

RIFLE PRACTICE

Big Rifle Match at Sea Girt, N. J., Beginning Sept. 4.

Competition Open to Both Regulars and National Guardsmen—First Prize of \$1,000 and Gold Medal—National Rifle Association Match Aug. 27—A Great Impetus to be Given Rifle Practice—A Million Marksmen.

Washington, D. C., July 6.—Additional evidence that the next annual rifle match under the auspices of the national board for the promotion of rifle practice and the matches of the National Rifle association, which will be held at Sea Girt, N. J., beginning Sept. 4, will be the greatest series of rifle matches this country has ever seen, is found in the fact that Gen. Robert Shaw Oliver, assistant secretary of war and president of the national board, has accepted in behalf of the board a contribution of \$2,010 to be added to the prize money for the national individual match. Congress annually appropriates \$450 for this purpose but this was not deemed sufficient and it was determined to raise some additional money by subscription. As a result the board is enabled to announce 29 cash prizes, beginning with \$1,000 in cash to the individual making the highest score. This is by far the largest sum of money ever given in this country in the cash prize to an individual marksman using the United States military rifle and the announcement will create a sensation in the army, navy, marine corps, cadets, midshipmen and the organized militia of the states and territories, as any member of these organizations is eligible to entrance in the national individual match, and there is no entrance fee. Accompanying the first prize will be a gold medal suitably engraved. Handsome as this prize is, the second prize is not far behind for it will be a gold medal and \$400 in cash, almost as much as the total appropriation by congress. The third prize will be a gold medal and \$200 in cash and the fourth prize will be a gold medal and \$150 in cash. The fifth will be \$100; the sixth, \$75; the seventh, \$65 and the eighth \$55, all of them accompanied by suitable silver medals. From this point the prizes range downward accompanied in each instance by bronze medals. In addition there will be three special prizes of \$20 each for the highest score at slow fire, rapid fire and skirmish fire.

The conditions of the national individual match, which is under the auspices of the national board for the promotion of rifle practice, will be 200 yards slow fire; 600 yards slow fire, 800 yards slow fire; 200 yards rapid fire; 600 yards rapid fire; 1,000 yards slow fire. There will be two sighting shots and ten shots for record at each range. The position will be standing at 200 yards and prone with head toward target at all other ranges. The only arms that can be used in this match will be the United States service rifles and carbines with not less than three pound trigger pull and the ammunition must be the service cartridge as manufactured and issued by the ordnance department of the United States army.

The one thousand dollar first prize is expected to attract a great many riflemen other than those who are on the teams which will come to shoot in the great national match and in the matches of the National Rifle Association. The matches of the National Rifle association will begin on Aug. 27, and because of the great variety of the matches will afford adequate practice to the marksmen who wish to brush up for the great national individual match and for the team work in the national match. Heretofore the matches of the National Rifle association have been held after the matches of the national board and whatever practice was had before the national matches was not in competitions and therefore not as satisfactory as it is expected it will be this time. The most important individual competition in the National Rifle association matches is the president's match under practically the same conditions as the national individual match, except that an entrance fee is charged and any ammunition may be used. The first prize is an autograph letter from the president of the United States and the military championship medal of America.

Arrangements have been practically completed for the press match at Sea Girt during the National Rifle association matches. The National Rifle association and the National Board for the Promotion of Rifle Practice have set aside sufficient funds to provide for five cash prizes. As a consolation for the journalists who are not well up in rifle shooting, "Shooting and Fishing," the well-known New York sporting publication, which has always taken great interest in the subject of military rifle practice, has offered a silver loving cup to the newspaper man making the smallest score. It is expected that a leading metropolitan newspaper will donate the first prize which will probably be a handsome gold watch unless the paper should decide to make the match a permanent feature, in which case a trophy will be provided which will remain in the possession of the newspaper represented until the next annual meeting of the National Rifle association, when it will again be contested for. It is expected that considerably more than one thousand marksmen will be in attendance on the matches and among them a number of newspaper men, so that the press

