

LOCAL TIME TABLES.

Table with columns for EAST, WEST, PHILA. & READING R. R., and SUNDAYS. It lists train departure and arrival times for various routes.

SUSQUEHANNA LEAGUE OUTLOOK

In base ball circles the question that has been uppermost so far as this section is concerned, is whether or not the Susquehanna league will again occupy the boards next season.

Up at Nanticoke, the athletic association is now preparing to hold a week's fair to get the team placed upon a sound financial footing and to be able to start out next season in shape that will cause no financial worries for some time at least.

This word from Nanticoke settles all doubt as to whether Nanticoke will be represented by a team next year and assures, without doubt, at least four teams with which to start the season.

Nescopeck, it can be accepted as a fact, will not be in the game next year. Nescopeck was a good base ball town as long as Berwick had no team to draw the local patronage.

There is considerable talk of Plymouth joining the league circuit next year and a rumor that Ambrose West, one of that town's wealthy men, will back the proposition.

Get the Genuine Alloys. A substitute is a dangerous makeshift especially in medicine.

C. P. L. & R. ELECTION The annual election by the stockholders of the Columbia Power, Light & Railways company was held at the office of the company in Bloomsburg.

Thornton Gets Verdict The United States court at Philadelphia yesterday upheld the cause of Oscar Thornton in the case which Oscar Thornton brought against the American Car and Foundry company at Berwick for the loss of an eye in that company's plant there.

Will Deliver Memorial Address. The annual Memorial service of the Bloomsburg Lodge of Elks will be held in their rooms Sunday evening when W. Kaso West, Esq., of this city will deliver the address of the evening.

100,000,000 MARK PASSED BY U. S.

WASHINGTON, Nov. 27. The United States has passed the one hundred million mark in population. Including the Philippine islands and Porto Rico, and not including Guam and part of the islands of the Samoan group, the American flag floats over a population of 103,992,757.

Eighteen states and territories show a total gain in the last ten years of 51,514,25, or 21.8 per cent. According to the census experts, the percentage for the country as a whole will be slightly greater.

On the basis of this percentage, the United States has gained 19,100,701 in population in the last decade. Excluding the Philippines and Porto Rico, the gain of the nation in ten years was 17,198,261.

The percentage of gain for the country as a whole was greater in the last ten years than in the preceding decade. The greatest percentage of gain made by the United States was 35.9, this being in the decade from 1840 to 1850.

Of the states and territories whose population has been compiled and announced officially, all except Iowa show an increase over the census of 1900. Iowa shows a loss of 7982. The greatest gain was made by New York, 1,844,388, while the greatest percentage of gain, 67.7, was made by New Mexico.

Forty-seven American cities have a population exceeding 100,000. This list includes Albany, Buffalo, Rochester and Syracuse. The highest percentage of increase among the cities was 53.97, this showing being made by Oklahoma City.

The population of the State of Oklahoma is 1,657,155, according to statistics of the thirteenth census made public today by Director Durand. This is an increase of 242,978, or 17.2 per cent., over 1,414,177 in 1907.

Population statistics of the thirteenth census were made public last night for the following cities: Portland, Ore., 207,214, an increase of 161,788 or 129.2 per cent. over 90,426 in 1900.

Seattle, Wash., 237,941, an increase of 156,523, or 194 per cent. over 80,617 in 1900. In both Portland and Seattle similar causes were found by the census bureau for the padding which led to the recount. In many instances residences were given and later found to be vacant lots, while hundreds of transients were enumerated.

Celebrated Birthday. Jasper E. Stetler was tendered an oyster supper on the occasion of his birthday, Saturday evening, at the home of his parents, Mr. and Mrs. Arthur Stetler, Valley township.

A Simple Safeguard For Mothers. Mrs. D. Gilkeson, 326 Ingles Ave., Youngstown, Ohio, gained wisdom by experience. "My little girl had a severe cold and coughed almost continuously. My sister recommended Foley's Honey and Tar. The first dose I gave her relieved the inflammation in her throat and after using only one bottle her throat and lungs were entirely free from inflammation."

Worse than an alarm of fire at night is the metallic cough of croup, bringing dread to the household. Careful mothers keep [Foley's] Honey and Tar in the house and give it at the first sign of danger. It contains no opiates. For sale by Paules & Co., Pharmacy.

