

Bellefonte, Pa., November 22, 1907.

### SHEPHERD CARVERS.

The Lonely Sheep Tenders of the Cail-

fornia Sierras. There are few lonelier lives in the world than those lived by shepherds in the high meadows of the California Sierras. All alone they follow their sheep, seeing no one for many months of the year but the sheep, their dogs and perhaps an occasional-a very occasional-traveler. Probably this solitude dries up the springs of speech, for they are said to be very silent

when they do encounter any one. One of these strange men is a Basque from the Pyrenees. A lean, dark visaged, ragged fellow, he is now and then overtaken by some wanderer in the mountains. Along the trail before him his sheep feed. His mongrel collie hangs at his heels. He may raise his stick in mute salutation; he may slouch by without a sign. Yet this uncouth being has one talent-he can carve. His amusement is carving quaint sheep buckles out of bone. Every herd has its bellwether, about whose neck hangs a bell. The bell depends from a leather collar, and it is the buckles of these collars that this old Basque shepherd and some of these other Sierra shepherds make in the course of their lonely days. Sometimes a buckle represents a summer's work, for some of them are very elaborate. Some are in the semblance of saints or angels, some have the monograms of the sheep owners or of the shepherds in curious designs. All are patiently cut, bit by bit, with the pocketknife of the shepherd.-Exchange.

#### DIET AND SLEEP.

Eating Before Retiring and Digestion

During Slumber. Diet has little influence on sleep except in so far as it may produce disturbances of digestion and through these of the general balance of health.

The hypnotic effects of certain foods, such as onions, lettuce, milk, etc., are chiefly imaginary. Even the time of the last meal of the day is of relatively little importance except that it is well to let this be at least two or three hours before retiring. But even this rule has many exceptions, as many healthy laboring men habitually fall asleep over their pipes directly after supper, and children after poking the spoon into their little eyes nod off over the tea table, with the bread and butter still clutched in their chubby fists.

The processes of digestion probably go on more slowly during sleep, but they are perfectly carried out, as is illustrated by the almost invariable habit among animals of going to sleep directly after a meal.

Indeed, a moderate amount of food in the stomach or intestines seems to promote slumber. Many night workers. for instance, sleep much better for taking a light or even full supper just before retiring.-Dr. Woods Hutchinson in American Magazine.

# The Tenors' Parts.

Probably the composers are largely responsible for tenor worship. In Verdi's operas, with hardly an exception, the tenor plays a more important part than the baritone or bass, and the same is true of other opera writers, Mozart's "Don Giovanni" being a notable exception. Wagner wrote one opera, "The Flying Dutchman," in which the baritone is king, whereas in six of his works the supremacy of the tenor is indicated by the very titles-"Rienzi," "Tannhauser," "Lohengrin,"
"Tristan und Isolde," "Siegfried," "Parsifal." This being so, we shall probably continue to be subject to the tyranny of one tenor or another, unless it be true, as was maintained at a conclave of French savants, that the tenor voice is a relic of barbarism, destined to become extinct.-Argonaut.

# A Divided Answer.

The country mind sometimes works slowly, although with an enviable weight and accuracy, but the country mode of expression is usually to the point. Even its pauses serve their turn. They are always of rhetorical value. An old fisherman sat by the sea wall skinning eels which were that forenoon to be packed in ice and sent to a city market. A young woman, a visitor in town, stood by watching the anusual occupation and quite fascinated by the ease and dexterity with which it was carried on. At length

she felt the necessity of "making talk." "What do you get for eels?" she

"Nothin'," returned the old man emphatically, stripping off a skin. Then with the same precision and lightninglike haste he "peeled" another and another, leaving his visitor to wonder at the eccentricity which prompted him to take so much trouble unrewarded. It was only after she had given up the question as a bad job that he calmly finished his sentence-"to what I'd ought to."

Color Gossip.

Have human beings, like animals, a tendency to clothe themselves in colors that reproduce the prevailing tone of their surroundings? There is another question for scientists who have discovered that different colors produce differing effects on the health and disposition of individuals. At all events color conventions in different parts of the world are decidedly at a variance. For example, while we use black in mourning the Chinese wear white gowns, white caps, white shoes and white ties on their cues. The royal color in Europe is purple-a hue of red. not of violet, as often misrepresented In China the imperial color is yellow and a certain shade of yellow may not be worn by the common people, but is conferred upon high officials as a great

historical. Cleopatra loved yellow; winning. Many a good man has failed Some individual color preferences are Mme. de Pompadour delighted in a charming mixture of pink and blue; backbone ought to have been. Napoleon's first empress, Josephine, wore the daring combination of black, white and emerald green, while Eugene Field boldly declares that-

Any color, so long as it's red, Is good enough for me.