match should prove of interest. The passage of the Dick Bill entitled "An act to increase the efficiency of the militia and promote rifle practice," marks the end of a campaign which has been carried on for the past two or three years to obtain a suitable appropriation from congress for the promotion of rifle practice. Everyone familiar with the subject knows that the facilities for rifle practice in this country have been entirely inadequate and that, while the militia has been well drilled and equipped with armories, it has not had sufficient ranges nor the proper instruction in rifle practice. To secure additional facilities and also to make arrangements whereby shooting galleries and rifle ranges could be thrown open under suitable restrictions to civilian clubs, the National Board for the Promotion of Rifle Practice, in combination with the militia of the various states has been striving to secure an appropriation from congress and this has now been accomplished. The national militia through the efforts of senator Dyck some time ago, got an appropriation of one million dollars annually. This has now been increased to two millions annually and the act specifies that the money apportioned among the states and territories may be available for the purposes named in the Dick act of Jan. 21, 1903, and also for expenses of travel in making the inspections and "for the promotion of rifle practice including the acquisition, construction, maintenance and equipment of shooting galleries and suitable target ranges and for other purposes." It is expected that about one-half of the second million will be set aside by the states for acquiring and maintaining shooting galleries and target ranges so that a great impetus will thus be given to rifle practice. Eventually the national board hopes that such ranges will be open to civilian clubs and that it will succeed in its efforts to obtain "a million marksmen."

The war department has been notified that negotiations for the target range at Fort Sam Houston, Texas, are moving rather slowly. The desired tract is so irregular in its boundaries that it will be necessary to negotiate for some bordering land. It is expected the negotiations will be completed before long.

Sergeant Abraham Hill of the 24th Infantry, now stationed in the Department of Dakota, is the best shot in the United States army. According to the complete records of rifle, pistol and carbine firing for 1905, the percentage of possible shots made by him on slow fire, timed fire and skirmish fire, was 86.33. Those following him are Capt. Rufus E. Longan, 11th Infantry, Department of Missouri, 85.1; Sergt. William A. Cantrell, 5th Infantry, 84.67 and Otto S. Hahn, sergeant in the 2nd cavalry, Department of Luzon, Philippine Islands, 81.66.

BOOMERTOWN. July 6.—Miss Elsie James, a graduate of Fredonia normal school, is at home for the summer.

Rev. D. H. Dennison and wife of Eden, N. Y., and Mr. and Mrs. C. O. Dunkirk have been guests of Mrs. Sophia Moyer this week.

Ira Holdredge, who has been very sick for several weeks, is falling. His sister, Mrs. Culver from Jamestown, is here helping care for him.

Miss Geneva Champlin recently gave a party in honor of her friend, Miss Rena Hogan.

Mrs. John Matthews has been entertaining her nephew and niece, Herman and Mary Kasten, and a friend, Mr. Day of Gowanda.

Saved Her Life.

Thompson's Barosma was a Blessing to us.

My daughter was very pale, nervous, thin and suffered with severe pain in her back so that we took her out of school. Her flesh became blue and she could not retain her urine. I spent over \$100.00 for medicines, but she grew worse. Finally I bought a bottle of Thompson's Barosma, Backache, Kidney and Liver Cure and she began to grow better right away. Five bottles of Thompson's Barosma made a complete cure and today she is a perfectly healthy girl. Thompson's Barosma saved her life, for she was failing so fast that death was not far off. Thompson's Barosma works wonders.—FRANK D. MEYER, Pleasantville, Pa.

Last February I was all run down with Backache, Sour Stomach, Palpitation of the Heart, Shortness of Breath and Chronic Diarrhoea. I had been in this state for a long time. I took Thompson's Barosma and to-day am a well man, all from the effects of this wonderful medicine.—JOHN C. ROSS, Hydetsow, Pa.

Thompson's Barosma 50c and \$1.00. The dollar bottle contains considerably more than the 50c bottle.

For sale by FRANK MARVIN CLARK Peterson's Ointment WILL POSITIVELY AND QUICKLY CURE Old Sores of Long Standing. Old Druggists. Write for free sample. PETERSON'S OINTMENT, BUFFALO, N. Y.

Ray's Mixture Cures G. & S. All Druggists

AN HISTORIC FERRY

OLD ERIE FERRY HOUSE IS TORN DOWN.

One of the Landmarks of New York City—Its Part in the Development of the Metropolis—The New Station Which Takes Its Place.

