

# FREELAND TRIBUNE.

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FREELAND, PA., OCTOBER 18, 1901.



## HUMOR OF THE HOUR

### Fowl Play.

Many amusing stories are told of our colored fellow citizens of the south by the raconteurs of that section.

A venerable darky was hailed before a justice of the peace and charged with gratifying his appetite for feathered denizens of a barnyard in which he had no ownership. There were no witnesses to the act, but the birds were missing, and feathers had been found around Uncle George's cabin. He was sharply interrogated by the magistrate in the hope that he would get entangled in the questioning and the truth come out. Finally he was asked:

"So you say, Uncle George, that you have not stolen any chickens?"  
"Yes, sah. I done stole no chickens."  
"Have you stolen any geese?"  
"No, sah."  
"No turkeys?"  
"No, sah."

After a brief pause the suspected culprit was discharged with a sharp admonition. As he passed out he stopped before the justice, hat in hand, his ivory tusks disclosed by a broad grin, and said:

"'Fo' de Lawd, squire, if you'd said 'ducks,' you'd 'a' had me!"—Lippincott's.

### The Highest Court.

The Denver Times says that when Tom Bagnell was justice of the peace at Altman, the highest incorporated town in the country, standing 12,000 feet above the sea level, he had occasion to fine a disorderly character \$10 and costs. The victim of the operation of justice objected to the finding of the court and announced that he would take an appeal.

"What? Appeal, would you?" asked the astonished court. "You can't come any of that now. This is the highest court in the United States, and you can't appeal."

### She Was an Observer.

"Did George write to you every day while he was traveling around?"  
"Yes, every day."  
"What regularity?"  
"Yes, but I discovered that every one of the letters was written here in his office before he started, and all he had to do was to drop one in the postoffice wherever he chanced to be."  
"And how did you find that out?"  
"The 'e' in his office typewriter is broken."—Cleveland Plain Dealer.

### Fan-American Exposition.

Low fares via the Lehigh Valley Railroad to the Pan-American Exposition. Five-day tickets, good only in day coaches, will be sold on Tuesdays and Saturdays, May 1 to October 31, from Freeland at the rate of \$7 for the round trip.

Ten-day tickets will be sold from Freeland every day, May 1 to October 31, good on any train, except the Black Diamond express, at the rate of \$10 for the round trip.

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Charged by John Barnett, superintendent of Hazle Brook store, with threatening his life, Bernard Young, of that town, has been committed to the county jail to await trial.

Through an accident in Upper Lehigh mines, William Bredbenner received an injury to his hand which made necessary the amputation of one finger.

Thomas Boland walked from Chicago to Plymouth to see an old friend. He doesn't travel on railroad trains because he is afraid of being killed.

Watches and jewelry repaired—Kelpner

## PLEASURE.

October 28.—Ball of Local Union No. 1499, U. M. W. of A., at Krell's opera house. Admission, 25 cents.

## WORK OF THE LUNGS.

THE NECESSITY FOR PURE AIR AND PROPER BREATHING.

Respiratory Gymnastics Tend to Strengthen the Resisting Force of Nature to Disease—The Lesson of the Black Hole of Calcutta.

To my mind the part of the physical man upon which depends all the possibilities of mental resource is that part which has relation to respiration and which for its perfect work depends upon the quality of the air we breathe, the quantity respired and the method thereof. The apparatus for respiration consists of the lungs, which are double, the one on the right side having three lobes, the other on the left only two. We must always bear in mind that nature is generous in her provisions, and she has given us so much of lung tissue that a large part can be quickly exhausted and become inactive, yet life endure for its legitimate three score years and ten and its duties and activities continue unimpeded by any conscious lack. Under the microscope the lung tissue shows an infinite number of tiny cells or ultimate lobules. Some have estimated these at five or six hundred million, and, wonderful to relate, only with the first breath that the infant draws are both lungs ever filled with absolutely new air. All through life there is necessarily what we call a residual air, which may be of a greater or less amount, according to the breathing habit of the individual. It is said that the extent of surface through which the air breathed passes is approximately about 1,300 square feet, and the excretion from the lungs daily is over two pounds of poisonous matter.