-Woman's Home Companion.

Bargain Sales In Japan. Even in placid Japan they have bargain sales, but they conduct them on very different principles from the scrimmages we have over here. An amusing American woman has embodied her experiences of traveling alone in Japan in a most entertaining volume just published, whence may be gathered a description of a sale at the greatest trading house in Japan.

The goods are not flung about. They are shown to advantage in locked cases, and the heads of departments keep the keys. Remnants, however, are laid on mats, and, though there is keen anxiety to secure bargains, perfect order and quiet prevail.

Bables toddle about quite comfortably, others sleep on their mothers' backs. However orderly and quiet though the Japanese bargain sale may be, it is not free from the shoplifter, and it is interesting to hear that the detective is as necessary in the flowery land as in England. The kimono sleeve is a useful receptacle for unconsidered trifles.-London Ladies' Pictorial.

### Odd Baby Customs.

Among the Parsees when a child is born a priest takes the place of the medicine man, carefully noting down all details of birth and "calculating its nativity" to a nicety. Having graciously consulted the parents, he announces the child's name. Baptism by water and by fire follows, the infant being first dipped in a tub and afterward taken to church to be held over a

flame In Persia the baby is laid on the floor while five names on five different slips of paper are either tucked under the edge of the carpet or hidden in the Koran. The first chapter of this holy book is then read and a slip drawn at random. The chosen name is confided to the baby's ear, but lest he should forget his wee memory is tagged by fastening the paper to his clothing .-Los Angeles Times.

# Medical.

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Taken at His Word. Master Walter, aged five, had eaten that, John?'-Judge.

the soft portions of his toast at breakfast and piled the crusts on his plate. "When I was a little boy." remarked his father, who sat opposite him, "I always ate the crusts of my toast." "Did you like them?" inquired his

offspring cheerfully. "Yes," replied the parent. "You may have these," said Master Walter, pushing his plate across the table.-Harper's Weekly.

The following gem of English as it is writ by a Korean was handed to us by one of our reporters: "Some days last one of the families in Shong Pyung Chun made a loud when he soundly slept in the dreaming, at the whilst one of the Japanese military officers arrived there and asked the reason of making noise."-Korea News.

Second Best. "No." said the sweet young thing, "I wouldn't marry the best man on

"Then my case must be hopeless," said the youth sorrowfully. "Not at all. I simply said that to encourage you."-Pittsburg Press.

There is a vast difference, says wise philosopher, between wishing and because he had his wishbone where his

#### TESTED HIS LOGIC.

John Seemed to Make His Point, but Missed the Chicken.

The old couple were eating their first meal with their son after his return from college. "Tell us, John," said the father,

'what have you learned at college?" "Oh, lots of things," said the son as he recited his course of studies. "Then," he concluded, "I also studied logic."

"Logic," said the old man. "What is that?"

"It's the art of reasoning," said the "The art of reasoning?" said the fa-

ther. "What is that, my boy?" "Well," replied the son, "let me give you a demonstration. How many chickens are on that dish, father?" "Two," said the old man.

"Well," said John, "I can prove there are three." Then he stuck his fork in one and said, "That is one, isn't

"Yes," said the father. "And this is two?" sticking his fork in the second.

"Yes," replied the father again. "Well, don't one and two make three?" replied John triumphantly. "Well, I declare," said the father, "you have learned things at college. Well, mother." continued the old man

to his wife. "I will give you one of the chickens to eat, and I'll take the other, and John can have the third. How is

#### MEXICAN CARRIERS.

The Cargadors Can Carry Enormous Loads on Their Shoulders.

Just as one finds the rickshaw everywhere in India, so one finds the cargador in Mexico. He is a beast of burden. In general he is a comparatively small man, with broad shoulders and stout arms and legs. To look at him one would not think he would be able to carry heavy burdens. But the weight he can carry is surprising. You have a trunk you can scarcely move, for instance. You send for a cargador. He gets it upon his back, high up on the shoulders, and he marches off with it as easily as though it were a plaything. A life dedicated to carrying heavy burdens has made this work easy for him. A slightly built Mexican will carry over 500 pounds on his

shoulders for short distances. Until recent years almost everything in the City of Mexico and everywhere else throughout the republic was carried upon the backs of cargadors. If you wanted to move your household furniture you hired a certain number of cargadors. For house moving they generally work in pairs, each pair having a hand truck, which they pick up and carry when it is loaded, for it has no wheels. In the City of Mexico there are still hundreds of these hand trucks, though one may now find plenty of carts, wagons and heavy moving trucks.-Mexican Herald.

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