With the destruction of the Erie ferry house at the foot of West Twenty-third street, to make room for a new one, there disappears an historic landmark of New York City.

When it was opened to the public in May, 1868, Twenty-third street, now one of the busiest of New York streets, was little more than a country road connecting the city proper with "Chelsea," then little more than a thriving village within the city. The idea of establishing a ferry so far uptown to connect with a Jersey City terminal was deemed chimerical by many. The only rapid transit system of those days were huge, rumbling, uncomfortable buses running through Broadway, with one line going west through Twenty-third street as far as Ninth avenue to the barns.

Yet the Erie ferry house was considered so much of an architectural addition to the city that the Harper's Weekly and Frank Leslie's Paper of those days considered it worthy of illustration and elaborate description. The new ferry house at once began to play an active part in the rapid transit of those days. When the Erie's new ferryboats Erie, James Fisk Jr. and Jay Gould, were put on the route downtown business men who were in a hurry to reach the Chelsea and Greenwich village sections or the then Upper West Side, used to take the Pavonia ferry from Chambers street to Jersey City and then the ferryboats from there to Twenty-third street. This route was even largely used at so late a date as during the recent strike on the Subway, as a quick and sure route uptown.

This new water route achieved an important success, and was so great an accommodation to the public that the Pennsylvania and later the Lackawanna and Jersey Central established ferry stations adjoining the Erie. The original Pennsylvania ferry house still stands. The destruction by fire in December last of the newly built Lackawanna and Jersey Central stations, is a matter of very recent history. The old Erie station, although practically adjoining these stations, escaped the fire without even a scorching. Wreckers are now accomplishing what fire could not do by removing the old structure.

In place of this historic old pile is now rising a new station of most modern construction and with all the facilities that modern transportation methods require. The house is located on a plot 200x228 feet and is two stories in height. The building is of steel construction with as little wood as possible used in its finishing. The party walls separating it from the Pennsylvania ferry house on the north and the Lackawanna on the south are of fire proof construction, extending from the lowest surface of the water up to and through the roof, which is what is generally known as a slag roof. The front elevation is to be entirely sheathed with decorated copper aged prematurely by a comparatively new process, which gives it a delicate tinge of green and entirely relieves the somberness usual in copper-sheathed buildings.

The street frontage is 181 feet with a height of 45 feet, except in the center where a decorative panel rises 10 feet above the general height. This panel 10 feet in height and 50 feet in length, represents an old Roman galley with dolphins rampant, done in copper. The galley is 26 feet long at the base and 13 feet in height. Over the center of this and 70 feet from the street surface is a globe inclosing incandescent lights aggregating 500 candle power. The entrances, which are sheltered from the weather by a canopy 50 feet in width, are also studded with electric lights, as is the edge of the canopy itself. Above these will blaze the word Erie, also in electric lights, the letters of the name being each five feet in height.

The river elevation, also finished in copper, consists of three massive arches, the upper and lower of which contain the ferry slips, with accommodations for the double-decked ferry boats. This front also has the familiar Erie sign in electric letters. The interior finish is of sheet metal. All partitions are filled with mineral wool, which in itself is practically fireproof. The building is to be heated with steam and lighted by electricity throughout.

The central arch of the steel front affords entrance to the ticket office lobby, 40x44 feet on the ground floor. From this there are two entrances to the waiting room, 64x60 feet, which is supplemented by a commodious ladies toilet and a smoking room. Back of this room is the cab stand with 6,000 feet of floor space, connected with all train and passenger gangways, and both incoming and outgoing baggage rooms, the former with 1800 square feet of space and the latter with 2,400. There is also a room for unclaimed baggage occupying 1,100 square feet of space. Telegraph, Pullman car, baggage transfer and cab offices are on this floor as are also telephone booths, news stands,

DANGERS OF DIETING

UNDERFEEDING LIABLE TO WEAKEN HEART'S ACTION.

Equally Appetite is a Measure of Health, and the First Sign of Illness in a Man or an Animal is Loss of the Desire For Food. Professor Alexander Haig, an English dietary expert, has written from London to the medical fraternity of New York warning Americans against the popular belief that the average man eats too much. He says that the increasing number of deaths from heart failure is largely due to underfeeding.

