Democratic Watchman.

Bellefonte, Pa., Sep. 22, 1893.

Mount Shasta.

One of the Most Beautiful Solitary Peaks of North America.

Among the pines at the foot of Shasta is the little town of Sisson. The trains stop here for meals. This is a very good idea, for at Sisson there is always a magnificent feast—for the eye.

One could sit for hours at the Sisson station and gaze at Shasta. The feeling is the same that steals over one were he standing before Niagara, or on the seashore, with the boundless ocean before him. Travelers declare that it is the most impressive mountain in the world, for it stands solitary and alone. Unlike Pike's Peak and many other of the world's great mountains, it is not surrounded by a number of lesser ones, and its tremendous height—14,440 feet—is appreciated by the eye. It is sublimely grand, and yet gracefully beautifully. Against the blue of a California sky its curved outlines seem to sweep in the perfect segments of a circle from the apex of the cone to the horizon. Far up on its base, the bark green of the timber line is met by the virgin whiteness of Shasta snow, and then on, up and up, far past the summer clouds points the alabaster pyramid.

Shasta is an extinct volcano, and at Sisson there is, of course, a man to sell you lava, volcano glass and other specimens from the mountain, for which you may be suddenly seized with an ungovernable longing. He also has a telescope, mounted on a tripod, and you can ascend Shasta, via the telescope, at a reasonable price and without guides or weariness. This, of course, does not satisfy the cravings of your genuine mountain-climber, and especial accommodations are made for him. He, with some other enthusiasts, engage guides and horses and start in the afternoon for the timber line, which is reached at night. The party camps here, and in the morning horses are left behind, and, with alpenstocks in hand, it trudges to the top. The summit reached, faces turn black, noses bleed and luncheon is taken. The descent is effected in a novel and rare manner. The guides provide gunnysacks, and sitting upon one using your alpenstock both as a rubber and brake, you slide down on the snow.

No one has yet been killed at this species of tobogganing, but both the Coroners and undertaker at Sisson still live in hope.

Shasta has two large glaciers. The Whitney glacier is visible from the railroad. It looks like a narrow streak of snow, but it is over a mile in width, and is seamed with great tissures and crevasses. Its natural color is green.

At times a natural banner is unfurled from Shasta's Peak. This is called the "snow banner of Shasta." It only occurs when the gale attacks the summit and blows the snow in great gusts "streaming against the sky," as the railroad book has it. The banner is seen most frequently in November.—*Baltimore American.*

The Games of Early Americans.

One of the most amusing exhibits at Chicago is a collection of American games. It is a curious fact that many of the most popular games have been invented by women, and that the city of Salem, Massachusetts, celebrated for its witches, is the home of most of these early games, including "Authors" and a game of letters, the invention of a lady who ran a seminary. Her inventive faculty was doubtless called into requisition by the necessity of keeping the little maids under her care out of that mischief which some "find for evil hands to do." The "Mansion of Happiness," the first of American dice games, like backgammon, which has such a respectable antiquity in the East, was also published in Salem, though it is understood to have been copied from an English game. "Parchesi," which belongs to the same family, and has a more direct line of descent from the East, was purchased in 1865 from an Englishman. There are several games in the modern exhibit that came directly from the East. "Chuba" is the familiar "Mancala" of Syria, which is so generally played by the Arabs, and which the women in the Dahomey village may be seen playing daily, while "Leega" is the well-known lot backgammon of the Arabs.

Slavery In Siam.

Slavery in Siam has been abolished in name, but it can never be abolished in fact, for the slaves have no means of supporting themselves outside their master's house. Every member of the Siamese upper classes can fetter his servants or throw them into prison without any kind of trial or permission being necessary. One morning I went to call upon one of the ablest and most enlightened of the ministers, a man who has been to Europe, and who once actually got into serious trouble for trying to inaugurate a sort of woman's rights movement in Siam. I made my way by mistake into a part of his grounds where visitors were not expected, and I found a slave fastened down to the ground in an ingenious kind of pillory in which he could not move hand or foot, while another slave tortured him with severe strokes of a bamboo rod at the word of a member of the family in order to force him to confess to some misdeed.—*Contemporary Review.*

Origin of Camp Meetings.