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MANY OFFICES TO BE FILLED

The June primaries and the election to follow in November next year will be very important. The constitutional amendment abolishes the spring election and provides for a readjustment of the terms of office to carry out the scheme on only one election a year.

Consequently along with county officers we will vote for township, borough, ward and other officers at the June Primaries and at the election to follow next November.

The following county officers will be voted for: Three county commissioners, two associate judges, a prothonotary and county treasurer.

With the exception of the associate judges, whose term is increased to six years, the above will all be elected for four years. The incumbents of the offices of sheriff and register and recorder are serving four year terms.

The office of representative in the general assembly is not affected by the readjustment under the amendments and remains at two years.

Under the amendments, after the present year, all terms of city, ward, borough, township and election division officers will begin on the first Monday of December in an odd-numbered year.

County officers will continue to hold office until the first Monday in January.

You Must Read This If You Want the Benefit.

J. W. Greer, Greenwood, La., suffered with a severe case of lumbago. "The pains were so intense I was forced to hypodermic injections for relief. These attacks started with a pain in the small of my back which gradually became fairly paralyzing. My attention was attracted to Foley's Kidney Remedy and I am glad to say after using this wonderful medicine I am no longer bothered in any way by my old enemy lumbago." For sale by Paules & Co., Pharmacy.

EXCELSIOR HOTEL

The personal property at the Excelsior hotel, Washingtonville, was sold at public sale Saturday.

McClellan Diehl was auctioneer. During the forenoon there was not a very large crowd present and a few articles were sold below their value. During the afternoon there was a large attendance, and bidding was brisk.

On the whole things brought nearly or quite their full value. This sale marks the retirement of Fanny Heddens, who was in charge of the stand for over fifty years. Over eighty years of age, she is at present at the home of her son, William M. Heddens, this city, suffering from the effects of a fall, in which she sustained the fracture of her collar bone.

Three different buildings occupied the site of the Excelsior hotel while Mrs. Heddens was in charge. Along with her husband she began business in a frame structure. Mr. Heddens was a tailor and he then followed that business in conjunction with hotel keeping.

The frame building eventually gave way to a more commodious brick structure, which burned down some twenty years ago. The present building was erected on the site. Mrs. Heddens' hotel was famous for many miles around, but her days of hotel-keeping are over.

The Excelsior hotel enters upon a new career with Squire Isaac Acor, formerly of Exchange, in charge.

Take Care!

Remember that when your kidneys are affected, your life is in danger. My mother, Rochester, N. Y., says: "My trouble started with a sharp shooting pain over my back which grew worse daily. I felt sluggish and tired, my kidneys action was irregular and in frequent. I started using Foley's Kidney Pills. Each dose seemed to put new life and strength into me, and now I am completely cured and feel better and stronger than for years." For sale by Paules & Co., Pharmacy.

GOLD-HEADED CANE

Alexander Ashton, Sr., an old employee at Howe & Samuel's paddle mill, who has retired after many years faithful service, on Saturday afternoon was presented with a handsome gold-headed cane by his fellow workmen.

At his next birthday in January Mr. Ashton will be seventy-four years of age. For twenty years past he has been employed by Howe & Samuel and operated the ore crusher. Through diligence and prudent economy he has amassed a competency, which enables him to spend his declining years without hard work. He therefore decided to resign his position and take life easy.

Mr. Ashton was very popular about the mill, and when his fellow employees heard that he intended to retire they decided to present him with a gold-headed cane as a token of their esteem. The fine testimonial came as a great surprise to Mr. Ashton. The cane was purchased through James Dailey, the jeweler. It was taken to the mill Saturday afternoon, and when the day's work was done the cane was brought forward. The presentation speech was made by James Connelley, who after congratulating Mr. Ashton on his ability to retire, assured him that he had the lasting esteem of his fellow workmen, who would miss his good natured greeting and pleasant companionship while at the mill.

Mr. Ashton was visibly affected, but replied in a manner which left no doubt as to the sincerity of his thanks and appreciation of the gift.

UNION THANKS-GIVING SERVICE

Thanksgiving was observed in Danville in the usual manner, showing that our citizens are not without a spirit of gratitude for the manifold favors that belong to these years of prosperity.