In fact, it is certain that at least one-third of the waste and poisonous matter caused by the activities of the organism, its growth, repair, decay, is excreted through the lungs. Unfortunately, a great majority of mankind breathe very superficially, using only part of this large area of lung tissue. Even if persons are out of doors, unless by wise activity, the deep cells of the lungs are not aerated for the simple reason that very few men or women know how to free the lungs properly. Dettweiler states that "deep breathing not only ventilates the lungs and aids the circulation, but in many cases is able to strengthen the muscles of the thorax, especially those about the upper part of the chest." And I believe that we have a right to expect from respiratory gymnastics a real strengthening of the resisting force of nature to disease. Even if the lungs have begun to break down, honest effort in this direction will supplement medication.

One of the methods of correct breathing is to put the hands lightly on the hips, fingers backward; throw the shoulders well back, hold the chest up, chin in, and then inhale slowly through the nose as long as possible. When the lungs are filled, retain the air until some discomfort is experienced, then, forming the lips in the shape of a letter O, exhale as slowly and evenly as is consistent with comfort, making a slight blowing sound. Such an exercise for five minutes, clad only in one garment or, better, with no garment at all, night and morning, in a well ventilated room, will do very much in man, woman or child to develop the lung capacity, improve the carriage of the body and enrich the quality of the blood, which depends upon the activity of the lungs for its purification.

It is no wonder that so much care has been given by nature to the apparatus for the respiratory function, for we know perfectly well that man has lived as much as sixty days without food, he has been forced to exist for some time without water; but, alas, without air death must come in a brief space of time!

For instance, in 1756, 146 persons were confined over night in a small space not larger than 5,000 cubic feet, with only two little windows on one side. Within an hour all broke out in a profuse sweat. They were tortured with thirst and difficult breathing, and in three and a half hours the majority were delirious. Then when the morning came forty-three only lived to tell the tale. Another extreme case was at the battle of Austerlitz. Three hundred captured soldiers were confined in a small cellar, and within a few hours all but forty were dead. The reason is self evident. The air was insufficient for the demands of each individual, the poisonous exhalations from the body were thrown off through the lungs, and a most agonizing death ensued. It behooves us, then, most carefully to consider in arranging for the ventilation of homes, hotels, hospitals and jails not only that a proper quantity of pure air shall be allowed free circulation, but also to be watchful lest this pure air shall be vitiated by retained impurities.

A great many investigations have been made to ascertain the relation of air to disease, and perhaps the simple statement of the fact that among all industrial classes those are healthier and have the lowest death rate who are gardeners, farmers, agricultural laborers and fishermen—in other words, those whose occupations are carried on in the open air—will be a truth all can understand.

What a lesson, then, to all who may have families of children to rear! How important that every effort should be made to secure the largest amount of air space about the dwelling, plenty of room for the children to play out of doors, and by all means avoid having little ones sleep in an apartment which the winds of heaven do not visit.—Julia Holmes Smith, D. D., in P'ilgrim.

## S'SH SLEEP AT LAST

# LAXAKOLA DOES IT

**NO ONE BUT A MOTHER** can appreciate the benefit that sound refreshing sleep gives to an ailing, teething, feverish, colicky, fretful infant. Almost distracted by its constant crying, and worn out with weary, anxious care and watching, she tries everything possible to obtain even relief for the little sufferer. With what comfort and delight she sees her little one drop off into a deep peaceful health-giving slumber, after its little clogged bowels are cleared of their poisonous burden by a single dose of Laxakola, the great tonic laxative and mother's remedy.

Laxakola is a pure, gentle and painless liquid laxative, and contains valuable tonic properties which not only act upon the bowels, but tone up the entire system and purify the blood. A few drops can be given with safety to very young babies, which will often relieve colic by expelling the wind and gas that cause it. Great relief is experienced when administered to young children suffering from diarrhoea, accompanied with white or green evacuations, as it neutralizes the acidity of the bowels and carries out the cause of the fermentation. LAXAKOLA will aid digestion, relieve restlessness, assist nature, and induce sleep. For constipation, simple fevers, coated tongue, or any infantile troubles arising from a disordered condition of the stomach it is invaluable.

Laxakola, the great tonic laxative, is not only the most efficient of family remedies, but the most economical, because it combines two medicines, viz., laxative and tonic, and at one price. No other remedy gives so much for the money. At druggists, 25c and 50c; or send for free sample to THE LAXAKOLA CO., 122 Nassau Street, N. Y., or 329 Dearborn Street, Chicago.

