollar. Enclosed currency in sealed letter.

Should you be in doubt whether you want to take up the more extended course by mail, you should order a copy of the book. It will explain many things as it contains all the salient principles of advertising. After you have bought a book, you can, if you wish, secure a contract to sell books in order to pay for complete correspondence course. Order a book today. Do it now.

GEO. W. WAGONSSELLER, A. M., Author, 250 Sugar St., Middleburg, Pa.

Appraisers Appointed.  
The creditors of A. A. Woods, an adjudged bankrupt, held their first meeting at the office of C. P. Gearhart, yesterday morning before M. H. Taggart, Referee in Bankruptcy for the Middle district of Pennsylvania. W. J. Rogers, W. E. Langer and Augustus Woods were appointed appraisers to set a value on the real and personal estate preparatory to making sale of same.

Junior League Holds a Picnic.  
The Junior League of the Trinity M. E. church picnicked at Hunter's Park yesterday.

They were accompanied by Rev. N. E. Cleaver, and by the superintendent and parents. The attendance was good the occasion on the whole proving very enjoyable.

Death of a Child.  
Frances Isabel, daughter of Mr. and Mrs. J. R. Campbell, near Klinesgrove died yesterday shortly after noon aged 14 months. The funeral will be held Friday at 2 p. m. Interment at Klinesgrove.

Holders of Borough Water Bonds.  
The holders of Borough Water Bonds Nos. 102, 214, 235, 246, 292, and 328 will please call at the Danville National Bank or at the office of the Borough Treasurer.

## NIAGARA FALLS EXCURSIONS.

Low-Rate Vacation Trips via Pennsylvania Railroad.

The Pennsylvania Railroad Company has selected the following dates for its popular ten-day excursions to Niagara Falls from Washington and Baltimore: July 24, August 7 and 21 September 4 and 18, and October 2 and 16. On these dates the special train will leave Washington at 8:30 a. m., Baltimore 9:35 a. m., York 10:45 a. m., Harrisburg 11:40 a. m., Millersburg 12:30 p. m., Sunbury 12:55 p. m., Williamsport 2:30 p. m., Lock Haven 3:05 p. m., Renovo 3:55 p. m., Emporium Junction 5:05 p. m., arriving at Niagara Falls at 9:45 p. m.

Excursion tickets, good for return passage on any regular train, exclusive of limited express trains, within ten days, will be sold at \$10.00 from Washington and Baltimore \$9.25 from York; \$10.00 from Littlestown; \$10.00 from Oxford, Pa.; 9.25 from Columbia; \$8.50 from Harrisburg; \$10.00 from Winchester, Pa.; \$7.80 from Altoona; \$7.40 from Tyrone; \$6.45 from Bellefonte; \$5.10 from Ridgway; \$6.90 from Sunbury and Wilkesbarre; \$5.75 from Williamsport; and at proportionate rates from principal points. A stop-over will be allowed at Buffalo within limit of ticket returning.

The special trains of Pullman parlor cars and day coaches will be run with each excursion running through to Niagara Falls. An extra charge will be made for parlor-car seats.

An experienced tourist agent and chaperon will accompany each excursion.

For descriptive pamphlet, time of connecting trains, and further information apply to nearest ticket agent, or address Geo. W. Boyd, General Passenger Agent, Broad Street Station, Philadelphia.

## SPECIAL SUNDAY EXCURSIONS TO THE SEASHORE.

Via Pennsylvania Railroad.

The Pennsylvania Railroad Company has arranged for four low-rate Sunday excursions for the present season from Lock Haven, Lewisburg, Williamsport, Moccasin, Sunbury, Dauphin, and principal intermediate stations to Atlantic City, Cape May, Ocean City, Sea Isle City, Avalon, Anglesea, Wildwood, or Holly Beach, on Sundays, July 12 and 26, August 9 and 23, 1903.

Excursion tickets, good going and returning on regular trains within five days, will be sold at very low rates. Tickets to Atlantic City will be sold via the Delaware River Bridge Route, the only all rail line, or via Market Street Wharf, Philadelphia. Stop-over can be had at Philadelphia, either going or returning, within limit of ticket.