The notion that science is a more unerring guide than is nature is constantly gaining ground. In the good old days men drank when they were thirsty and ate of whatever they wished until their hunger was satisfied. Now science condemns such foolishness as primitive. It prescribes one glass of water one hour before meals and one glass one hour after meals—no more, no less. If you happen not to be thirsty at those times, no matter, drink that amount anyway. If perchance you are thirsty and would like two glasses you must not yield; it is only nature that prompts you, and nature is an unsafe guide. Or, you may be "abnormally" thirsty at meals; nevertheless do not drink then.

As to our amount of food, we are directed to consume so many grams of the proteids, so many grams of the carbohydrates and so many grams of fat, while we hear learned discourses upon large calories and the supreme importance of exactly maintaining our nitrogen balance—whatever that may mean. I have purposely not mentioned the precise numbers of grams of the different food elements, for the simple reason that our eminent authorities have not yet agreed upon this important point. All give different figures.

Scientists, however, following the lead of Russell H. Chittenden, Ph. D., LL. D., Sc. D., have pretty well agreed that the average man eats twice more than he needs. If half his customary amount of food does not satisfy him it ought to, they say, and it will eventually, provided he keeps on suppressing his natural and therefore unscientific instincts.

But just here lies a danger. It is true that one can accustom himself to a much smaller quantity of food than that to which he has been habituated and that eventually he will desire that smaller quantity and no more, but when he attains to this condition his digestive power will have been reduced by one-half. As a result he will lose from ten to thirty pounds in weight; that is to say, his muscles and organs will decrease by so much in bulk and strength. Now, if the heart decreases considerably in strength there will always be danger of its collapse, particularly if it be subjected to any extra strain, as when one runs for a car or rapidly up a flight of steps. Excitement alone may be fatal to a weak heart.

Rigorous dieting to reduce weight is always dangerous. A better plan is to work off the superfluous flesh by exercise. Lack of sleep has a depressing effect on the heart, for during sleep cerebral circulation diminishes, when the blood can devote itself to the rest of the body. Eating before going to bed, particularly if one is up late, is a good practice, it being most favorable to thorough body repair that the blood at night be rich in nourishment.

Accustoming the digestive organs to a small amount of food results in a decline of appetite, whereas our object should be to increase appetite and thereby strengthen our digestive powers by judicious exercise in the open air or in a well ventilated room. If the doctrine that a small appetite is preferable to a large appetite be true—and this is what "economy in nutrition" teaches—then open air exercise, which manifestly increases appetite, must be injurious to health. Or why should we exercise to increase appetite if we may eat only so much?

The notion is wholly absurd. The first sign of illness in a man or an animal is loss of appetite. And usually appetite is a measure of health. To build up the heart and muscular system generally we must vigorously exercise the muscles. It is not enough that one should stuff himself; it is all important that he should desire every morsel he eats, and this he will do only if he undergoes general physical and mental exercise. Food that is ingested, and even digested, will be absorbed only by those organs that need it—that have been exercised. This fact explains why many persons that are good "feeders" are yet inadequately nourished. If they are brain workers and take no physical exercise their brains absorb what nourishment they need; the rest is excreted.

Magnificent as are the results of brain work we must bear in mind that there could be no result without the co-operation of the body, and that the body in its turn depends primarily on the integrity of its heart, lungs and stomach.—G. Elliot Flint in New York World.

Men of the People. The American tradition is the experience of the world everywhere. There is Washington and there is Hamilton, gently born and gently bred, but somehow the heart turns rather to Franklin and to Lincoln, as of more hope for the common man "God made so many of."—Mr. Howells in Harper's Weekly.

It requires a great deal of boldness and a great deal of caution to make a great fortune, and when you have got it it requires ten times as much wit to keep it.—Rothschild.

Advertise your wants in The Journal

CHILDREN'S GAMES.

FOSTER'S WEATHER BULLETIN.