## WOMAN'S WORLD

### A WOMAN COMMISSIONER.

Mrs. Weathered's Connection With Several Expositions.

Mrs. E. T. Weathered of Oregon, who is one of the two women commissioners on the general board of the Pan-American exposition, is already deeply interested in the preparations for the Lewis and Clark Centennial exposition, which is to be held in Portland, Or., in 1905 to celebrate the first government exploration of the Pacific coast by order of President Jefferson. She has also represented her own state in various commercial enterprises and has assisted in awakening a lively interest in the products of Oregon in the east. She has now been appointed commissioner from Oregon to the

the second prize, "how long she has been married and after she has replied express great astonishment and exclaim: 'Mon Dieu! You must have been a mere child at that time. How old were you then, at any rate?'" From her two answers the lady's age can be ascertained without arousing any suspicion on her part.

"Ask the lady," says the winner of the third prize, "how many years younger she is than her husband. This is an everyday question, and the chances are a thousand to one that she will answer it promptly and correctly. Then find out the husband's age, which can very easily be done, and by working out a little sum in arithmetic you can easily solve the problem."

**Women as Confectioners.**

A London confectioner's establishment which is run entirely by women has become so great a success that its kitchen has of necessity been partially converted into a school where women anxious to learn are taught the confectioner's art. At the neat marble slab women of apparently good education are busy with dainty concoctions. Some of these pupils are ambitious to become managers of similar establishments of their own, says the Philadelphia Inquirer. The concern in question is carried on in connection with a restaurant and tearoom, and since tearooms are often managed by women pupils from such establishments are coming in increasing numbers. In which only two pupils can be taken at a time, includes the making of cakes, sweets, tarts, bookkeeping and shop management. All the latest inventions of the confectioner's art are mastered by these women as readily as they appear, for they find it necessary in this as in every field of work to keep abreast of the times.

## Queen Victoria's Courage.

The following incident, taken from Lady Blomfield's "Court and Diplomatic Life," illustrates the courage of the late queen: Lady Blomfield was, as Hon. Miss Liddell, maid of honor to the queen when Francis shot at her and missed. Lady Blomfield, writing to her mother, said she had been surprised and somewhat annoyed that she had not been required for the afternoon drive as usual, and she had lost the afternoon waiting in expectation. Later in the day the queen had said to her: "I dare say, George, you were surprised at not going with me this afternoon, but the fact is I was shot at yesterday. The would be assassin escaped, and it was thought probable the attempt might be renewed today, so I decided not to have either of my ladies with me. Only one lady being in the carriage, the man would only have one to aim at. I would not risk any one else to the possibility."

## Turks and Coffee.

Coffee reached Constantinople about 1554 and was of universal use in Mohammedan countries before the close of the sixteenth century. So essential was it deemed to domestic happiness that a Turkish law recognized a man's refusal to supply his wife with coffee as sufficient ground for her claiming a divorce.

## Worse Still.

Nodd—I can't ask you to dinner, old man, because we have no cook.  
Todd—And I can't ask you because we have one.—Detroit Free Press.

You can find almost any kind of boy except the one whose sympathies lie in a fight between a cat and dog are with the cat.—Atchison Globe.

## CASTORIA.

The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher.*

Bears the Signature of *Chas. H. Fletcher.*

# Attention! Men!

PROFIT BY THE EXPERIENCE OF OTHERS

WEAR **FRED'S HATS**

Sold Only at **McMenamin's Store.**

## 5¢ WILL BUY A

# DATHENDER CIGAR

ASK THE MAN BEHIND THE CASE

W. K. GRESH & SONS MAKERS

## The Cure that Cures

Coughs, Colds, Grippe, Whooping Cough, Asthma, Bronchitis and Incipient Consumption, is

# OTTO'S CURE

The GERMAN REMEDY Cures throat and lung diseases. Sold by all druggists. 25¢, 50¢.



## PRINTING

Promptly Done at the Tribune Office.

WANTED.—Several persons of character and good reputation in each state (one in this county required) to represent and advertise old established wealthy business house of solid financial standing. Salary \$18.00 weekly with expenses additional, all payable in cash each Wednesday direct from head office. Horse and carriage furnished, when necessary. References. Enclose self-addressed stamped envelope. Manager, 416 Casson Building, Chicago.