The union Thanksgiving service as well as the service at the Mahoning Presbyterian church was carried out according to the program printed in these columns.

At the Union Service held at Pine Street Lutheran church, a large congregation was present. The sermon by the Rev. J. L. Yonce, pastor of Trinity Lutheran church, was an able and appropriate effort, emphasizing the many blessings that American people have to be thankful for, notwithstanding that occasionally things seem to go wrong.

The music was an inspiring feature furnished by the choir of Pine Street Lutheran church augmented by members of the choirs of several other churches. Eight ministers in all were present: Rev. J. H. Musselman, of Pine Street Lutheran church; Rev. J. L. Yonce, Trinity Lutheran church; Rev. George S. Womer, St. Paul's Methodist Episcopal church; Rev. J. E. Guy, Shiloh Reformed church; Rev. Charles Cameron Snavely, Trinity Methodist Episcopal church; Rev. William Kerr McKinney, Grove Presbyterian church; Rev. C. D. Moore, United Evangelical church, and Rabbi J. W. Jesselson of B'nai Zion Temple.

The Thanksgiving offering was unusually large, amounting to \$36.30, which yesterday was turned over to Mrs. L. A. Persing, treasurer of the Woman's Benevolent Association.

At the Mahoning Presbyterian church the sermon was preached by the pastor, the Rev. James Wollaston Kirk, and was an able and thoughtful effort appropriate to Thanksgiving. The offering will be donated to the Woman's Benevolent Association.

The weather was superb. There was plenty of sunlight and the air was just cool enough to be bracing and to make overcoats comfortable.

Foley Kidney Pills are tonic in action, quick in results, and restore the natural action of the kidneys and bladder. They correct irregularities. For sale by Paules & Co.

SHIPPING WHEAT

The bumper crops of last summer have had the effect of depressing prices considerably. Wheat, especially, is way down, and it seems to be a gamble whether it rises or falls still lower.

At South Danville, which has become quite a shipping center, 90 cents was paid for wheat during last week, which is also the price paid by Haney-Frazier, the millers. Clarence Cleaver shipped two carloads of wheat last week. At neighboring points, it is said, wheat is sold as low as 85 cents per bushel.

Last year the wheat crop hereabout was good, in addition to which it is no secret that many farmers have the crop of the previous year still on hand. Views of experts as to the world's visible supply of wheat seem to differ somewhat, but the low price prevailing makes one thing certain, and that is that the world's granaries are pretty well filled.

The oats crop last summer was one of the heaviest in many years and was double what is commonly produced. Oats can now be bought at 25 cents delivered on the ear as against 60 cents, the price prevailing last year. There is little demand for oats.

Corn owing to the heavy crop is also so down. On Saturday it was quoted at 54 cents on the ear. For January shipment it was quoted at 51 cents.

A Turkey Dinner.

A turkey dinner was served at the home of Mr. and Mrs. H. R. Shultz, Derry township, on Friday at which the following were present: Mr. and Mrs. E. E. Shultz and sons Horace and Marion, of Sunbury; Mr. and Mrs. Nelson Hester, Mr. and Mrs. L. I. Diddings and children Vance and Ione, Mr. C. M. Hester and Miss Hattie Hester, of Watsonstown; Reuben Lobach, Mr. and Mrs. B. P. Spotts, Mr. and Mrs. W. B. Shultz and children Allen and Ruby, Mrs. William Rhone and daughter Alice, Miss Mollie Mower, Mr. W. C. Shultz, Mr. and Mrs. H. R. Shultz and children Blanche, Edna, Joseph, Sarah, Alice, Henry and Homer and Florence Zeiloff of Derry township.

Organist at Bloomsburg.

Mrs. Harry B. Stees, of Bloomsburg, who was formerly Miss Anna Johnson of this city, has been selected organist at St. Paul's Episcopal church, Bloomsburg, to succeed DeForrest Hummer.

Birthday Party.

A very pleasant surprise party was held at the home of Charles E. Nuss, Riverside, in honor of their son John's eleventh birthday. He was the recipient of a number of presents.