The game of hare and hounds originated in England about 1640. A Leapfrog is mentioned in the works of both Shakespeare and Johnson. The game of hide and seek came from Greece about the beginning of the seventeenth century. Blind man's bluff found its origin with the Greeks, among whom it was often indulged in by adults. Skipping rope is a childish pastime of ancient origin. In place of rope a vine stripped of leaves was originally used. The spinning of tops came from the Greeks. Records show that this kind of fun was in vogue at the time of Virgil. Kite flying is about two centuries old in Europe. Probably it originated in China, where the practice of flying kites is very ancient. The game of seeing who can hop the longest on one foot came from the ancient Greeks, among whom it was practiced by the youths for wagers.

Cathedral's Title Chain. There is one thing in particular in St. Patrick's cathedral in New York that you cannot see in any other building in the city, if indeed in the country. It is a framed sheet of paper hanging on the wall of the southern entrance that contains the complete chain of title of the property on which the edifice stands from the time it was first sold until the church authorities bought it. The only reason for its being there so far as any one knows is to put a stop to the old story that the property was originally purchased by the church for a dollar. To settle this point the chain of title shows how much was paid for it in the beginning, and from that point on each change of ownership is accompanied by the price it was sold for.

Arabian Snuff. Snuff in Arabia is not used as it is with us, although one occasionally sees a snuffer, but the snuff is ordinarily made into a pill of about the size of a roller's egg and is placed between the lower front lip and the teeth. This manner of using snuff is common among the laboring class, and almost every cooly that is met in the street has his lower lip puffed out by a ball of snuff behind it. Arabian snuff is prepared out of the ordinary powdered tobacco, unrefined sugar and potash.

Sniffing is the best brain clearer known. Many persons confound an attack of faintness or fainting with a violent sneeze. Our ancestors took snuff from a belief in the efficacy of sneezing. But tobacco so taken is in part absorbed into the blood and hurts the system. Ticking the nostrils with a feather or snuff will act as well as taking snuff. Try it when you feel faint. It cannot do harm.

After the Race. Owner (trately)—Yes, if you hadn't stopped to take up that girl in your machine you would have won the race. You were beaten by a mile. (Chauffeur)—Well, you know a mile is as good as a mile.—Chicago News.

Additional Sunday Train Service.—D. A. V. & P. R. R. Beginning Sunday, July 1st, and each Sunday thereafter until further notice, the D. A. V. & P. R. R. will operate special train service from Dunkirk to Titusville and return. Train will leave Falconer at 9:12 A. M. Pass to Titusville and return \$1.65. Corresponding low rates between intermediate stations. June 27 29 30 July 3 6 7 10 12 13

The Great American Affliction

"NERVOUSNESS"

THE PENALTY OF OUR STRENUOUS LIFE.

Scientists and specialists recognize the terrible menace to our national well-being in the alarming increase of nervous prostration. All nations recognize that our American life offers the most fertile soil in which the cause that produces neurasthenia can flourish and multiply. Terrible is the vengeance which nature exacts for the outrage of her laws! Neurasthenia (nervous exhaustion) destroys the natural nerve balance of the human system, with the result that nearly every function of the body suffers in sympathy and by reason of the extra strain and tax imposed upon it when the nerves fail to do their work.

Sanitariums and "rest-cure" institutions multiply and flourish all around us! Health boards report alarming increase in cases of nervous prostration! And still the nation thrives on the frenzied industrial and social competition leaving its trail of physical wrecks behind it! It has been said that fully half of American business men would die from apoplexy if they were not carried off by disease. The greatest single factor in inducing attacks of apoplexy is the destruction of the harmony of the nervous system, whether brought on by overwork, worry or excesses. In the majority of cases stomach troubles, sluggish circulation and dyspepsia of the liver, and even Bright's Disease and heart disease owe their origin directly to the impairment of the nervous system. The opinion is freely expressed by physicians that the average life of Americans would be lengthened at least 20 years if their nervous establishments were in a normal and healthy condition of harmony with the rest of the human system.