A writer claims that camp-meetings originated in Kentucky in the year 1800 at Gasper river church, in Logan county, and became established during the great Kentucky revival early in the century. It is claimed that both Presbyterians and Methodists participated in the earlier meetings, though the camp-meeting is now looked upon as distinctly a Methodist institution. The great revival is one of the curious things in Kentucky history, and its effects are still visible in other things beside camp-meetings, granting these religious open-air gatherings to have had the origin attributed to them.

——The school of Mines ought to turn out fine oarsmen.

Horseshoes.

Horses were not shod in Egypt, Assyria, or Palestine. The latter country was supplied with horses by the Egyptians. Solomon paid 150 sheckeles of silver, equal in value to $75 for each horse. This was a high price, the difference in relative value of a shekel and a given weight of wheat being considered.

Isaiah speaks of horses whose "hoofs shall be counted like flint"—a valuable quality where they were shoeless. The Syrians and Hittites were supplied with Egyptian horses by Solomon, who turned and honest penny by this means.

Aristotle and Pliny mention the covering of horses' feet in stony places to protect the hoof from breakage and wear, but it is probable that such a covering was a bandage or boot, and used principally on long journeys.

Suetonius refers to the dismounting of Vespasian's muleteer, to shoe his mules. Wrappings of plaited fiber, such as hemp or broom, were used, as was also leather. In Japan the horses have clogs of twisted straw, of which a large supply is carried on a journey; when worn, another is immediately applied.

The modern custom of shoeing would no doubt, appear a barbarous custom in their minds. Capt. Cook refers to the fact that the Siberians and Kamtschatkans use travelling socks for their dogs, Camels in old times were similarly provided. These boots were drawn on over the feet, and it does not appear that iron or other metallic plates were nailed to the hoofs. Such boots were shod with metal for the rich.

The mules of Nero were shod with silver; those of his wife Poppoea. with gold. For less stately purposes mules were shod with iron. Homer mentions brazen-footed steeds, probably a merely metaphorical expression implying strength.

Mithridates and Alexander experienced great difficulty with their cavalary, owing to the soreness of the unprotected feet of the horses in long marches. The first certain mention of shoes being nailed to horses' hoofs is in the works of the Emperor Leo, ninth century. The practice of shoeing horses is said to have been introduced into England by William I.

Odds and Ends.

Only one person in 1,000 dies of old age.

Uncle Sam pays $90,000,000 a year in salaries.

The largest cave is the Mammoth cave of Kentucky.

The shark cannot seize his prey without turning on his back.

Showers of fish have repeatedly fallen in various quarters of the world.

England has lost 15 ships and 2,352 officers and men in the last 30 years.

Carpets should be shaken on a clear, sunny day when there is no wind.

The greatest heroes are not known, for their heroism is in being silent.

The average duration of the reigns of English sovereigns has been 23½ years.

A thermometer has been invented in London for giving the warning of a fire.

Roger Ascham, the author of famous educational works, was the son of a footman.

In Borneo there grows an insect eating flower which has the smell of carrion.

The pulsation of an infant is from 130 to 140 beats a minute; of an old man, 75 to 80.

A single polypus has been cut in 124 parts, and each in time became a perfect animal.

Matches for striking a light were invented in 1839—the other kind by Adam and Eve.

The character of a brave and resolute man is not to be ruffled with adversity.—Cicero.

A speck of gold weighing the millionth part of a grain may be easily seen by the naked eye.

Both Scotch and Irish linens are in high vogue. The former are somewhat coarser in texture.

The oldest railroad in France runs between Paris and Havre. It was built more than half a century ago.

The earlier you definitely settle what you intend to be, the sooner you will reach the goal of your ambition.

At the equator water is always a liquid; in the polar regions much of it is continually solid—difference of temperature.

The Wyoming house of representatives has declared that under woman's suffrage the jails of the state are almost empty.

Concentrate your full efforts upon making for yourself a noble record which you may look back to with pride later on in life.

A shingle was removed last October from the roof of the Congregational church at Farmington, Conn., where it has been since 1771.

During an attack of measles or scarlet fever ear complications should be guarded against by cleanliness of the nose and throat. If the ears discharge, they should receive treatment aiming at cleanliness of the aural canal.

Medicine in Vegetables.