For information in regard to specific rates and time of trains consult hand bills, or apply to agents, or E. S. Harter, Division Ticket Agent, Williamsport, Pa.

## TOUR TO THE PACIFIC COAST.

Via Pennsylvania Railroad, Account G. A. R. National Encampment.

On account of the National Encampment of the Grand Army of the Republic at San Francisco, Cal., August 14 to 23, the Pennsylvania Railroad Company offers a personally conducted tour to the Pacific Coast at remarkably low rates.

Tour will leave New York, Philadelphia, Baltimore, Washington, and other points on the Pennsylvania Railroad east of Pittsburgh, Thursday, August 6, by special train of the highest grade Pullman equipment. An entire day will be spent at the Grand Canyon of Arizona, two days at Los Angeles, and visits of a half day or more at Pasadena, Santa Barbara, Del Monte, and San Jose. Three days will be spent in San Francisco during the Encampment. A day will be spent in Portland on the return trip, and a complete tour of the Yellow Stone Park, covering six days, returning directly to destination via Billings and Chicago, and arriving at Washington, Baltimore, Philadelphia, and New York September 1.

Round trip rate, covering all expenses for twenty-seven days, except three days spent in San Francisco, \$215; two in one berth, \$200 each. Round trip rate, covering all expenses to Los Angeles, including transportation, meals in dining car, and visits to Grand Canyon and Pasadena, and transportation only through California and returning to the east by October 15, via direct route, including authorized stop-overs, \$115; two in one berth, \$105 each. Returning via Portland \$11 additional will be charged.

Rates from Pittsburgh will be five dollars less in each case.

For full information apply to Ticket Agents, or Geo. W. Boyd, General Passenger Agent, Broad Street Station, Philadelphia.

REDUCED RATES TO BALTIMORE.

Via Pennsylvania Railroad, Account Meeting of the Benevolent and Protective Order of Elks.

For the benefit of those desiring to attend the meeting of the Benevolent and Protective Order of Elks, at Baltimore, Md., July 21 to 23, the Pennsylvania Railroad Company will sell round trip tickets to Baltimore from all stations on its lines, except Woodbury, Harrisburg, and intermediate stations, Columbia, Frederick, Harrisburg, and intermediate stations and stations on the Philadelphia, Baltimore and Washington Railroad exclusive of stations south of Townsend, Del., from which tickets will be sold on July 19 and 20, good for return passage until July 31, inclusive, at rate of single fare for the round trip plus one dollar.

## A WEAK HEART.

Will Climbing or Stair Mounting Will Strengthen the Organ.

It is not many years ago that the belief prevailed that a sufferer from heart disease was in constant peril whenever he moved and that the nearer he approached absolute rest the better it was for his heart. This is still true in respect to certain forms of heart disease—those due to actual disease or degeneration of the heart muscles—but when the disease is in the valves, as it is in the majority of cases, the modern teaching is that properly regulated exercise is beneficial. This is founded upon the common sense view that the heart is like other muscles in that it can be strengthened by exercise to meet increased calls upon it.

When the valves of a pump get out of order, it requires greater force to move a given quantity of water. If this force can be applied, it will make up for the defect in the valves. The same principle holds good in the case of the diseased heart; the valvular defect must be made good. "Compensation" is the medical term for this process—by increased strength in the heart muscle.

The heart must be able not only to meet the ordinary, everyday extra strain—it does automatically, as it were, by the unaided efforts of nature—but it must be stronger than necessary, just as it is in health, to meet some extra strain caused by illness, a sudden nervous shock or some absolutely necessary exertion. It is evident, therefore, that a diseased heart must be strengthened beyond the requirements of a quiet life.

This is accomplished in various ways, but none is better for the purpose of hill climbing or stair climbing, the former for pleasant days, the latter for bad weather. The exercise should, of course, be taken under the direction of a physician, for it can easily be overdone, in which case one of the bad conditions against which it is the object of the exercise to provide will be artificially produced and the heart will be overtaxed before it is strong enough to withstand the extra strain.—Youth's Companion.

## Women Careless With Watches.