What shall we do with our nerves? Knowledge full well that the average constitution sooner or later breaks down under the terrible strain, shall we refuse the means of rescue and health offered us by Oppenheimer Tonic, the best, safest, surest nerve remedy and regulator ever offered to suffering mankind? Don't you want to live that extra twenty years? Suppose you could forget your nerves—could not you be worth more to your self in business? Suppose your will would be permanently relieved of the terrible nerve strain from which she has suffered so long—would it not be worth the one dollar which Oppenheimer Tonic costs? If you are satisfied with life, if you are strong and healthy and your nerves never bother you, you do not need Oppenheimer Tonic; but if you suffer from nervous tremblings or twitchings, if you are brain-wary and cannot sleep, if you have any of the long train of ills due to impaired nerve control, you certainly DO need Oppenheimer Tonic, and need it quickly. It contains not a drop of alcohol, opiate, narcotic, or harmful or poisonous drug of any character or description, and is the best building-up tonic apoplexy and nerve restorer there is today in all this broad land. Do not hesitate to invest one dollar for a bottle of Oppenheimer Tonic—it may save you hundreds of dollars later when the nerve specialist has to be called in to restore order out of your nervous chaos. Go to either the drug store of Fred E. Hatch, 10 E. Third St., Jamestown, and buy a bottle of Oppenheimer Tonic. Write to The Oppenheimer Institute, 26 West 36th Street, New York, for a free booklet on nervousness.

FOSTER'S WEATHER BULLETIN.

(Copyrighted 1906, by W. T. Foster.) Note—My Crop Weather forecasts for 1906 are now complete, are of unusual interest, are the best I have ever made and a sample of them will be mailed to anyone on receipt of a two-cent stamp. Address, W. T. Foster, Washington, D. C., Box XI.

Washington, D. C., July 7.—Last bulletin gave forecasts of disturbance to cross continent 3 to 7, warm wave 2 to 6, cool wave 5 to 9. Next disturbance will reach Pacific coast about 9, cross west of Rockies country by close of 10, great central valleys 11 to 13, eastern states 14. Warm wave will cross west of Rockies about 9, great central valleys 11, eastern states 13. Cool wave will cross west of Rockies about 12, great central valleys 14, eastern states 16.

This disturbance will follow a great fall in temperature and its warm wave will not cause very hot weather; while just before and after the storm center passes unusually cool weather will prevail. Highest temperatures of the year are usually due about the time this storm center should be in the great central valleys, but I am expecting cool weather instead. My last bulletin stated that the hot waves of July would come not far from 4 and 22. Some rains may be expected to accompany this disturbance from 9 to 14, but I am not expecting much rain within the July drought sections heretofore described, more definitely bounded by a line beginning at Houston, Texas, then by way of Dodge City, St. Joseph, Burlington, Chicago, Cincinnati, Atlanta, Charleston, Jacksonville, Key West, Pensacola and back to Houston. Within that circle I expect crops to be damaged by the July drought while outside of it rainfall will be from about to above normal.

Third disturbance of July will reach Pacific coast about 14, cross west of Rockies country by close of 15, great central valleys 16 to 19, eastern states 19. Warm wave will cross west of Rockies about 14, great central valleys 16, eastern states 18. Cool wave will cross west of Rockies country about 17, great central valleys 19, eastern states 21.

The important feature of this disturbance will be the recovery from the unusually cool weather, an approach toward the hottest and driest weather of the month and the alarming drought conditions within the drought sections above described. Hotter and dryer will be the rule from 14 to 22. The most severe storms within the dates of these two disturbances may be expected 9 to 12.

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Woman's Nature Mother's Friend, by its penetrating and soothing properties, always soothes, nervinizes, and all unpleasant feelings, and so prepares the system for the period that she passes through the event safely and with but little suffering, as numbers have testified and said, "It is worth its weight in gold." \$1.00 per bottle of druggists. Book containing valuable information mailed free. THE BRADFORD REGULATORS CO., Atlanta, Ga.

Woman's Nature Mother's Friend. It is to love children, and no home can be completely happy without them, yet the costal through which the essential mother must pass usually is so full of suffering, danger and fear that she looks forward to the critical hour with apprehension and dread. Mother's Friend, by its penetrating and soothing properties, always soothes, nervinizes, and all unpleasant feelings, and so prepares the system for the period that she passes through the event safely and with but little suffering, as numbers have testified and said, "It is worth its weight in gold." \$1.00 per bottle of druggists. Book containing valuable information mailed free. THE BRADFORD REGULATORS CO., Atlanta, Ga.