

Democratic Watchman

Bellefonte, Pa., May 23, 1913.

IF I WERE A SUNBEAM.

If I were a sunbeam,
I know what I'd do;
I would seek white lillies,
Rusty woodlands through,
I would stand among them,
Softest light I'd shed,
Until ever fully
Raised its drooping head.

If I were a sunbeam,
I know where I'd go,—
Into lonely hotels,
Dark with want and woe;
Till sad hearts looked upward,
I would shine and shine;
Then they'd think of heaven,
Their sweet home and mine.

Art thou not a sunbeam,
Child, whose life is glad
With an inner radiance
Sunshine never had?
O, as God has blessed thee,
Scatter rays divine!
For there is no sunbeam
But must die or shine.

—Lucy Larcom.

FROM INDIA.

By One on Medical Duty in that Far Eastern Country. Simla, India's Summer Capital, 8,000 Feet Up. Timber and Flowers Like Those at Home. Little Fruit.

Dear Home Folk:

SIMLA, MAY 26th.
This city is the summer capital of India and it is here that all the very elite of the country come to spend the hot season. The situation is magnificent; on the very tip top of the highest mountain range, with paths leading seemingly to everywhere, but being only four feet in width, it behoves one to step carefully on all sides. Magnificent mountain vistas open out; in some places eight and ten ranges can be seen with the naked eye then, looking down into the valleys, hundreds of feet deep, with bungalows clinging to the sides of the mountains, three or four stories high on the valley side and the mountain side just even with the path leading into it. A short distance from where we stay the snow clad peaks of the winter range are easily seen and make a rare picture on a sunny day. Most of these mountains are covered with a thick growth of oak and hemlock and the great trees of rhododendron are all ablaze with great bunches of dark red flowers, giving the entire mountain side the aspect of a gorgeous garden.

We are located in what is supposed to be the very best part of Simla but would that you could see our rooms. A little, low mud hut with mud floors covered with matting, for which we pay eight dollars per week, and we have to walk to another house near-by to board. Don't imagine things here are cheap, for far from it; they are just the other extreme. We live a very regular, quiet existence here; our tea is brought in at 6:15 a.m., then, after the hot rubs, we usually begin the day on the top step of our garden from which can be seen Simla's beautiful churches, town halls, and big hotels, bathed in the beautiful clear sunlight. Even this far north and so cold that one lives in a sweater, it is absolutely necessary to wear the "tope" as a head protection against the heat, for heat strokes occur here most frequently.

Yesterday nine of us went up the mountain six miles on a picnic. The walk, all the way through immense pine forests, was beautiful, and it seemed so unreal to me to find columbine, dandelion, red clover, as well as the white and pink violets, in fact, almost the same wild flower as one finds at home, growing at this high altitude, for we were up eight thousand feet.

I think we have told you that some of these peaks are as bare as an egg while another, just beside it, is closely covered with a thick growth of pine, hemlock, cedar and oak. On the bare ones everywhere are seen those funny farms, made in steps, at which a Centre county farmer would sneer as being not worth the trouble; but fortunately for us coolie labor is cheap and so by the cultivating of these we can get food that is not too expensive. Fruit is not only expensive but very rare, for which I am keenly disappointed, hoping it would be my main diet in India. Guavas, custard apples and apricots are the standards.

While I sit here several dozen monkeys play hide and seek through the trees and grounds, seemingly seeing how near they can come to the pile of papers I have beside me. I am told they fear no human and from the way they gallop over the roof of our abode at night am sure that we are no exception.

JUNE 5th.

Simla is still proving attractive but I am afraid I will become restless rather soon as you know I cannot stand loafing too long, especially if there is nothing else to take up my time, so am thinking that I will leave here in two weeks and go back to the plains and the work.

Last Sunday for some reason I got up rather early and walked up around this hill; the sun was brilliant and I had caught glimpses of the snow fields in the distance, but after I had rounded the hill I was delighted to find that the entire snow range was clearly visible. They resembled clouds, piled up like the mountains, silhouetted against the vivid blue sky; it was so unreal that again and again I turned around to see that they had not dissolved and like clouds floated away. As I have told you, they are said

to be fifty miles away as a "crow flies," but from the feeling of my hands and toes they must have been much nearer, and I was glad to have my sweater to stick my fingers into the pockets, but the heat from the kheen (valley, as the native calls it) was as though from a furnace, and it seemed strange that the heat could be so intense while that snow was so near and remained unmelted through the ages.

My days are one long loaf and if ever I become lazy it will be here. Today a nice little English missionary invited me to go to the polo game with her; so off we went, going on our own feet, down, down, down through the most beautiful dells and lovely pine woods until we reached the polo grounds. It was very interesting to watch the game for it was between two rather strong teams and it is a pretty game with both the men and the horses interested, but as there was a missionary meeting to which she wanted to go we got up and started before the crowd moved. The coming up was much worse than the going down and I was glad to rest quite often for in climbing hills much steeper than the reservoir at home, and a continuous climb of an hour, one must rest once in awhile. She consoled herself by thinking of the tea she would get when we reached the top. I wished only for a glass of good, cold water, but I could not have that so got some gingerade with ice in it instead and I enjoyed each mouthful that passed my lips. After going with her as far as the door of her missionary meeting I sauntered home alone, watching the sun go down in a yellow glory behind those beautiful mountains.