The following were the guests present: Jennie Gross, Blanche Aude, Grace Miller, Florence Riffe, Florence Reed, Bertha Brady, Gertrude Nuss, Earl Bloom, Ralph Bent, Orville Riffe, John Nuss, George Gulick, Albert Kimbel, Robert Jackson, David Nuss, Ray Gross, Nelson Nuss, Mrs. Edwin Gross, Mrs. Chas. Nuss, Mrs. E. W. Young and Charles Nuss.

ADOPTED AT 44--

By a decree of court, Miss Elizabeth Hill, aged 44, became the adopted daughter of Thomas O'Connor, aged 65, of Franklin. Miss Hill was left an orphan at the age of 4 and had lived with the O'Connors since. Mrs. O'Connor died a short time ago and there was no one to inherit Mr. O'Connor's property.

Pottstown high school students

propose producing a play during the coming winter.

THE BENEVOLENT ASSOCIATION

A sympathetic public including the pupils of the schools have generously remembered the poor this year. The Thanksgiving offering, upwards of seventy dollars, is considerably in excess of sums commonly contributed in connection with Thanksgiving service. In the hands of the Woman's Benevolent Association it will no doubt be instrumental in relieving want, of alleviating pain and making many a home brighter.

Although the times are not hard yet many demands are made upon the Woman's Benevolent association. We have always with us among the poor the aged, and the sick, and it is to this class that the association mostly ministers. It is a field that affords ample scope for its activities and uses up about all the money raised for charity.

During a few years past it has become customary to draw upon the Woman's Benevolent association for shoes for children of indigent parents, who are obliged to attend school by law. One of the officers of the Benevolent association yesterday voiced a strong protest against this practice.

In the past, it appears, the overseers of the poor have not seen their way clear to purchase shoes for indigent children, even when it might result in keeping them in school. The law relating to attendance knows no exceptions, and it is up to the community to see to it that all children of school age attend the required number of days. In most cases, therefore, when all other sources failed the Woman's Benevolent association has generously come to the attendance officer's aid and helped him out of his dilemma by purchasing the shoes needed.

The officer quoted was emphatic that the Association will either have to be relieved of the drain upon it for shoes or it will become necessary for it to curtail relief in its own special field. It was intimated that a different policy may be pursued in the future and that, if shoes are needed to the end that indigent children may attend school and comply with the law, then the authorities may have to look to some other source of relief than the Woman's Benevolent Association.

APPOINTMENTS

Colonel Wm. R. Folmer, recently chosen to command the Twelfth regiment, N. G. P., has announced the following appointments and re-appointments:

STAFF APPOINTMENTS. First Lieutenant and Battalion Adjutant George E. Deppen to be Captain and Inspector of Small Arms Practice 12th Infantry, with rank from November 23rd, 1910.

First Lieutenant and Battalion Adjutant Walker W. Duffield to be First Lieutenant and Battalion Adjutant 12th Infantry, with rank from May 6th, 1905.

NON-COMMISSIONED STAFF. Regimental Sergeant Major Robert M. Auten.

Regimental Commissary Sergeant Silas H. Schoch.

Regimental Color Sergeants Edward U. Davis and Elmer E. Slopey.

Battalion Sergeant Majors G. Henry Sanders and Bruce McCracken.

Masquerade Party.

A masquerade party was held at the home of Mr. and Mrs. Lloyd Cashner, R. F. D. No. 4, on Saturday evening. Among those present were: Mr. and Mrs. George Ricketts, Mr. and Mrs. G. Hemery, Mr. and Mrs. C. Hemery, Mr. and Mrs. Paul, Mr. and Mrs. Brobst, Mr. and Mrs. Clark Kern, son Carl and daughter Mira, Mr. and Mrs. Charles Pusey, Mr. and Mrs. Lewis Kessler, Mr. and Mrs. W. Welliver, sons Carmen and Moody, Mesdames Peter Mottern, Walter Snyder, Joseph Shutt, William Miller, John Foust, Fred Carodiskey, Misses Jessie Hemery, Florence Blecher, Hattie Gearhart, Bertha Kessler, and Mary Blecher, of Danville. Supper was served.

CREAMERY FACTORY

If the plans of the farmers in the vicinity of Stonington and Snyder, town, do not go amiss, that section will shortly be boasting of a first class creamery factory.