The following information may be useful: Spinach has a direct effect upon the kidneys. The common dandelion, used as greens is excellent for the same trouble. Asparagus purges the blood. Celery acts admirably upon the nervous system, and is a cure for rheumatism and neuralgia. Tomatoes act upon the liver. Beets and turnips are excellent appetizers. Lettuce and cucumbers are cooling in their effects up, on the system. Onions, garlic, leeks olives and shallots, all of which are similar, possess medicinal virtue of a marked character, stimulating the circulatory system, and the consequent increase in the saliva and the gastric juice promote digestion. Red onions are an excellent diuretic, and the white ones are recommended to be eaten raw as a remedy for insomnia. A soup made from onions is regarded by the French as an excellent restorative in weakness of the digestive organs.—*London Tid Bits.*

——Lives of others oft remind us
Married life may be sublime.

We trust to be forgiven this parody of lines from Longfellow's immortal "Psalm of Life." Husbands who are wise and thoughtful, know that the happiness of the home depends largely on the health of the mistress of the home. Many are the tasks which daily confront her. How can a woman contend against the trials and worries of housekeeping, if she be suffering from those distressing irregularities, ailments and weaknesses peculiar to her sex? Dr. Pierce's Favorite Prescription is a specific for these disorders. The only remedy, sold by druggists, under a positive guarrantee from the manufacturers. Satisfaction *guaranteed* in every case, or money refunded. See printed guarantee on bottle-wrapper.

——Katharine said to her mother one morning at the breakfast table, "My cambric coffee is too hot, mamma. See it blows up the wind."—*Youth's Companion.*

ALL FREE.—Those who have used Dr. King's New Discovery know its value, and those who have not, have now the opportunity to try it Free. Call on the advertised Druggist and get a Trial Bottle, Free. Send your name and address to H. E. Bucklen & Co., Chicago, and get a sample box of Dr. King's New Life Pills, Free, as well as a copy of Guide to Health and Household Instructor, Free. All of which is guaranteed to do you good and cost you nothing at Parrish's Drugstore.

——It sounds rather odd to read in the hardware market reports that cutlery is dull.—*Pittsburg Dispatch.*

PUT ME IN MY LITTLE BED:—
I am dizzy, dizzy, dizzy;
And I want to go to bed,
I've no appetite to eat,
And headache racks my head.

In other words, I am suffering from a bilious attack, but Dr. Pierce's Pleasant Pellets will bring me around all right by to-morrow. They often cure headache in an hour. I have found them the best cathartic pill in existence. They produce no nausea or griping, but do their work thoroughly. They are convenient to carry in the vest-pocket, and pleasant to take. In vials; 25 cents.

——"Oh mamma," cried Jula one cloudy day, "I guess the angel forgot to fill the sun with oil, and it's gone out."—*Harper's Young People.*

IN CHILDHOOD'S HAPPY DAY'S.—Among the incidents of childhood that stand out in bold relief, as our memory reverts to the days when we were young, none are more prominent than severe sickness. The young mother vividly remembers that it was Chamberlain's Cough Remedy cured her of croup, and in turn administers it to her own offspring and always with the best results. For sale by F. Potts Green.

——The true bread-fruit tree has the trunk of stability, the limbs of industry, and mighty few leaves of absence.

BUCKLEN'S ARNICA SALVE.—The best salve in the world for Cuts, Bruises Sores, Ulcers, Salt Rheum, Fever Sores, Tetter, Chapped Hands, Chilblain, Corns, and all Skin Eruptions, and positively cures Piles, or no pay required. It is guaranteed to give perfect satisfaction, or money refunded. Price 25 cents per box. For sale by C. M Parrish.

——When a man is dressed in a little brief authority, he makes it more conspicuous than a red necktie.

——The testimonials published in behalf of Hood's Sarsaparilla are not extravagant, are not "written up," nor are they from its employes. They are facts, and prove that Hood's Sarsaparilla possesses absolute merit and is worthy the full confidence of the people. Hood's Pills are purely vegetable. perfectly harmless, effective, but do not cause pain or gripe. Be sure to get Hood's.

——Eternal vigilance is the price of preventing your friends from taking liberties.

——The proprietors of Ely's Cream Balm do not claim it to be a cure-all, but a remedy for catarrh, colds in the head and hay fever. It is not a liquid or a snuff, is easily applied into the nostrils. It gives relief at once. 50c.