The various "babus" (native clerks) are going home; some were carrying musk-melons, like our canteloupes, but oh, how different in taste; some with little packages of "meti" (candy) and I thought the working man is not different even in India. Have I told you that all fruits are sold by weight. The other morning as I was passing a bazaar I saw some pop-corn and I did want some so badly but eat stuff from the native cellar never, if I can help it; some may be clean, but I want to be shown, so I closed my eyes and passed on in a hurry. I will eat the peanut, or monkey nut, as they call them here, for they have a shell on so I, alone, get on the inside.

(Continued next week.)

How Flight Affects the Birdman.

Few fly, though almost everybody would if he dared—and had the price. And we all are curious to know how it feels to sail the "desert and illimitable air." Now comes a great Viennese physician, Dr. von Schroetter (who already knows all there is to know about the physical effects of going under the sea in caissons or up above the world so high on mountain peaks), and tells his scientific brethren and us humbler folk just what sort of physical experiences the aviator has.

Dr. Von Schroetter says that for the medical man the main point of interest in aeronautics is the production, so to say, of a new climate.

Apart from the strain on the nervous and psychical organs, the sudden change of the pressure of the atmosphere, and consequently of its oxygen component, affects the circulation and the respiration much more than the gradual ascent in mountain-climbing does.

The powerful draught causes a keen sensation of cold, which is the first symptom complained of, and deafness is very soon experienced in consequence of the altered pressure upon the tympanum; subjective noises, pain in the ears, and diminished acuity of hearing are often persistent. Attempts at protection by plugging the ears are insufficient. The reduced supply of oxygen caused by the rapid movement and the fall of the atmospheric pressure gives rise to unpleasant symptoms of cerebral organ, such as vertigo, vomiting and visual hallucinations. A dangerous and frequent symptom is the desire for sleep, occurring after some time during flying, in spite of the aviator's strenuous efforts to keep awake.

To study the peculiar habits of the various plants and flowers is to acquire an interest in them which will not soon pass, and perhaps next year you yourself will discover others.—By E. L. Farrington, in the *Woman's Home Companion*.

A Fun Garden for Children.

The growing of fun flowers is as good as playing a game, and some of them will come up year after year when once they are started. Let me tell you how to make a little garden of fun in which you can actually grow your own toys.

Just a little patch of ground will do. A corner of the garden ten feet square will be quite enough, but it should be sunny and have fairly rich soil. In most cases seeds may be sown, but a few started plants will be needed in order to have early flowers.

Let us begin with the sensitive plant. Its nature may be judged by its name. Touch it lightly with the hand, and see what happens. It closes instantly; but do not ask me why, for I cannot tell you. Try stamping on the ground close by. Again the leaves come together. Sometimes it will not do this, though for its habits are strangely contradictory. Notice how sensitive it is when a few drops of water fall on it. Yet if you put up your umbrella and come into the garden the next time there is a heavy shower, you may find it wide open. Often a flood of sunlight will put it to sleep. Sensitive plants are very easy to grow. Just buy a five cent package of seeds and plant them when the trees are full leaf.

Next in the list of plants for the garden of fun come the cockcomb, the flowers of which resemble the combs of roosters. They are red and large and showy. Get some seeds of the feathered cockcombs, and when the flowers come, cut and dry them for winter. They will look pretty for a long time. The cockcomb seeds, which cost ten cents a package, may be sown in May. Put them in the middle or near the back of the bed, as the plants grow rather tall.

Gourds should be grown in the fun garden. It is even possible, many times, to build a little wigwam or playhouse with poles and to train the vines over it. Gourds take many strange forms, though they grow in much the same way as cucumbers. There is a gourd which looks like a diller, and a white one which resembles an egg. There is a bottle-shaped gourd and a pear-shaped gourd and one which is striped like a real snake and bears the name of serpent gourd. Then there is the Hercules club gourd, which grows four feet long, and the Luffa gourds, from which dishcloths may be made when they are full grown.

To get the most fun from your gourds, try the plan of marking them with your initials. First cut the initials out of paper and then paste them on the gourds. Do this just as the fruit begins to ripen. The gourds will change color all over, except where the paper keeps the sun from striking them, and when they are fully ripened, the paper may be soaked off. Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft. For example, a sage green wall is much more pleasing than a bright green or leaf green wall; a Copenhagen blue is better than a vivid blue; the most agreeable gray for walls is brownish in tone. Tan is in a great variety of shades and is always a favorite.

Bright red should never be chosen. It is crude in color and tiresome to live with. A soft mulberry red is sometimes used for the room otherwise lacks. Tan is a good all-around color and is usable in well-lighted or poorly lighted rooms.

All these colors are best if soft.

As the walls are best if soft, for example, a sage green wall is much more pleasing than a bright green or leaf green wall; a Copenhagen blue is better than a vivid blue; the most agreeable gray for walls is brownish in tone. Tan is in a great variety of shades and is always a favorite.

The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft. For example, a sage green wall is much more pleasing than a bright green or leaf green wall; a Copenhagen blue is better than a vivid blue; the most agreeable gray for walls is brownish in tone. Tan is in a great variety of shades and is always a favorite.

The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if soft.

Then the letters will appear in bright green against the warm yellow, and people will wonder how you ever got them there. The seeds cost five cents a package, and are best if