For the past week or more, William Boyd, an expert butter maker of Grand Rapids, Mich., and J. R. Deibler, a well-to-do Snydertown man, have been promoting of the scheme. Thus far they have met with much success, no less than \$2,000 having been raised within a few days. However, that much more will be required before the project can be a success.

A meeting of the men directly interested, will be held soon, when directors will be elected and further plans for the erection of a structure will be talked over. While no definite place for the erection of the creamery, has as yet been decided upon, the promoters have a site in view, the spot being at about an equal distance between Stonington and Snydertown.

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AGAIN ASSUMES RANK OF MAJOR

HARRISBURG, Nov. 27. Charles P. Gearhart, of Danville, was yesterday appointed by Adjutant General Stewart as judge advocate with the rank of major and assigned to the Third brigade headquarters.

Major Gearhart was formerly major in the Twelfth regiment, of the National Guard and prior to that was captain commanding Company F, 12th regiment, of Danville.

A number of other appointments made by Adjutant General Stewart in the Third brigade are as follows: G. Rutherford, Company K, Thirtieth regiment, appointed inspector with the rank of major and assigned to Third Brigade headquarters.

Waiter C. Sterling, captain and commissary, Ninth Regiment appointed quartermaster with the rank of major and assigned to Third Brigade headquarters.

Clarence E. Foresman, captain and commissary, Twelfth Regiment, appointed commissary with the rank of major and assigned to Third Brigade headquarters.

First Lieutenant Martin W. Clement, battalion adjutant Twelfth Regiment, appointed quartermaster with the rank of captain and assigned to Third Brigade headquarters as aide de camp.

S. W. Rhoads, of Company F, Ninth Regiment, appointed captain in the subsistence department, and assigned to Third Brigade headquarters as aide de camp.

Major David J. Davis, judge advocate, relieved from duty at Third Brigade headquarters and assigned to division headquarters as aide de camp.

Jordan Scott, major and commissary, and William P. Clark, major and inspector, at Third Brigade headquarters, relieved from duty and await orders.

DO IT NOW

Danville People Should Not Wait Until It Is Too Late.

The appalling death-rate from kidney disease is due in most cases to the fact that the little kidney troubles are usually neglected until they become serious. The slight symptoms give place to chronic disorders and the sufferer goes gradually into the grasp of diabetes, dropsy, Bright's disease, gravel or some other serious form of kidney complaint.

If you suffer from backache, headaches, dizzy spells; if the kidney secretions are irregular of passage and unnatural in appearance, do not delay. Help the kidneys at once.

Doan's Kidney Pills are especially for kidney disorders—they cure where others fail. Over one hundred thousand people have recommended them. Here's a case at home:

A. W. Blecher, 311 Front Street, Danville, Pa., says: "When I caught cold it generally settled in my kidneys and disordered these organs. I tried several kidney remedies but Doan's Kidney Pills, procured from Hunt's Drug Store, gave me the greatest benefit. I know them to be an effective kidney tonic and far superior to the other kidney medicines on the market."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States. Remember the name—Doan's—and take no other.

14 FOOTBALL DEATHS

Football fatalities for the year 1910 aggregate fourteen. The number of deaths from the game last year was twenty-nine. Six players hurt in contests last year died from the injuries thus received this year.

Of the fourteen players fatally hurt this season only three were players on college teams. For the most part the eleven others were school boys in their teens, members of preparatory, high and grammar schools.

PERSONALS

Mrs. Philip E. Maus and Mrs. W. W. Welliver are spending this week as guests at the home of Dr. and Mrs. J. Montgomery Baldy in Philadelphia.

Mrs. A. A. Seibert, of Pottsville, is a guest at the home of Mrs. C. F. Frick, West Market street.

Miss Mary Paules is visiting relatives in Wilkes-Barre this week.

Mrs. I. H. Jennings and children Edward, Henrietta and Alice, West Market street, are visiting relatives in Philadelphia.

Miss Millie Keefe, of Sunbury, is spending a few days with her sister, Mrs. Walter Arms, Ferry street.

Mr. and Mrs. P. A. Eady returned to Harrisburg yesterday after a visit with relatives in this city.

Mrs. C. H. Keefe returned to DuBois last evening after a visit with Mrs. E. G. Rank, Front street.