### RAILROAD TIMETABLES

#### LEHIGH VALLEY RAILROAD.

June 2, 1901.

ARRANGEMENT OF PASSENGER TRAINS.

LEAVE FREELAND.

6 12 a m	for Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia and New York.
7 34 a m	for Sandy Run, White Haven, Wilkes-Barre, Pittston and Scranton.
8 15 a m	for Hazleton, Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia, New York, Delano and Pottsville.
9 30 a m	for Hazleton, Delano, Mahanoy City, Shenandoah and Mt. Carmel.
11 42 a m	for Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia, New York, Hazleton, Delano, Mahanoy City, Shenandoah and Mt. Carmel.
11 51 a m	for White Haven, Wilkes-Barre, Scranton and the West.
4 44 p m	for Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia, New York, Hazleton, Delano, Mahanoy City, Shenandoah, Mt. Carmel and Pottsville.
6 35 p m	for Sandy Run, White Haven, Wilkes-Barre, Scranton and all points West.
7 29 p m	for Hazleton.

ARRIVE AT FREELAND.

7 34 a m	from Pottsville, Delano and Hazleton.
9 12 a m	from New York, Philadelphia, Easton, Bethlehem, Allentown, Mauch Chunk, Weatherly, Hazleton, Delano, Mahanoy City, Shenandoah and Mt. Carmel.
9 30 a m	from Scranton, Wilkes-Barre and White Haven.
11 51 a m	from Pottsville, Mt. Carmel, Shenandoah, Mahanoy City, Delano and Hazleton.
12 45 p m	from New York, Philadelphia, Easton, Bethlehem, Allentown, Mauch Chunk and Weatherly.
4 44 p m	from Scranton, Wilkes-Barre and White Haven.
6 35 p m	from New York, Philadelphia, Easton, Bethlehem, Allentown, Mauch Chunk, Weatherly, Mt. Carmel, Shenandoah, Mahanoy City, Delano and Hazleton.
7 29 p m	from Scranton, Wilkes-Barre and White Haven.

For further information inquire of Ticket Agents.

HOLLIN H. WILBUR, General Superintendent, 38 Cortlandt Street, New York City.

CHAS. S. LEE, General Passenger Agent, 26 Cortlandt Street, New York City.

G. J. GILDRUP, Division Superintendent, Hazleton, Pa.

### THE DELAWARE, SUSQUEHANNA AND SCHUYLKILL RAILROAD.

Time table in effect March 10, 1901.

Trains leave Drifton for Jeddo, Eckley, Hazlebrook, Stockton, Beaver Meadow Road, Roan and Hazleton Junction at 6:00 a. m., daily except Sunday; and 7:07 a. m., 2:38 p. m., Sunday.

Trains leave Drifton for Harwood, Cranberry, Tomblaken and Deringer at 6:00 a. m., daily except Sunday; and 7:07 a. m., 2:38 p. m., Sunday.

Trains leave Drifton for Onedia Junction, Harwood Road, Humboldt Road, Onedia and Shepton at 6:30 a. m., daily except Sunday; and 7:07 a. m., 3:11 p. m., Sunday.

Trains leave Deringer for Tomblaken, Cranberry, Harwood, Hazleton Junction and Roan at 6:00 p. m., daily except Sunday; and 7:57 a. m., 5:07 p. m., Sunday.

Trains leave Shepton for Onedia, Humboldt Road, Harwood Road, Onedia Junction, Hazleton Junction and Roan at 7:11 a. m., 12:40, 5:56 p. m., daily except Sunday; and 8:11 a. m., 3:44 p. m., Sunday.

Trains leave Shepton for Beaver Meadow Road, Stockton, Hazle Brook, Eckley, Jeddo and Drifton at 6:32, 11:00 a. m., 4:41 p. m., daily except Sunday; and 8:11 a. m., 3:44 p. m., Sunday.

Trains leave Hazleton Junction for Beaver Meadow Road, Stockton, Hazle Brook, Eckley, Jeddo and Drifton at 6:32, 11:00 a. m., 4:41 p. m., daily except Sunday; and 8:11 a. m., 3:44 p. m., Sunday.

Trains leave Drifton at 6:00 a. m. makes connection at Deringer with P. R. R. trains for Wilkesbarre, Sunbury, Harrisburg and points west.

LUTHER C. SMITH, Superintendent.