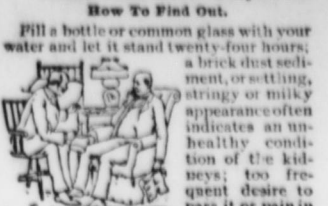
F. W. Howe, East Market street, will leave today for Birmingham, Alabama, where he will spend the winter with his son Charles.

Miss Mary Pitner of the south side, left yesterday for Washington, D. C., to spend several months with her sister, Miss Martha Pitner.

Miss Florence Peifer, of this city, is visiting relatives in Wilkes-Barre.

Mrs. Wilson Richard, of Catawissa, is spending a few days with her parents, Mr. and Mrs. Robert Farley, Cherry street.

Thousands Have Kidney Trouble and Never Suspect It.



How To Find Out. Pill a bottle or common glass with your water and let it stand twenty-four hours; a brick dust sediment, or settling, stringy or milky appearance often indicates an unhealthy condition of the kidneys; too frequent desire to pass it or pain in the back are also symptoms that tell you the kidneys and bladder are out of order and need attention.

There is comfort in the knowledge so often expressed, that Dr. Kilmer's Swamp-Root, the great kidney remedy, fulfills almost every wish in correcting rheumatism, pain in the back, kidneys, liver, bladder and every part of the urinary passage. Corrects inability to hold water and scalding pain in passing it, or bad effects following use of liquor, wine or beer, and overcomes that unpleasant necessity of being compelled to go often through the day, and to get up many times during the night. The mild and immediate effect of Swamp-Root is soon realized. It stands the highest because of its remarkable health restoring properties. If you need a medicine you should have the best. Sold by druggists in fifty-cent and one-dollar sizes.

You may have a sample bottle sent free by mail. Address Dr. Kilmer & Co., Binghamton, N. Y. Mention this paper and, remember the name, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

"I DON'T KNOW," SAYS DR. COOK

NEW YORK, Nov. 30.

Dr. Frederick A. Cook, the Brooklyn explorer, in an article which will be published in "Hampton's Magazine" confesses that he does not know whether he reached the North Pole or not. Dr. Cook, who has been in hiding for over a year, has informed the editors of the magazine publishing his story that he will return to the United States with his wife and children December 23 in order to spend Christmas here.

Dr. Cook in his story deals with the psychology of his adventure and says: "Did I get to the North Pole? Perhaps I made a mistake in thinking that I did. Perhaps I did not make a mistake. After mature thought I confess that I do not know absolutely whether I reached the pole or not. This may come as an amazing statement, but I am willing to startle the world if by so doing, I can get an opportunity to present my case. By my case I mean not my case as a geographical discoverer, but my case as a man. Much as the attainment of the North Pole once meant to me, the sympathy and confidence of my fellow men mean more.

Dr. Cook tells the story of his life and pictures what he calls the overpowering ambition for exploration that beset him until it finally culminated in his effort to reach the pole. Dr. Cook declares that at the time he convinced himself that he had discovered the pole he was half mad. He spent two years in his quest and during that time endured hunger and privation that, he says, would unbalance any mind. The explorer states that it would be impossible for any man to demonstrate beyond question that he had been to the North Pole. He characterizes the region as a region of insanity, where one cannot believe the evidences gathered by one's own eye. He says that he had always looked upon the discovery of the pole as an achievement for his own personal satisfaction, for the satisfaction of a craving and desire that was greater than any other factor in his life. When he found how tremendous a sensation his statement that he had attained the pole created, he was overcome with bewilderment.

Dr. Cook and his wife are now in Europe and the children are in a convent in France. Most of the time during his exile Dr. Cook has been in London. He says that he has gone about among Americans there with the utmost freedom and at times has registered under his own name and that only a few have guessed his identity.

"I have been called the greatest liar in the world, the most monumental impostor in history," says Dr. Cook. "I believe that in every undesirable way I stand unique, the object of such suspicion and vituperation as have assailed few men."

Catarrh Cannot Be Cured, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials free.

F. J. CHENEY & CO., Props. Toledo, O. Sold by Druggists, price 75c. Take Hall's Family Pills for constipation.

Acting as Physical Director. The board of directors of the Y. M. C. A. have chosen Luddy Russell to act as physical director and conduct the classes at the association along the lines of the regular schedule adopted at the beginning of the gym season.